



## MIND OVER CANCER – PILOT 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 Trust as well as creating a safe place to learn, talk, share, and listen after attending your summer trip.

### HOW WILL IT WORK?

- There will be two groups - one for 14-17-year-olds and one for over 18s.
- 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.

### Session dates

14-17yr olds	18yrs+
Monday 23 October	Thursday 26 October
Monday 27 November	Thursday 30 November
Monday 11 December	Thursday 14 December
Monday 22 January	Thursday 25 January
Monday 26 February	Thursday 29 February
Monday 25 March	Thursday 28 March
Monday 29 April	Thursday 25 April
Monday 27 May	Thursday 30 May

## APPLYING FOR THE PROGRAMME

Apply online via [ellenmacarthurcancertrust.org/our-trips/mind-over-cancer](https://ellenmacarthurcancertrust.org/our-trips/mind-over-cancer).

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

The closing date for applications is **Friday 29 September**. Names will be selected at random in the first week of October.

Those young people being invited to take part in the sessions will then be contacted by Mind Over Cancer - there will be one short form to complete 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 2024). 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 two 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](#).