

TYA Peer Support Sessions

Autumn/Winter workshops for young people who would like to get together over food to explore areas of well being.

TYA Rooms, L1 Oncology, Churchill Hospital, Old Rd, OX3 7LE

Sept Tues 19th, 6pm-8pm	What's next? Informal session about education, training & work after cancer treatment.	Led by Susie, CLIC Sargent, Young Peoples Community Worker
Nov: Tues 14th, 6pm-8pm	Being Me Focused on strength building, Identity & Resilience.	Led by TYA Clinical Psychologist Dr Helen Griffiths
Jan Thurs 18th 6pm-8pm	Food, Glorious, Food! Focusing on eating well whilst on treatment & beyond.	Facilitated by Ruth East, Youth Support Coordinator & Here for Health

Please book with the TYA Team:

ruth.east@ouh.nhs.uk 01865 572281 or 07769 165169