



cancer fund
for children

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Young Shoulders Specialist
Cancer Fund for Children



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Who we are

40 years of support.

Qualified youth and social workers.

Provide support to diagnosed YP (0-25) and their families.

Young Shoulders Programme: Provides support for YP (0-25) with a diagnosed parent or primary carer and their family.

Based in NI but also moving into ROI.





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Financially independent

A sense of freedom

Getting engaged/married

Socialising

Developing & maintaining
more intimate relationships

Development of own values

Adult-to-adult
relationship
with parents

University/Work

Pressure/responsibility

Own house

Importance of
friends

Become a
parent



Moving away from the family home

Career Progression

Being the decision maker

Clearer identity

Good friends become
lifelong and more are
made along the way

Travelling

First holiday with friends
or partner

Developing a worldview

Increased mobility/driving



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Why?

Young people often present by:

- Attacking others
- Attacking themselves
- Withdrawing

- A recent study in Australia has shown that YP with a diagnosed parent show the same levels of risk taking behaviour as YP who are clinically depressed.
- First step is to build 'worth'.
- Resilience is part of a total package!





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“You cannot stay on the summit forever; you have to come down again. So why bother in the first place? Just this: What is above knows what is below, but what is below does not know what is above. One climbs, one sees. One descends, one sees no longer, but one has seen. There is an art of conducting oneself in the lower regions by the memory of what one saw higher up. When one can no longer see, one can at least still know.”

~ RENE DAUMAL



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How

Young People

- 1-2-1 support
- Group work
- Residentials
- Art based work
- Experiential based learning

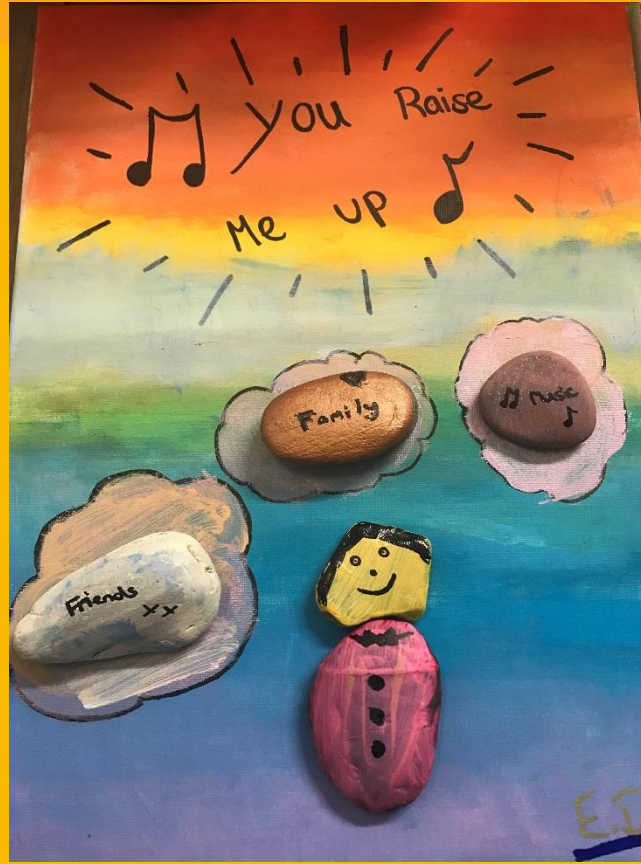
Family

- Therapeutic short breaks at Daisy Lodge
- Self-catering short breaks
- Community events
- Health & Wellbeing days
- Christmas parties and presents



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AREA OF LIFE...	TO DO...	AREA OF LIFE...	TO DO...
DON'T HAVE POLLER TO CHANGE RIGHT NOW	DO HAVE POLLER TO CHANGE RIGHT NOW	DON'T HAVE POLLER TO CHANGE RIGHT NOW	DO HAVE POLLER TO CHANGE RIGHT NOW
AREA OF LIFE...	TO DO...	AREA OF LIFE...	TO DO...
DON'T HAVE POLLER TO CHANGE RIGHT NOW	DO HAVE POLLER TO CHANGE RIGHT NOW	DON'T HAVE POLLER TO CHANGE RIGHT NOW	DO HAVE POLLER TO CHANGE RIGHT NOW
AREA OF LIFE...	TO DO...	AREA OF LIFE...	TO DO...
DON'T HAVE POLLER TO CHANGE RIGHT NOW	DO HAVE POLLER TO CHANGE RIGHT NOW	DON'T HAVE POLLER TO CHANGE RIGHT NOW	DO HAVE POLLER TO CHANGE RIGHT NOW



POSITIVE PLANNER

TIME IS PRECIOUS
PLAN HOW YOU WILL SPEND YOURS...

NEW!

66 You are never too old to set another goal or to dream a new dream.

66



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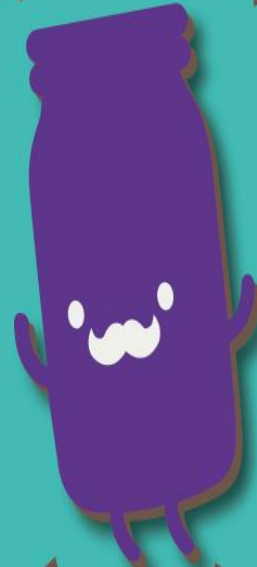
LETTERS TO Your future Self



POWER JARS



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Challenges as an organisation

- Extremely high referral numbers
- Focus on smaller areas – more expert knowledge.
- 2 years of support
- Families within 1 year of diagnosis
- 2 years after bereavement (if already availing of our service)
- 6 sessions of 1-2-1 support (if required)
- 30 sessions of group work support over a 4 month period



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Family feedback before vs after their stay at Daisy Lodge

Before



After





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Feedback from Young People

- I don't feel alone anymore, so it's easier for me to talk here and at home, I know I'm not the only one (Boy, 12).
- My friends just don't understand what I am going through. At Narnia things are easy, everyone just gets it, I feel recharged and able to cope better (Boy, 14).
- I use all of the things I have made to help me sleep at night, I even take a pebble to school and keep it in my pocket, it helps to remind me that not everything is bad (Girl, 9).
- It's more than just clearing my head, I now can get a grip of what is happening inside my head. It's better because, I don't feel I am running away all the time (Boy, 15).



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We all have a role

- Put yourself in their shoes
- We cannot be all things to all people - specialise
- Our own resilience