

Teenage and Young Adult (TYA) Service Newsletter

Edition: February 2022

Welcome

The aim of this newsletter is to inform teenagers, young adults, families and staff about what is happening across the region for patients aged 13-24 with a cancer diagnosis. Our service is made up of different professionals who offer age-appropriate support. We see the young person first and the cancer diagnosis second.



think
differently

The National Apprenticeship week 2022 was the perfect opportunity for our young people to explore the world of apprenticeships. A range of exciting and informative resources are available to access via the links below. There is everything from a Channel 4 or Royal Opera House apprenticeship to training as an accountant, personal trainer or ophthalmic nurse.

Find out more about the benefits of an apprenticeship at:



Apprenticeships are a work-based qualification pathway to a great career. You don't need to choose between university and work: apprenticeships can

lead to a degree and employers can cover the costs!

Browse apprenticeships:



Check out industries:



Are they right for you?
Check out some great examples of different apprenticeships:



For more information contact Jayne Ruisi on ruisij@jamesbrindley.org.uk
Specialist Teacher funded by University Hospitals Birmingham Charity working in partnership with James Brindley



TYA Regional Study Days 2022

The TYA service are running a supportive care study day. It is open to any member of staff who cares for TYA cancer patients in the region.

Dates available are:
18th May 2022 6th October 2022
If you would like a space, please email TYA@uhb.nhs.uk





Have you experienced cancer and are now aged 13-24? Would you like to meet others your age who get what you're going through? Do you want to enjoy new experiences without cancer holding you back?

Having cancer is tough, but it doesn't have to be lonely. If you're in your teens or early 20s and living with cancer and the long-term effects, we're here for you.

However long it's been since your diagnosis, you can register with Teens Unite and take part in our activities and residential stays with others your age who get what you're going through. Whether you're coming to terms with a recent diagnosis, undergoing treatment or years into remission, you can be a part of what we do!

Our activities take place digitally and face-to-face and they are all free of charge to attend. There's something for everyone;

teens:)unite
FIGHTING CANCER

from yoga and mindfulness to beauty sessions, cookery, outdoor sports, arts and crafts and career development. You'll be able to make friends, learn new skills and challenge yourself.

Signing up is quick and easy, just visit www.teensunite.org/teens-sign-up. We'll then be in touch to say hello and send you a free welcome gift with treats to enjoy.

www.teensunite.org
01992 440091



Have you finished your cancer treatment?

Finishing treatment for cancer can be a difficult time. Often it's felt you should return to 'normal' straightaway but it isn't always that easy!

The TYA team can help with the following:

- Returning to work or education and any reasonable adjustments you might need
- Late side effects from cancer treatment
- Worries about your cancer returning
- Relationships after cancer treatment finishes

Please speak to your keyworker, Teenage Cancer Trust Clinical Nurse Specialist or consultant if you would like any further support when you finish your treatment.

Or there is further information here

After cancer treatment | Teenage Cancer Trust



Meet the team

My name is Jo and I'm the Teenage Cancer Trust Lead Nurse for the West Midlands. I am responsible for ensuring all teenage and young adult patients in the region have access to the best possible, age-appropriate care. This involves educational opportunities for staff working with TYA patients, being a patient advocate, sharing expertise, developing the service and leading the specialist team around the region. I also meet regularly with other lead nurses throughout the UK'.



For more information on available social events for TYA patients please see www.facebook.com/UHBCancerTYA