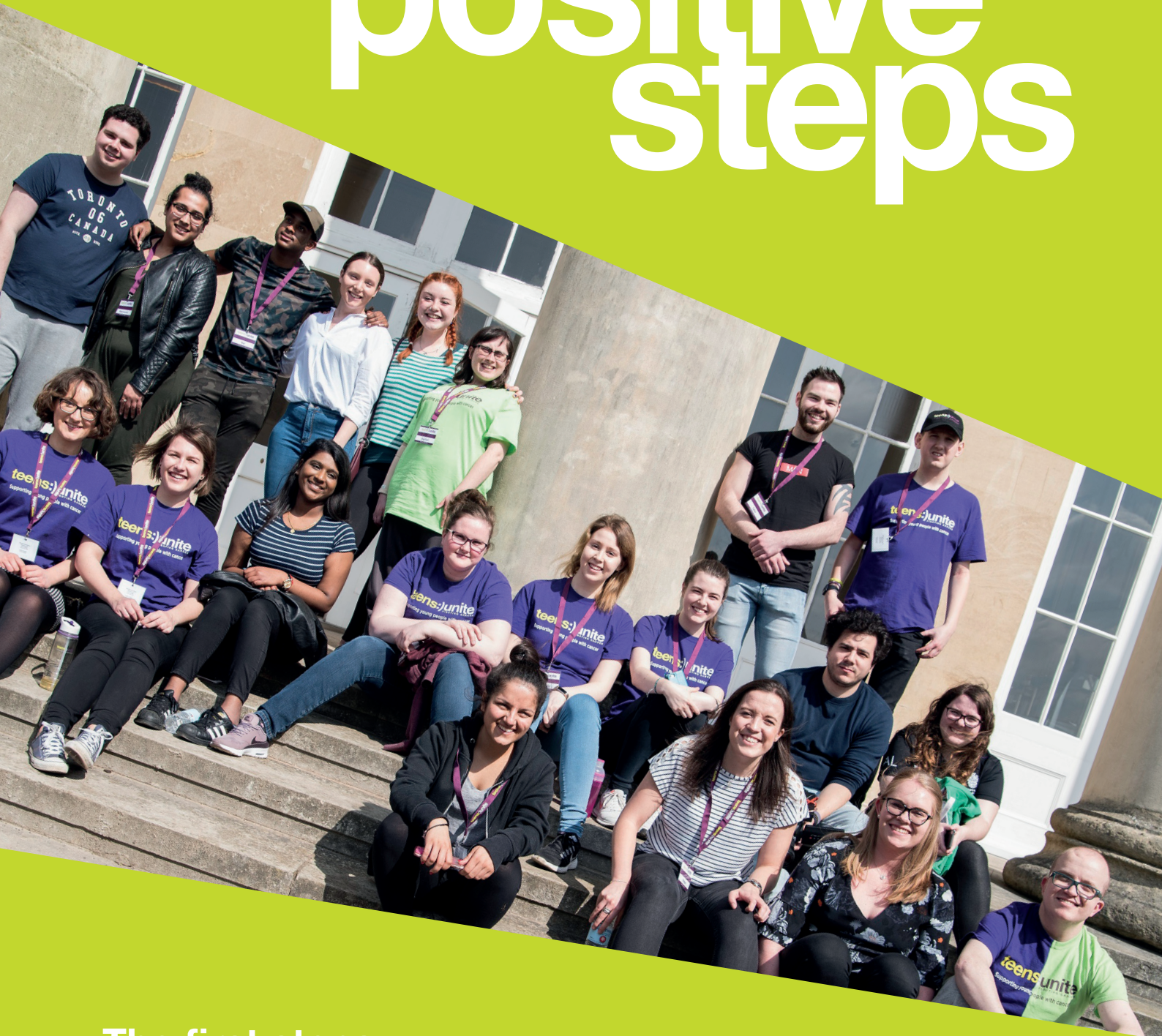


positive steps



The first steps
towards rebuilding
confidence for a life
beyond cancer

teens:unite
FIGHTING CANCER



teens:unite
FIGHTING CANCER

positive steps

Teens Unite supports young people fighting cancer to live their best life, while others search for a cure.

There are 2,405 new cases of cancer in teenagers and young adults in the UK each year. We inspire these young people to recognise their potential now and in the future; empowering them to live every moment to the full.

When you're faced with cancer, plenty of people will tell you what you can't do, but we show beneficiaries what they can do, without the 'C' word holding them back or defining who they are.

Our Positive Steps program is formed of regular activities, all of which are designed to help the young people progress, learn new skills, benefit from peer to peer support and recognise that there is life beyond cancer.

A young person can benefit repeatedly from the Positive Steps program at any stage of their fight with cancer.



My Return

74% of young people diagnosed with cancer are worried about the impact that cancer will have on their future employment

Workshops & Activities

- CV Writing
- Interview Skills
- Active Listening Skills
- Public Speaking
- Peer to Peer Mentoring
- Apprentice Workshop
- Rapport
- Resilience
- Goal Setting

Objectives

- Encouraging young people to think positively about life with and beyond their illness
- Setting realistic goals to increase motivation
- Developing skills such as team work, public speaking and active listening
- Gaining an insight in to a diverse range of businesses and experiencing the working world
- Rebuilding confidence and motivation to return to education or employment and plan for a future beyond cancer

Outcomes

This series of workshops help to provide the confidence to look forward to a future beyond illness. They help the young people build self-confidence, feel motivated and improve self-esteem. These workshops are designed to help the young people see that their chances of success have not been impacted by the time they have had to take out of education or work.

We provide an excellent opportunity to learn from the best in business. The young people work with some of Teens Unite's most successful and influential supporters from all areas of the business world, who provide insights and help and guide them on their way to coming up with a business idea, that they will then market.



“

Once you've finished treatment, all you want is to become 'normal' again and you don't know how to do that. With the support of Teens Unite, I feel I can apply for jobs and do "normal" things that I wouldn't have done a year ago

”

Azreen, diagnosed with Ewings Sarcoma

Expressing Myself

90% of young people diagnosed with cancer experience anxiety

Workshops & Activities

- Art Workshop
- Gift Making
- Craft Workshop
- Perfume Workshop
- Music
- Photography
- Fashion Design
- Jewellery Making

Objectives

- Identifying and expressing feelings through creativity; improving physical, mental and emotional well-being
- Reducing feelings of isolation and loneliness
- Providing a sense of achievement, improving self-confidence & self-esteem
- Encouraging team work and interaction

Outcomes

This series of workshops provide the opportunities to express thoughts, anxieties, and fears through creativity. These therapies use the creative process to improve a young person's physical, mental and emotional well-being, helping the young people to resolve issues as well as develop and manage their behaviours and feelings, reducing stress and improving self-esteem.

The young people work alongside professional artists, perfumers and craftsmen to create a personal piece, using colour and texture to reflect feelings, and thoughts, enhancing their mental wellbeing.

The workshops provide further opportunities to work with others in the group to create collective pieces full of positive energy.

They encourage team work and interaction, uplifting their state of mind, and enabling the young people to move forward.



“
...we get the medicine, therapies and treatment for cancer from doctors, but the love and support that you provide really does give a boost that helps so much through the onslaught of everything else. I'm so grateful for all you do for me and those I've met have become true friends
”

Rachel, diagnosed with Peripheral Nerve Sheath Tumour

My independence

Workshops & Activities

- Cookery Classes
- Nutrition Workshop

Objectives

- Taking care of yourself - encouraging healthy living, exercise and eating right
- Learning new, practical life skills

Outcomes

It is well documented that a healthy diet and healthy eating habits are key both during and after treatment for cancer.

The cookery day is designed to promote healthy eating and encourage independent living. Together with the other young people, they learn culinary skills and master dishes that they can easily recreate at home. They learn about nutrition and what is needed to ensure a healthy balanced diet.



“

I have a new love for cooking. After going to Teens Unite's cookery day I found it was something that I really enjoyed and was quite good at. I've now started to pursue this as a career and I'm taking classes at college. When I was diagnosed with a brain tumour I could no longer work in my previous job, but this has given me a new lease of life and something to aim for

”

Derry, diagnosed with a Brain Tumour

Getting to know Me

70% of young people diagnosed with cancer experience depression

Workshops & Activities

- Beauty Workshop
- Yoga/Meditation/Tai Chi

Objectives

- Tuning in to your body
- Understanding your new body, dealing with scarring, hair loss, changes in body shape
- Building confidence around body image

Outcomes

Finding out you have cancer can be daunting and life-changing, and the added stress that the side effects of treatment can have on your appearance can be demoralising and very hard to cope with, especially for young women and teenagers. Cancer treatment can often cause skin irritation, dryness, sensitivity and the professionals in this workshop help the young people (male and female) care for their skin and recommend which products to use and avoid.

They'll have the opportunity to try skincare and beauty products, and with the help of experts learn application techniques. The confidence that this workshop gives enables the young people to move forward in all aspects of their lives.



I've found it really hard to talk to my friends and family about how I'm feeling, so it was a relief to talk to others my age who understand what I'm going through and to express myself through art. It has made me believe that cancer doesn't have to be a bad thing

Shannon, diagnosed with Sarcoma

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Challenging Myself

95% of young people diagnosed with cancer experience a negative impact on their physical ability

Workshops & Activities

- Go Ape/Sports Workshops
- Herts Young Mariners Base/Edge Outdoor Centre/Clip & Climb

Objectives

- Reducing feelings of isolation and loneliness
- Providing a sense of achievement, improving self-confidence and self-esteem
- Encouraging young people to test their physical and mental strength
- Encouraging team work and interaction

outcomes

These days are an opportunity for the young people to test both their physical and mental strength. Through participation, encouragement and completing, sometimes, small physical tasks, confidence and self-esteem are rebuilt and there is a real sense of achievement and encouragement to resume physical activity when ready to do so.

The benefits of these challenging workshops help the young people understand what they can achieve in all aspects of their lives.



I thought there's no way I am going to cope so close after chemo...But the day was actually quite life changing. I've made friends for life, pushed myself more than ever before and managed to see that having cancer was the best thing that has ever happened to me. It has made me more determined than ever to achieve my goals and become a better person and that I'll be OK. My whole mentality and outlook has changed

Melissa, diagnosed with Hodgkins Lymphoma

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Working with others

87% of young people diagnosed with cancer have lost contact with their peers, and 83% experience loneliness

Workshops & Activities

- Build & Race
- London Treasure Hunt
- Escape Rooms

Objectives

- Confidence to use public transport & travel independently
- Reducing feelings of isolation and loneliness
- Providing a sense of achievement, improving self-confidence and self-esteem
- Encouraging team work and interaction

Outcomes

These events develop confidence with the young people as they take to public transport with their peers, or plan to escape a room, working together to work out clues and find 'treasure.' Their social networks are naturally improved as they work with others their own age. Through a series of 'fun' activities, they learn skills that help them in all aspects of their lives as they move on positively from their illness.

Creative problem-solving skills and communication will improve. They must work together to manage the time that they have available and there may be some conflicts in the groups that they need to manage if they are to successfully reach the common goal.



“

I couldn't be more grateful to Teens Unite. During the Activity Stay I realised that I was capable of so much more than I thought possible. It felt like my illness was non-existent. It was the week that a house full of strangers came together and left as a family.

”

Leanne, diagnosed with Acute Lymphoblastic Leukaemia

Activity Stay and Reunion Stay

Workshops & Activities

- Elements of all activities and workshops from the Positive Steps Program

Objectives

- Brings together the objectives from all the workshops in the Positive Steps Program

Outcomes

Brings together the objectives from all the workshops in the Positive Steps Program. This is a week-long activity stay which brings together twenty young people for an unforgettable time. Over the course of the stay, the young people take part in workshops and activities from all the Positive Steps Programs. The Stay provides them with the opportunity to spend valuable time with others their own age and in a similar situation to themselves. They can experience independent living, learn new skills, express and challenge themselves, surrounded by peers in a fun, energetic and positive environment.

The Reunion Stay is a three day stay which reunites the young people who stayed at a previous Activity Stay.



“

I never want to forget those I met on the Activity Stay... The Teens, volunteers and staff... have had an incredible influence on my life; they have given me so much hope, happiness, faith in humanity and determination. Before this trip I felt like I couldn't speak to anyone due to lack of understanding and assumptions on how cancer did, would and will affect me. The people I met have unknowingly helped me

”

Discover You

Objectives

- Encouraging young people to think positively about life with and beyond their illness
- Setting realistic goals to increase motivation
- Rebuilding confidence and motivation to return to education or employment and plan for a future beyond cancer
- Reducing feelings of isolation and loneliness
- Providing a sense of achievement, improving self-confidence and self-esteem

Outcomes

Discover You is a bi-annual motivational conference, for 100 of the young people we support, and their family or friends energising and engaging them to discover what they can achieve with their lives; sign-post them to new opportunities and give them the confidence to succeed.

They will hear from inspirational speakers, who have fought against their own struggles, take part in workshops and taster sessions to give them new ideas and allow them to speak to others with similar experiences.



“

I feel a lot better about myself. I feel less nervous about any future challenges. The speakers have really given me strength and confidence

”

Unknown teen

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