

MIND OVER CANCER - MENTAL WELLBEING PROGRAMME ELIGIBILITY



THESE MIND OVER CANCER MENTAL WELLBEING SUPPORT SESSIONS ARE OPEN TO ANYONE WHO FULFILLS THE FOLLOWING CRITERIA:

- Is classified as a 'young person' by the Ellen MacArthur Cancer Trust.
- Is aged 14-16 or 17+ in line with Ellen MacArthur Cancer Trust trip eligibility.
- Anyone aged 14-17 years at the time of the first session must have the signed permission of their parents/guardians when applying.
- Attended either an Ellen MacArthur Cancer Trust first-time, return or canal trip in 2024.
- Can commit to attending eight monthly sessions between and including:
 - **14-16-year-olds** - 14 October 2024 - 12 May 2025
 - **Over 17s** - 17 October 2024 - 15 May 2025
- Will be eligible for an Ellen MacArthur Cancer Trust trip as a young person in 2025.
- Has access to an electronic device (computer, laptop, phone, tablet, etc) to be able dial in to the monthly sessions using the Zoom video conferencing application.