



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 continue conversations from your trip, and some of the issues it may have raised, and get the tools in place to look after your mental wellbeing.

HOW IT WORKS?

- There are four groups - two for 20+ year olds and two for 19 and unders - the groupings will be based on age once all applications have been received.
- Each group will have up to seven 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.
- If during the application process Mind Over Cancer feel you would benefit more from 1-2-1 support, they will contact you directly.
- Confidential information will be shared between Mind Over Cancer and the Ellen MacArthur Cancer Trust, e.g. relapse, if the information makes a material difference to either organisation's ability to offer/deliver appropriate support.

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 18 September 2026**. Names will be selected in week commencing Monday 21 September.

Those young people being invited to take part in the sessions will then be contacted directly 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 2026). After this, extra places won't be filled as it could affect relationships and trust nurtured among the group members.

Please note: These groups are a place to talk about the impact of cancer and the issues that come with it. If you are experiencing a serious mental health crisis, including self-harm or suicidal thoughts, we urge you to contact your GP or the Samaritans urgently. The [Signposting page](#) on our website provides links to mental health organisations where you can get the appropriate support.

WHO'S RUNNING THE SESSIONS



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