

## Feedback

What young people say about the Young Shoulders Programme:

**87%** able to cope better

**89%** more confident

**87%** felt more supported

(Feedback from 142 young people)



“Cancer is not easy. You think you are tough and can cope with things on your own. When I first went on a group work weekend with Cancer Fund for Children it was magical. There was such an energy. I was in a room with strangers but I could talk to them about things that I hadn't talked to anyone about because we were going through the same situations. I might be a different person today if it hadn't been for Cancer Fund for Children.”

Darran, aged 15 (pictured above with his Young Shoulders Specialist)

## About Us

Cancer Fund for Children supports children, teenagers and young adults aged 0-24 years old who are living with a parent diagnosed with cancer.

Our team understands the massive changes a cancer diagnosis and its treatment can have on family life. You may have lots of questions, be worried about your parent, or are finding it hard to cope. Our team of Young Shoulders Specialists are here to talk to you and support you at home, in your community and at our residential centre in Newcastle, Co. Down.

## Get In Touch

We are here to help. If you would like to find out more about our Young Shoulders Programme please get in touch:

T: 028 9080 5599

E: [support@cancerfundforchildren.com](mailto:support@cancerfundforchildren.com)

W: [cancerfundforchildren.com](http://cancerfundforchildren.com)



@CancerFundChildren



@NICancerFund



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cancer fund  
for children

NI Charity Number NIC100532



LOTTERY FUNDED



# YOUNG SHOULDERS PROGRAMME

Has your mum or dad been diagnosed with cancer?

We are here to support YOU.



cancer fund  
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## Young Shoulders Programme

Cancer Fund for Children's Young Shoulders Programme is here to support you when your mum or dad has been diagnosed with cancer.

Our aim is to give you the skills to help you cope better and also connect you with other young people in a similar situation.



A hammock session during residential group work

## One-to-one Support

Our Young Shoulders Specialists are here to provide you with individual support in your home and in your community. One-to-one support provides an opportunity to talk with someone outside your family.

## Group Work

If you are aged between 8-11 and 12-17 years old we will also support you through group work which will help you:

- Spend time with young people your age
- Meet and make new friends
- Take part in activities
- Make memories
- Learn new skills
- Grow in confidence
- Have fun

## Duke of Edinburgh's Award

You can complete the Duke of Edinburgh's Award with Cancer Fund for Children. This world leading youth achievement award will give you the opportunity to experience new activities or develop existing skills. Please contact us to find out more.

Young people during their expedition



## Short Breaks

We can support you and your family at our short break centre in Newcastle, Co. Down. During a stay here you and your family will be able to spend time together in beautiful surroundings, enjoy home cooked meals, and experience complementary therapies and treatments in our Spa. Our staff will also be on hand to support your family throughout your stay.



Our short break centre, Daisy Lodge

## Self-Catering Short Breaks

You can also enjoy a self-catering break with your family at our cosy cottages on the banks of the River Bann in Coleraine. With plenty to do along the scenic North Coast of Antrim, our cottages are the perfect choice for some quality time together with your family.

## Travel for Short Breaks Grant

We will help cover the costs of travelling for a short break through our Travel for Short Breaks Grant.