The role of the Teenage & Young Adult (TYA) Cancer Care Team
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Introduction

We know that this must be a very difficult time for you; being diagnosed with cancer will have come as an enormous shock and can turn your life upside down.

You may have some treatment ahead of you which, along with the initial shock of the diagnosis, may disrupt your normal routine and plans.

The Teenage and Young Adult (TYA) Team provides a service to teenagers and young adults aged 16-24 years old who have been diagnosed with cancer. We work alongside the medical and nursing teams who will be managing your treatment to give you extra care & support.

We will make contact with you in the first stages of your diagnosis and treatment and will be available to help or advise you at any stage.
What can we do?

We can help with the following:

• Emotional support for you and your family.
• Psychological support (to help you to talk about how you feel and what you are thinking about).
• Peer support – arranging for you to talk to other people who have had a similar experience.
• Advice on how to continue or manage your education.
• Advice on how to deal with employment issues.
• Information about your diagnosis, treatment & side effects.
• Information about fertility/sexual health.
• Information about exercise, diet & nutrition.

You might feel unable to keep up with friends due to the physical and emotional effects of your diagnosis and treatment. These effects can have a huge impact on your social life. We plan social events and residential trips where you can mix with other young people who are also experiencing the challenges which can come with cancer and its treatment.

We will also help to support your family and friends and those who are most important to you.
A point of contact

The team will try to answer any questions you may have. Remember, there is no such thing as a silly question! We do not want you to struggle through this experience, or to feel that you are on your own, so please call us whenever you need to. If we are unable to answer your questions we will point you in the right direction or find out the information for you.

Dedicated TYA facilities

We understand that having a communal space for young people is important; it will help you to socialise and relax. At the Churchill & John Radcliffe Hospitals we have designed and developed some rooms which are dedicated areas for you. They are modern, fresh, vibrant rooms fitted with a large Plasma screen TV, computers and games consoles, as well as comfortable places to sit and chat.

These rooms offer a space which will give you the opportunity to meet other people of the same age who are going through similar experiences. We hope this will help you to feel less isolated; knowing that you are not going through this alone. You are welcome to use the rooms if you are an inpatient, outpatient or attending for specific activities planned by the TYA Cancer Care Team.
Team members

Advanced Nurse Practitioner/Nursing Lead
This person leads and develops the service for young people. They provide support to young people and their families.
Tel: 01865 572 281
Mobile: 07827 312 614
(Messages can be left and your call will be returned as soon as possible.)

CLIC Sargent Social Worker
This person provides emotional support and assistance with financial matters including access to grants.
Tel: 01865 221 200 (secretary)
Mobile: 07787 155 703
(Messages can be left and your call will be returned as soon as possible.)

Clinical Psychologist
This person supports young people with coping and adjusting to their diagnosis and treatment by offering practical ideas and suggestions.
Tel: 01865 234 187
Useful contact details for Oxford University Hospitals:

<table>
<thead>
<tr>
<th>Department</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Oncology Ward, Churchill Hospital</td>
<td>01865 235 012/3</td>
</tr>
<tr>
<td>Clinical Haematology Ward, Churchill Hospital</td>
<td>01865 235 048/9</td>
</tr>
<tr>
<td>Haematology Day Treatment Unit, Churchill Hospital</td>
<td>01865 235 554</td>
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<tr>
<td>Oncology Day Treatment Unit, Churchill Hospital</td>
<td>01865 235 558</td>
</tr>
<tr>
<td>Triage Assessment Area, Churchill Hospital</td>
<td>01865 572 192</td>
</tr>
<tr>
<td>Kamran’s Ward, Children’s Hospital, John Radcliffe</td>
<td>01865 234 068/9</td>
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<tr>
<td>Kamran’s Day Care</td>
<td>01865 234 062</td>
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Local hospital contact information:

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<th>Hospital:</th>
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<td>Department/Health professional</td>
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Some useful websites

www.teenagecancertrust.org
A charity devoted to improving the lives of teenagers and young adults with cancer.

www.clicsargent.org.uk
Information and support for young people with cancer.

www.youthcancertrust.org
A charity which provides free holidays in Bournemouth for teenagers and young adults with cancer.

www.jimmyteens.tv
Website for people who have been affected by cancer. Connect with others who are going through similar experiences.

www.teensunitefightingcancer.org
Aims to help improve the lives of young people aged between 13-24 with cancer and other life limiting illnesses.

www.maggiescentre.org.uk
Maggie’s centre is based at the Churchill Hospital and provides information, guidance and support to anyone affected by cancer. Macmillan Oxford Citizen’s Advice Bureau benefits service is also based here.

www.willowfoundation.org.uk
Provides quality time for seriously ill young adults through special days.

www.macmillan.org.uk
Provides support to people affected by cancer.

www.cancerlinks.org.uk
Cancer information for patients and carers.
If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call 01865 221 473 or email PALSJR@ouh.nhs.uk