

Patient information factsheet

Teenage and young adult cancer support team

This leaflet introduces our teenage and young adult cancer support team.

Our team offers additional support to young people aged 16 to 24 years.

We understand that your needs are likely to be different from those of children and older adults who have cancer. Working alongside the medical and nursing teams, we provide age-appropriate care and help for you and your family.

Teenage Cancer Trust clinical nurse specialist (CNS) Nicola Clist



Nicola can see patients who live in the Portsmouth, Chichester and Worthing hospital areas.

She will work closely with the team that specialises in your type of cancer to offer additional medical advice and support to you and your family.

How Nicola can help:

- Keep in touch with you to check you are ok, provide information and help answer any questions about your cancer and treatment.
- Link with all teams involved in your care - in hospital and at home - to make sure things run as smoothly as possible.
- Visit you on the wards to check things are going ok, and be available for your outpatient appointments.
- Help teach you how to look after your health during treatment.
- Keep in contact with you after your treatment has finished, offering support and advice when you need it.

Contact Nicola

Mobile: **07395 374300** Wednesday, Thursday and Friday, 8.30am to 4.30pm

The teenage and young adult team is supported by:



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Teenage Cancer Trust youth support coordinators Vicki Cummerson and Cat Lerego



Vicki and Cat are based at Southampton General Hospital on the TYA unit. Their role is to help make the TYA unit a relaxed and friendly environment, and offer general support during your stay in hospital, as and when you need it.

How Vicki and Cat can help:

- Arrange group activities to help you get to know other young people receiving cancer treatment and make hospital a bit less boring.
- Offer one-to-one time if you just feel like staying in your room or you can't go to the TYA social space for medical reasons.
- Offer support and advice on a number of topics, including relationships, sexual health, smoking, alcohol, substance use, self-esteem and emotional health.

Contact Vicki and Cat

Mobile: **07500 891367**

Email: victoria.cummerson@uhs.nhs.uk or catherine.lerego@uhs.nhs.uk

Teenage and young adult clinical psychology service Ana Ambrose



Our clinical psychology service offers support to young people receiving cancer treatment across the region. Seeing a psychologist gives you the opportunity to talk confidentially about how you're feeling with someone trained in emotional wellbeing.

How Ana can help:

- Discuss different ways to help you cope with treatments, side effects and symptoms, such as pain and fatigue (extreme tiredness).
- Listen to any worries you may have about your body image, self-esteem or identity.
- Explain techniques to help you cope with anxiety, fears, phobias, low mood or anger.
- Offer advice on how to cope with changes to your sex life and relationships.
- Discuss your future with you and adjusting to life after cancer.

Contact Ana

Office: **023 8120 5782**

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Young Lives vs Cancer
Young people's social workers
Kate Wheeler and Julia Ventour



We offer practical and emotional support to help with the impact of cancer. You will have an allocated Young Lives vs Cancer worker who will keep in touch with you all the way through your treatment and for a while afterwards too. If we are not able to meet up face-to-face we have lots of different ways to keep in contact, including text; FaceTime; WhatsApp and the telephone.

How we can help:

- Someone for you (and the people who are important to you) to talk to about how you're feeling and coping.
- Financial support, including applying for grants and support with benefits.
- Liaison with your school, college, uni or workplace.
- Help to get free real hair wigs and access free holidays.
- Practical help with things like housing and social services, if needed.
- Help to get you back on track when your treatment is finished.

Contact us

Kate Wheeler

Mobile: **07795 323201** Office: **023 8120 5267** | kate.wheeler@younglivesvscancer.org.uk

Julia Ventour

Mobile: **07795 493945** Office: **023 8120 5384** | julia.ventour@younglivesvscancer.org.uk

Please get in touch with us on any of the above numbers. We are normally available Monday to Friday, 9am to 5pm. At other times you can leave a voicemail or text and we will get back to you during our usual working hours.

In the event of an urgent medical enquiry please contact the 24-hour advice line at the hospital where you have your cancer treatment.

If you are a patient at one of our hospitals and need this document translated, or in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email [**patientsupporthub@uhs.nhs.uk**](mailto:patientsupporthub@uhs.nhs.uk)

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit [**www.uhs.nhs.uk/additionalsupport**](http://www.uhs.nhs.uk/additionalsupport)