

YOUNG LIVES
vs CANCER
CLIC SARGENT

WHAT NOW

**A practical guide for
parents and carers**

CLICSAGENT.ORG.UK



“It’s hard to think about practical things when you’re so preoccupied with your child.”

CLIC Sargent would like to thank everyone who helped develop this booklet.

The information in this booklet is correct at the time it was printed (February 2017)
Date of next review: February 2018

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CLIC Sargent, No. 1 Farriers Yard, Assembly London, 77-85 Fulham Palace Road, London, W6 8JA
T: 020 8752 2835
E: info@clicsargent.org.uk
W: clicsargent.org.uk

Registered charity number 1107328
and registered in Scotland SC039857



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DEALING WITH THE DIAGNOSIS

One minute life is carrying on as usual. The next your child is diagnosed with cancer. We know that hearing the word 'cancer' can make the world drop from beneath your feet. Parents often say this is the moment that their old life stops and a 'new life' begins.

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MAKING SENSE OF IT ALL

We understand that this can be a devastatingly difficult time. You may still be feeling shocked or might still be struggling to take in the news. Some parents talk about everything being a 'blur' to begin with. They talk about feeling swamped with information and yet unable to take any of it in.

This booklet is intended to guide you through the first few days and weeks. It should help you to make sense of this new unfamiliar territory and offer you some next steps. There are no perfect answers and everyone deals with things differently. But at least we can tell you some of the ways your child's cancer diagnosis is likely to affect you and your family, and who you can go to for help – and you'll find there is plenty available.

This booklet has been written and produced by CLIC Sargent, with the help of other parents like you. CLIC Sargent is the UK's leading cancer charity for children, young people and their families. We fight tirelessly for young cancer patients – individually, locally and nationally.

You can also find out more about what we do as a charity on page 39.

CLIC SARGENT CARE TEAMS

You'll meet some of our care professionals in the hospital. They'll be there to support you throughout your journey and can help in the following ways:

- From the day the doctor says cancer, CLIC Sargent care teams will provide exceptional care and support, tailored to each young cancer patient and their family.
- Our social workers, nurses and play specialists will listen and ask the right questions, so that you get the support you need.
- They can arrange a CLIC Sargent grant or help you access the benefits you are entitled to.
- They coordinate care so that some medical procedures can happen at home, or arrange free accommodation in a CLIC Sargent Home from Home.
- They can provide you with CLIC Sargent's award-winning information – expert advice and guidance on everything to do with life during and after treatment, that you can read in the way you want to, when you want to.
- We are independent of all other providers of a young cancer patient's treatment but will work in partnership with them to ensure each child or young person receives the best possible treatment, care and support. We rely on voluntary donations to fund our work, and give all of our support to families for free.

FINDING THE RIGHT INFO

It's normal to want to jump online and google your child's condition to find out more about the diagnosis and get a clearer picture of what's ahead. But it's important to remember that there are other ways to get questions answered. It's just about knowing where to go, or who to turn to.

Why information is important

Many families tell us that information is crucial after their child is diagnosed. Wanting to understand as much as you can is natural, and it can be helpful to know what to expect and prepare for whatever lies ahead. But it's not always easy to take in what medical professionals tell you, especially while you're still getting your head around the diagnosis. That's why it's vital that parents are able to access trustworthy information when it's right for them.

Searching online

If you type the name of your child's cancer into a search engine you will get a long list of results. This can be daunting. Where do you start? Which websites can you trust?

It's important to remember that different cancers affect different people in different ways. It's almost impossible to predict what course your child's cancer will take, no matter how much internet research you do.

If you are feeling confused, try going back to your child's consultant or nurse and asking them to explain things again. They are the people who are best placed to help you make sense of things.

WHILE ONLINE, REMEMBER:

- Numbers and statistics are open to interpretation
- Look out for The Information Standard logo to show the information is up to date, accurate and trustworthy
- Be aware you are more likely to remember negative things than positive ones
- Claims of miracle cures may not be backed up by proper research
- Think first about how you'll feel reading difficult material. You may find it easier with someone you trust than reading it alone.

CLICSARGENT.ORG.UK

As well as more tips about searching online, the CLIC Sargent website has a wealth of reliable information about cancer and how it impacts on your life with practical guidance and support.

PREPARING FOR WHAT'S AHEAD

Supporting a child through cancer treatment can test families emotionally, socially and financially. But you won't be making the journey alone. Your CLIC Sargent Social Worker and other professionals in hospital are there to help and support you too – don't be afraid to ask for help whenever you need it.

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WHO WILL HELP MY CHILD?

Throughout their treatment, your child will be cared for by a large team of people. This is known as a multi-disciplinary team (MDT). Depending on your child's age, and the type of cancer they have, the team could include:

- **Paediatric haematologists** – doctors who specialise in blood disorders, including leukaemia
- **Paediatric oncologists** – doctors who treat children with cancer
- **Outreach nurses** – provide treatment and support out in the community
- **Radiographers** – take X-rays, perform specialised scans and give radiotherapy treatment
- **Specialist nurse key workers** – deliver and coordinate children's care in the hospital and the community
- **Surgeons** – doctors who carry out operations
- **Ward nurses** – some may be specialist nurses who work with children who have cancer (paediatric oncology nurses)
- **Ward doctors** – most of the tests and treatments will be done by these doctors, under the supervision of the paediatric oncologist or haematologist
- **Anaesthetists and intensivists** – specialist doctors who manage your child's breathing and specialist medical care if they need an anaesthetic or intensive care

- **Pharmacists** – prepare and dispense medicines for your child. Oncology pharmacists have specialist knowledge about children's cancer medicines, the best formulas to use at home and how to manage side effects
- **Phlebotomists** – carry out skin-prick testing and take blood samples
- **Play specialists** – use play and activities to teach children more about their treatment and what to expect, so that they are better able to cope with treatment
- **Radiologists** – doctors who interpret X-rays and scans

Your CLIC Sargent Social Worker

Your social worker will work alongside NHS teams to ensure you get the support you need. They will help coordinate the non-clinical care of your child and can support you with practical, emotional and financial issues you may face.

“CLIC Sargent guided us into a new routine – we call it the ‘new normal’. I don't know what we would have done otherwise.”

ADJUSTING TO WARD LIFE

If your child has been admitted to hospital, they are probably staying on a children's cancer ward. These are generally friendly, positive places and staff will offer both you and your child plenty of help and support.

What's the ward like?

Many parents tell us they found seeing the ward for the first time challenging. Try to remember that the most important things can be hard to see at first – like the caring professionals who will be there by your side through the lows, or the chance to form friendships that can provide a whole new layer of support.

It may also be helpful to know that children usually only stay on the ward when they need inpatient treatment or if they are very unwell. Many children are eventually able to get on with their lives while continuing cancer treatment at home, at an outpatient clinic or during short stays in hospital.

What about privacy?

It can take a while to get used to sharing space. Feel free to draw the curtain round and spend some quiet time with your child when you need to. Occasionally, you may be asked not to do this if staff want to closely observe your child, or the child in the next bed and the curtain blocks the view. Just ask if you aren't sure.

What are the facilities like?

Most children's wards have staff and facilities to help keep your child occupied – ask a member of staff what's available. Only your child is eligible for hospital meals, but there will usually be a kitchen where you can make a cup of tea and possibly prepare snacks. There are usually showers available for parents and a place to wash your clothes.

More info

You'll find links to UK hospitals that treat children with cancer at clicsargent.org.uk/in-my-area. Most hospitals provide information about their wards, facilities and the local area.

Issues with your child's care

If you are unhappy with your child's care or questioning the reasoning behind a decision, ask to speak to the nurse in charge. Many things can be resolved quickly. If not, ask for an appointment with the ward manager. If you still feel the problem hasn't been resolved, you can go to the hospital's PALS office for confidential advice and support. It makes sure the NHS listens to patients, their relatives, carers and friends, and resolves concerns as quickly as possible. Visit nhs.uk and search for 'PALS' to find out more.

What you'll need in hospital

Here are some items that other parents like to keep packed for a hospital stay:

- Toiletries – lip balm, hand cream and moisturisers can be particularly handy
- Entertainment for your child – whether that's toys, games, activity books, portable DVD player or pre-downloaded apps on a tablet or smartphone
- Your phone or tablet charger
- Your child's favourite snacks and drinks
- Books and magazines or anything to keep you occupied
- Clothes for you and your child
- Something snuggly for your child to wear such as pyjamas, slippers or dressing gowns
- Diary or organiser and a pen to take notes
- Washing powder or liquid
- Anything your child will find comforting to have with them such as a cuddly toy or photographs.

Electrical items

These will need to be tested before you can use them on the ward. Healthcare assistants on the ward can usually organise this for you quite quickly.

Tips for coping with ward life

- Aim to get off the ward for a short break each day, even if it's just for a quick coffee or a walk around the block. Ward staff will support you with this. When you leave the ward, let a member of staff know how long you'll be gone, and how to contact you if necessary
- Try to keep things as normal as possible for you and your child, and that includes the usual boundaries you set for their behaviour
- If you have any worries or questions, talk to a member of your child's care team – they will have the answers you need. It may be helpful to write down questions as they occur, so you remember them
- Most children's wards have a TV and video games available, and these can be a useful way for you and your child to build relationships with other families
- Try taking an active role in your child's care by helping them with meals, wheeling their drip, taking them to the toilet and so on
- If your child is struggling to cope with aspects of treatment, most children's wards have play specialists who can help. They use play and activities to help children understand what's happening with their treatment.

WHAT CAN I DO NOW?

In the shock and haze of a diagnosis it can be especially difficult to think about practicalities. But making arrangements and getting your head around things now should help you in the days and weeks ahead. It might be a good idea to read this section with a friend or relative who could lend a hand with some of the logistics.

Accommodation

Most children's and young people's wards have space for one parent or carer to stay while their child is having treatment. Many children's cancer centres will have a CLIC Sargent Home from Home nearby. This self-catering accommodation is free for families to stay in while their child is having treatment, and siblings are welcome too. The hospital may have other accommodation, though it may not always be available and you might have to pay.



Ask your CLIC Sargent Social Worker about what's available to you or look on your hospital's website for more details.

Money

It's true that cancer can often bring extra costs with travel for treatment, reduced working hours and childcare arrangements. CLIC Sargent provides a one-off grant that you can use to cover food, travel or other day-to-day costs. You may also be able to access other grants and certain benefits to help with this.



Talk to your CLIC Sargent Social Worker about our grant and see page 25 for more information about financial help.

Travel

Travel to and from your child's hospital, whether by car or public transport, can be expensive. If you are on a low income and receiving benefits, the hospital may reimburse part or all of your travel costs so remember to keep your receipts. Free hospital transport may be available if your child has clinical needs that make using public transport impossible.



Check with your child's consultant or nurse to confirm whether it's okay for your child to travel by public transport. They should make you aware of your options.

Parking

The cost and availability of parking varies from hospital to hospital. You may be able to buy a weekly, monthly or even annual parking permit that works out cheaper. A Blue Badge can also help with parking costs. Your local authority may issue one if your child has mobility problems.



Check the hospital's website for details and ask your CLIC Sargent Social Worker if any support is available at your child's hospital.

Childcare

If you have other children who will need looking after while you are at the hospital, finding consistent childcare can be a problem. If you or your partner is employed, you or they may be entitled to time off for dependants in order to organise emergency childcare (see page 33).



In the longer term, it's a good idea to find someone who is willing to look after your other children at short notice if you need to take your child to hospital unexpectedly.

TALKING TO PEOPLE

Where do you start? How do you find the right words? The reality of talking to people about what's happening could be difficult for you. But being honest and forthright about your situation will usually be a positive experience – both for your family, and for opening up your own support network.

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TALKING TO YOUR CHILD

Parents tell us that one of their biggest concerns after diagnosis is what to say to their child about their cancer and its treatment. Children all have different levels of understanding, and it can be hard to know what information they need and which words to use.

Knowing what to say

If you aren't sure what to say, or how to say it, start by taking a look at one of our storybooks for children about cancer. They will give you an idea of the words to use and how things can be explained simply and clearly. See more on page 40.

While it's not possible to talk to babies and toddlers about what's happening, your calming, reassuring presence is vital, particularly during medical procedures.

Tips for talking to your child

- Keep it simple and do it gradually – you may need to repeat all or part of what you say several times
- Be as honest as you can
- Ask if there is anything they are worried about
- Don't feel you have to have all the answers
- It's fine if they don't want to talk. Just reassure them that you'll be there when they are ready
- Remember to revisit conversations as your child gets older.

BROTHERS AND SISTERS

Siblings may be feeling worried, left out, thrown by the change in routine or simply missing your attention.

How they might be feeling

They might worry that they have somehow caused the cancer and younger children may also worry about 'catching' cancer. It can be tough when your other children look to you for reassurance when you have your own worries but it's important to make time to talk to them.

Tips for talking to siblings

- Children's storybooks about cancer are another useful way to start a conversation (see page 40)
- It's fine if children don't want to talk – just let them know that you are happy to do so when they feel able to
- Let them know that sharing worries with other people often makes things easier
- Talk to their schools, so that they can offer them support
- Asking questions that aren't about your child's illness, like: "What's going on with you at the moment?" will let siblings know you're thinking of their feelings too
- Some hospitals have support groups for siblings. Your child's care team or CLIC Sargent Social Worker will have more information.

TELLING OTHER PEOPLE

Lots of parents say how difficult they find telling friends and relatives that their child has cancer. And yet the people closest to you can be a huge source of strength to your family at this difficult time and throughout your child's cancer treatment. Although it can be daunting, telling others may help you to make sense of the situation yourself and feel more in control.

When telling others about your child's diagnosis:

- Start by thinking about who needs to know and then who you need to speak to personally
- Don't feel you need to tell everyone everything at once
- Is there someone you can ask to let others know on your behalf?
- You may find it easier to break the news over the phone
- Start by saying something like: "I'm afraid I've got some worrying news..."
- Tell your friend or relative what's happening a few sentences at a time – like you, they won't be able to take in too much in one go
- Try not to be upset if they don't seem to know what to say – this is very normal to begin with.

Remember, your CLIC Sargent Social Worker can help with this and can offer support to any family members who are finding it particularly difficult to cope with the news.

How people can help

Friends, colleagues and family members are bound to ask you if there's anything they can do to help. But it can be difficult to think of an answer, especially in the midst of what's going on. Try to think about practical tasks, like collecting the other children from school. Being specific makes it easier to plan, and could give you a few less things to think about.

Our 'How can I help?' leaflet suggests ways people can help make life a little easier at this difficult time – give it to your friends, family and colleagues when you're not sure what to say. Just go to clicsargent.org.uk and search 'how friends can help'.

Online support groups

Some parents feel they benefit from talking to people with similar experiences. At their best forums can provide moral support and comfort, making you feel less alone or isolated. However, be cautious of posts about 'miracle cures' or alternative treatments, especially if you are being encouraged to buy specific products. Also be aware of discussions which are highly negative or not suitably monitored by moderators.

CLIC Sargent has a safe and supportive online community, called The Forum. You can create your own profile, share your story and meet other parents on our moderated message board. To get started go to clicsargent.org.uk/forum

KEEPING ON TOP OF THINGS

Sometimes the most challenging thing is staying afloat with money, work and your child's education. With everything else going on it can be difficult to address these practicalities. Remember that help is always available from your CLIC Sargent Social Worker and your care team. Keep talking to people and make sure you're getting the support you need.

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WHAT ABOUT MONEY?

You will almost certainly have extra costs while your child is being treated for cancer. We know parents find this a worry, especially if you also have to reduce your working hours to care for your child. It may be a comfort to know that financial help is available in the form of benefits, allowances and grants, some of which are listed on the next page.

Accessing benefits

Claiming benefits and allowances involves filling in lots of forms. Parents often say they simply can't cope with this in the early weeks after their child is diagnosed. At the same time, it's important to claim as soon as possible because some payments can't be backdated.

Who can help?

Your social worker can support you with filling in forms. For specialist advice or a review of what you're entitled to contact the CLIC Sargent welfare advice service on **0800 915 4439** or welfareadvice@clicsargent.org.uk – one of our friendly advisers will be happy to guide you and try to answer any questions you have.

What benefits are available?

Understanding the benefits system isn't always easy, but it can help you cope during difficult times. There are a range of different benefits that could help take the pressure off. The three main ones include:

Universal Credit

This monthly payment is for people aged 16 to 64 who are looking for work or on a low income. Money is also available for people who have childcare or housing costs, caring responsibilities, or a limited capability for work due to a disability or health problem.

Disability Living Allowance (DLA)

This is a benefit for children under 16 who have a serious illness or disability. The amount you can receive depends on the level of care your child needs.

Personal Independence Payment (PIP)

PIP has replaced DLA for young people aged 16 or over, whether they are in or out of work. It's designed to help them live as independently as possible and deal with extra costs caused by illness or disability.

Depending on your circumstances, you may also be eligible for further support such as:

- Carer's Allowance
- Working Tax Credit
- Housing Benefit
- Council Tax Reduction

Tackling day-to-day expenses

We know that the financial pressures of paying for day-to-day living expenses on top of additional costs relating to your child's cancer treatment may be a struggle. However, there may be ways that you could reduce your expenditure.

Travel expenses

If you are on a low income your child's hospital may help with certain travel costs when you travel with your child. You could also receive parking concessions.

Utility bills

Most energy providers offer income-based grants to clear gas or electricity arrears or help with other household costs. You may also be entitled to help with water charges.

Mortgage

Check with your mortgage provider whether you have payment protection on your mortgage and if you qualify now that your child is ill. It may also be possible to get help with your mortgage costs if you claim certain benefits.

Life insurance

Your life insurance policy may include serious illness cover and, if so, this could cover your children.

Motability Scheme

Depending on your circumstances, this scheme could help you with the cost of buying, leasing or adapting a car. Visit [motability.co.uk](https://www.motability.co.uk) for more information.

Grants

CLIC Sargent offers a grant to all families who have a child with cancer, to help with the immediate costs after diagnosis. You may also be able to receive an additional grant from CLIC Sargent or from another charity – ask your CLIC Sargent Social Worker for more information.

More information

You can find further information to help you manage your finances and understand benefits at clicsargent.org.uk/financialsupport. For the most up-to-date information about government benefits and support visit gov.uk or nidirect.gov.uk (Northern Ireland).

“The money we received from CLIC Sargent has been a big help.”

WHAT ABOUT SCHOOL?

Getting your child well again is bound to be your main priority at the moment. Yet your child may be having treatment for months, if not years, and it's important that their education continues.

Why it's important

This isn't just so that your child can keep up with their curriculum. Lots of parents find that schoolwork helps to give their child some much-needed structure and consistency while they go through treatment, as well as building their confidence about coping with the return to school.

Contacting the school

Initially you, or a trusted friend or relative, will need to phone your child's headteacher to let them know about their diagnosis. Your CLIC Sargent Social Worker, a nurse or your child's hospital teacher may be able to do this if you prefer. They can also help you liaise with the school and keep them up-to-date with what's happening.

Cancer and school life packs

This pack for teachers should help schools feel equipped and confident in ensuring a pupil with cancer and their family has the best possible experience and support. Find out more on page 40.

Hospital school

Most children's cancer hospitals have education departments, or schools, that can support your child while they are in hospital. The hospital teachers can contact your child's school to make a plan and set work that allows your child to carry on learning whenever they are well enough. The child can even take exams in hospital or at home if necessary, and special consideration is given by the exam boards if exams are during treatment.

Home education

If your child is compulsory school age, they will be entitled to education at home if they are out of hospital, but not well enough to return to school full-time. Schools will vary in how they approach this and how education is given, but your CLIC Sargent Social Worker can liaise with the school and help you ensure that education continues during this time.

Staying in touch with friends

The friends your child has at school are very important to them. Encourage your child to stay in touch with them via cards, letters, texts, emails, phone calls, Skype and FaceTime. Your child's hospital teachers can support you with this or visits from school friends too if your child is well enough.

Top tips for managing education

- Ask your child what, if any, information they would like to share with their classmates and teachers at the school
- Ask to meet with your child's school so you can discuss with them what they can do to help
- Provided they feel able, encourage your child to do as much schoolwork as they can each day
- Once they are well enough, encourage your child to attend school as much as they can, even if it's just for a short time each day
- Your CLIC Sargent Social Worker or a nurse may be able to speak to their class before they return. They can also help your child to settle back into school
- Make sure a trusted member of staff is always available for your child to talk to if any issues come up, and that your child knows who to go to
- Ask your child's school friends to help support your child when they return. Depending on the age of your child, a teacher may be able to help with this.

Going back to school

If your child's health and treatment allow, they may be able to go back to school. This could be part-time to begin with. Some children welcome the chance to get back to school and to see their friends.

Others, particularly teenagers, may feel more anxiety about going back. This could be because of changes in their appearance or worries about relationships with their peers. Some cancer treatments affect your child's ability to learn, and this can affect their confidence too.

The school might choose to write an Individual Healthcare Plan for your child, which sets out exactly what care will be needed in school and who will give it. This should be supportive and helpful, showing you that the school is thoughtful about your child's needs in school. Parents, carers and medical staff should be included in the writing of the plan.

“Although learning was a struggle, going to school helped her develop social skills again and have a daily routine”

WHAT ABOUT WORK?

If you work, you may have already phoned your employer to tell them about your child's diagnosis. You can also ask your CLIC Sargent Social Worker to do this for you if you prefer. If you are able to, let your employer know roughly how long you will be away.

Managing work

You may also be wondering how you are going to manage work in the long term. The truth is, it probably won't be easy. While work can give valuable structure to your life as you support your child through treatment, there may be times when it's simply not possible. In this case, if you are an employee, you have certain rights. You may be entitled to take some unpaid leave and also to work flexibly.

Time off for dependants

If you are an employee, you have the right to unpaid time off work to deal with emergencies involving a dependant, such as an unexpected or sudden crisis. This time off can be used to deal with the immediate problem or plan how to handle it, but it can't be used for long-term care. How much time off you can take will depend on your situation.

LOOKING TO THE FUTURE

Supporting your child through cancer treatment can be a lengthy and draining process but remember that help is always at hand.

“It’s made us realise that life is for living and we’re not going to sweat the small stuff.”

HELPFUL SUGGESTIONS

- Make sure you tackle any financial, employment or housing difficulties as they come up – if you delay they may only get worse
- Make good use of any offers of help, but take care not to let other people start ‘organising’ you
- Seek out support, whether it’s from staff at the hospital, other parents, friends, relatives or through online groups
- Try to give all of your children clear boundaries and a normal level of discipline, including your child who is ill
- Don’t neglect your own needs – try to eat well, get plenty of sleep and take some exercise. Even a walk outside of the hospital could help you feel better
- Try not to bottle up your feelings – talk to your partner, friends and relatives as openly and honestly as you can. If you feel you need it, ask your child’s care team whether professional counselling is available
- Caring for a child with cancer is hard on friendships, and you may find that some friendships do not last the course. However, many families also make new friendships and are offered kindness, help and support, sometimes from unexpected places. Keeping up at least some of your usual social activities can give you a welcome distraction during this difficult time
- Remember – if you need help, support or information, speak to your CLIC Sargent Social Worker. You can also visit our website at clicsargent.org.uk, or call us on 0300 330 0803.

EXTRA SUPPORT

We hope this booklet will act as a good starting point but here are some other ways we can help you and additional sources of support. For more information, talk to your CLIC Sargent Social Worker or visit clicsargent.org.uk. You can also contact us on 0300 330 0803 or info@clicsargent.org.uk

“They helped us keep control of the little things when we couldn’t control the big things, like our daughter’s health.”

HOW WE CAN HELP YOU

- CLIC Sargent provides emotional support. Our care professionals help the whole family cope with the impact of cancer and its treatment
- We provide trusted and award-winning tailored information on cancer, its treatment and impact, for children, young people and families
- Our financial support helps families deal with the financial impact of cancer. Our welfare advice helps families know about benefits they are entitled to, and their rights
- We help children and young people continue in education. We liaise with schools and parents about how best to help a child with cancer to keep up with studies and friends, and help them cope better with going back into school
- Our CLIC Sargent Homes from Home support family life during treatment by providing free places for families to stay together, close to specialist hospitals
- We help with employment. We can speak to employers about reducing working hours or working flexibly
- Our nurses provide outreach clinical care, to ensure children are cared for safely and help families maintain a sense of normality
- We also campaign and influence others to raise awareness of the needs of children and young people with cancer and to improve the support they and their families receive.

CLIC SARGENT RESOURCES

Our free booklets and resources cover a range of different topics – from storybooks for children, to factsheets about benefits. You can download them or order free copies from the CLIC Sargent website. Here are some you might find useful:

Storybooks for children

Our series of illustrated storybooks follow the journeys of Joe, Lucy, Mary and Tom through diagnosis and treatment. The stories give an honest depiction of cancer and treatment, but also demonstrate how obstacles can be overcome with the right support and the positivity to be found along the way. They are ideal to use with children to help explain what's going on and contain a glossary to explain the technical terms you may come across during hospital stays.

Cancer and school life pack

It's vital that your child gets support and understanding from their school and classmates during treatment and on their return. CLIC Sargent's Cancer and school life pack is designed to help schools feel equipped and confident in ensuring a pupil with cancer and their family has the best possible experience. The pack provides information and a lesson plan that aims to keep teachers and schoolmates in regular contact and to make your child feel involved and valued.

'How can I help?' leaflets

Although offers of help may be appreciated, sometimes it can be hard to think of what you need after a diagnosis. Give this leaflet to friends, family, colleagues and anyone else who is willing to offer help at this time. It offers tips and guidance on how they can best offer practical and emotional support in the days and weeks ahead.

Financial factsheets

Accessing support can be a huge relief for people facing financial pressure. Our factsheets about different benefits are written simply, and with the aim of providing comprehensive but accessible information. They explain what the benefit is, how to apply and where to go for support. This saves you time trawling through complicated internet pages and provides clear and trustworthy information, all in the same place.

Online information

We have a huge wealth of information and video content on our website for parents, young people and children. This includes the ways that cancer can affect on your day to day life and guidance about how to manage the impact, as well as stories from other parents. Go to clicsargent.org.uk to get started.

WHAT NOW?

When a child is diagnosed with cancer, it's vital that parents and carers have the support they need to get through the first few days and weeks. *What now?* provides practical guidance and valuable sources of help.

YOUNG LIVES vs CANCER CLIC SARGENT



This booklet has been certified by The Information Standard.

CLICSARGENT.ORG.UK