



MIND OVER CANCER – MENTAL WELLBEING PROGRAMME

In partnership with specialist youth mental health charity, [Mind Over Cancer](#), young people who need further support can apply to take part in free monthly mental wellbeing sessions between October and May.

BACKGROUND

Our sailing and outdoor adventures are a fantastic way to meet other young people who just ‘get it’ when it comes to cancer. But being on trips, talking about your cancer and hearing about other people’s experiences can also be triggering.

That’s why we have teamed up with Mind Over Cancer to give you the chance to remember the good times with the Ellen MacArthur Cancer Trust as well as creating a safe place to learn, talk, share, and listen after your summer adventure.

HOW IT WORKS?

- There are two groups - one for 14-16-year-olds and one for over 17s.
- Each group will have up to 10 young people.
- Eight sessions will take place once a month on Zoom from October to May.
- Each session will be facilitated by Susie Shaw and Sue Morgan MBE from Mind Over Cancer - read more about them below.
- Anyone taking part in the sessions will also have access to Mind Over Cancer’s ‘Drop-in’ service should they need a one-off session to talk/process further. This is not regular therapy, but a space to offload if feeling overwhelmed or triggered. This service can only be accessed once every four weeks.

APPLYING FOR THE PROGRAMME

Apply online via ellenmacarthurcancertrust.org/our-trips/mind-over-cancer.

Please make sure you read the [eligibility criteria](#) before applying.

The closing date for applications is **Friday 20 September 2024**. Names will be selected at random week commencing Monday 30 September.

Those young people being invited to take part in the sessions will then be contacted direct by Mind Over Cancer.

There will be one short form to fill in, just to get to know a little bit more about you as well as getting emergency (and for under 18s) parent/guardian contacts.

Should someone attend some sessions and not want to continue, we will have a waiting list, and invite new young people to join the sessions, for the first three months (up to January 2025). After this, extra places won't be filled as it could affect relationships and trust nurtured among the group members.

WHO'S RUNNING THE SESSIONS

Mind Over Cancer founder and Chief Executive, **Susie Shaw** (left in photo), is a long-time friend of the Trust.

For the past three years, Susie and Mind Over Cancer have been working with us to provide counselling on a referral basis for young people who need further mental health support following their treatment.

Susie has over 25 years' experience delivering mental health support to young people living through and beyond cancer and is also currently working with the Trust to train our team and volunteers in mental health first aid. She is awesome!

Sue Morgan MBE (centre in photo) is a legend in the children and young people's



cancer world and a Mind Over Cancer Trustee. A Nurse Consultant at Leeds Teaching Hospitals for over 30 years, Sue is passionate about ensuring young people get expert, age-appropriate cancer care.

Knowing that access to formalised counselling and psychological support is extremely limited through the NHS, Sue believes the services Mind Over Cancer provide helps to give young people and their families the tools to cope with

the challenges a cancer diagnosis brings, both during and after treatment.

Find out more here - [Mind Over Cancer](#).