



ellen
macarthur
cancer trust

rebuilding young
people's confidence

AN INTRODUCTION:

**THE ELLEN MACARTHUR
CANCER TRUST**



WHEN TREATMENT ENDS OUR WORK BEGINS...

For many young people, picking up from where they left off before cancer just isn't possible. The Ellen MacArthur Cancer Trust is a national charity that supports young people aged 8-24 to rebuild their lives after cancer through sailing and adventure.

WHY WE'RE NEEDED

Every year in the UK, around 1,900 children (0-14) and 2,500 young people (15-24) are diagnosed with cancer – that is around 12 a day (CRUK, 2020). Happily survival rates are increasing. But young people remain vulnerable after treatment as it comes at a time of rapid physical, emotional and social development. Impact of cancer can be immediate or long-term and that's why it matters that young people can come to us at anytime.



CANCER IN YOUNG PEOPLE LEADS TO...



References

1. CLIC Sargent (2017) 'Hidden Costs – The mental health impact of a cancer diagnosis on young people' June 2017
 2. CLIC Sargent (2011) 'Counting The Costs of Cancer – the financial impact of cancer on children, young people and their families.' December 2011
 3. CLIC Sargent (2013) 'No young person with cancer left out – the impact of cancer on education employment and training' November 2013
 4. Reuters Health (2015) 'Study: Teens who survive cancer may have trouble adapting in their adult years.' Business Insider UK [Online] 10 July 2015
 5. CLIC Sargent (2016) 'CancER Costs – The financial impact of treatment on young cancer patients and their families' September 2016
 6. CLIC Sargent (2016) as per above
 7. Batchelor, R. (2019) 'The sibling spotlight.' The Psychologist November 2019 (32) pp. 34-38
- * For example, extreme fatigue, infertility, osteoporosis, thyroid problems, hearing or vision loss, etc.

WHO WE SUPPORT

Any young person who lives in the UK and has been diagnosed with cancer or a bone marrow failure syndrome before they are 25 is eligible. It does not matter how long they have been off treatment, if they want Trust support, they can apply.

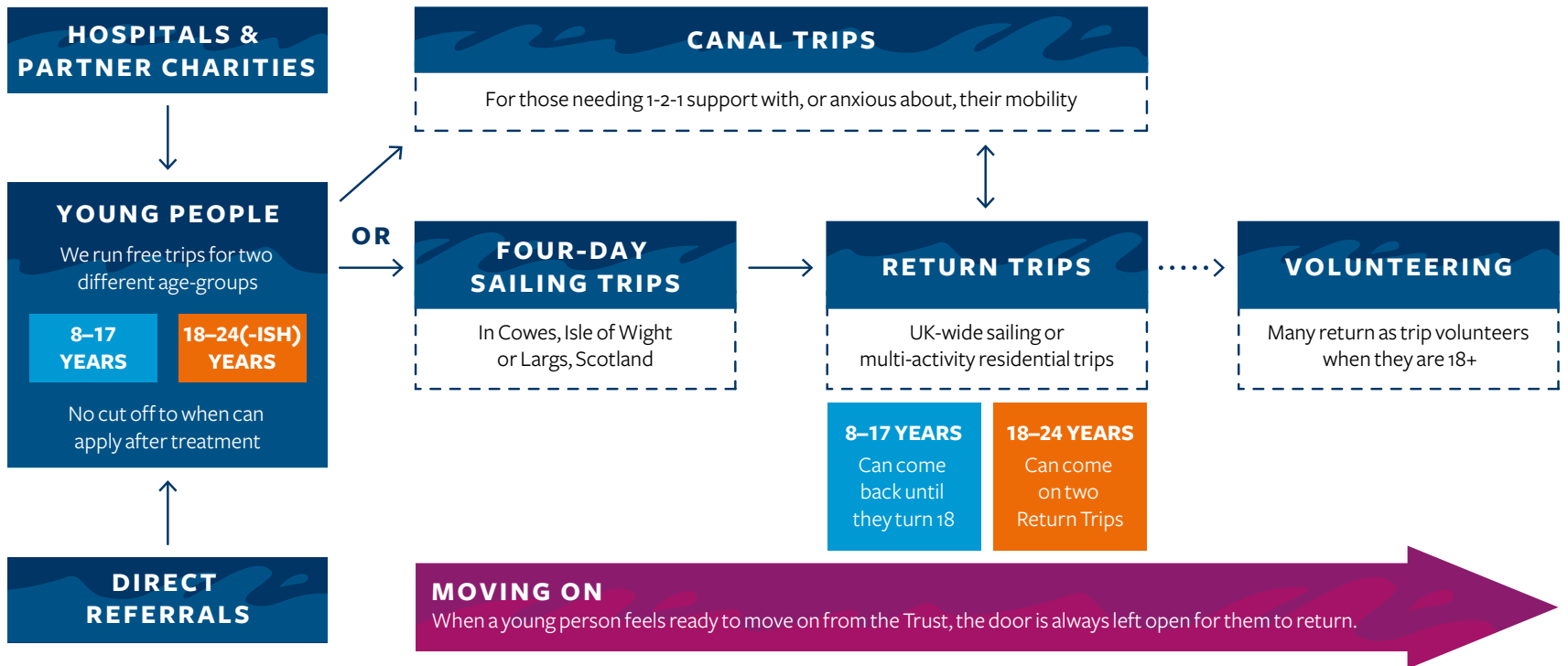
We work with 47 hospital groups and charity partners in total across the UK, including every young person's principal treatment centre, a growing number of designated units and hold

strong relationships with young people's cancer charities, CLIC Sargent and Teenage Cancer Trust. The Trust was a founding member of the Children and Young People Cancer Coalition of 40+ charities working together to improve support for young people.

Brothers and sisters can be significantly impacted by a siblings' illness. They need support too. We offer an annual residential multi-activity week for siblings of young people the Trust has supported to enjoy an experience of their own.

VITAL PEER-TO-PEER SUPPORT

Mixing with others who have had similar experiences is key in recovery. That is why young people who have been supported by the Trust have the chance to become volunteers. It is very powerful for a young person in the early stages of recovery to talk to older volunteers who understand exactly what they are going through. Seeing these volunteers healthy, confident and enjoying life is inspiring and aspirational.



THE DIFFERENCE WE MAKE

BECAUSE OF THE TRUST, YOUNG PEOPLE GAIN...

CONFIDENCE

They discover what they are capable of again, along with a shift in self-perception and feelings of self-assurance and self-belief.

INDEPENDENCE

Young people are happy away from home, often for the first time since treatment, and doing things on their own. They get a sense of normality.

FRIENDS

They stop feeling like 'the only one' and find a sense of belonging so they can start to think differently about themselves without fear of being judged.

HAPPINESS

The trips are fun, and the young people achieve together and overcome their fears. They enjoy a positive change in perspective on their illness and life.

YOUNG PEOPLE TELL US THEY... CAN START TO PLAN FOR A BRIGHT FUTURE

92%

achieved things they didn't think they could*

87%

felt more optimistic*

98%

were more confident*

HAVE IMPROVED WELLBEING AND MENTAL HEALTH



“Every trip the same sparks are ignited and the same happiness is brought back. The trips pull you out of that ‘depression rabbit hole’.”

GET BACK INTO EDUCATION OR EMPLOYMENT



“I have a better attitude and more motivation. I've started college and feel like I can handle ‘real life’ better.”

*Feedback from 2019 survey of Under and Over 18 first time trips



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