



**TEENAGE CANCER TRUST**  
**HELPING YOUNG PEOPLE IN THE EAST**  
**OF SCOTLAND FIGHT CANCER**

[www.teenagecancertrust.org/eastofscotlandappeal](http://www.teenagecancertrust.org/eastofscotlandappeal)



HELPING YOUNG PEOPLE  
FIGHT CANCER



**Kirsty. 11.\* Loves shopping, pasta, her teddy and phone. Hates Barbie girls, tidying up and feeling unwell all the time. Wants somewhere to hang out with friends.**

## TEENAGE CANCER TRUST UNDERSTANDS THAT I'M MORE THAN MY CANCER

There's never a good time to get cancer, but for a teenager or young adult the timing seems particularly cruel. Young people can get some of the most rare and aggressive forms of cancer. Their rapidly growing bodies work against them, enabling the cancer to grow faster.

**Every day, six young people in the UK will be told they have cancer.**

At Teenage Cancer Trust, we understand that teenage cancer requires specialist care. We know how damaging it is to

take a young person away from their normal life – their friends, their environment, their *stuff* – and put them in a cancer ward with small children or old people.

In fact, we know that young people have a much better chance in their fight against cancer if they are treated by teenage cancer experts, in an environment tailored to their needs.

Our aim is to build enough units so that, by 2012, every single teenager will

have access to the dedicated, specialist support they provide. We also want to continually improve our services that already exist.

**We need your help to make this happen in the East of Scotland.**

# HELPING YOUNG PEOPLE IN THE EAST OF SCOTLAND FIGHT CANCER

**Teenage Cancer Trust currently has one unit in the East of Scotland at the Royal Hospital for Sick Children in Edinburgh for young people aged 13 to 16.**

We need to raise £1.6 million in the region to ensure that every young person has access to the specialist support provided by Teenage Cancer Trust.

**Your support will enable Teenage Cancer Trust to fund:**

**A unit at the Western General Hospital** which will provide care for young people between the ages of 17 and 24. We anticipate that the unit will be completed in 2011.

## **A unit at the New Children's Hospital in Edinburgh**

for young people aged 13 to 16. Due to open in 2013, it will replace our existing unit at the Royal Hospital for Sick Children.

## **Specialist clinical staff**

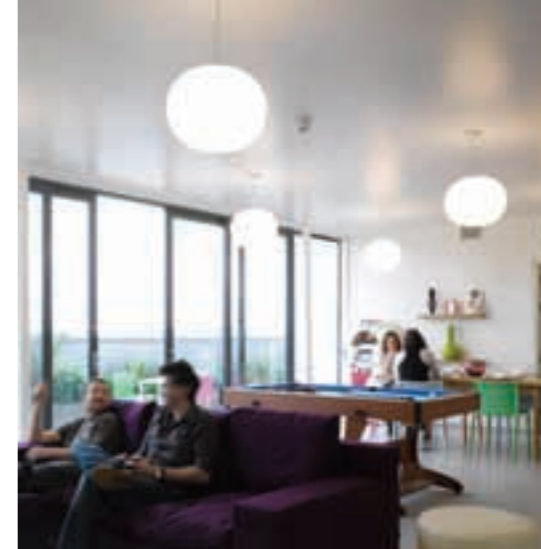
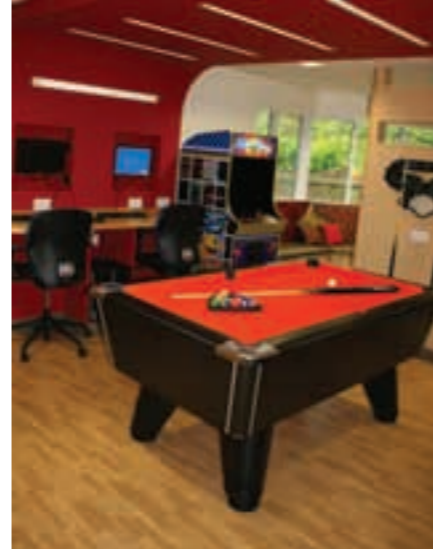
to provide the very best care and support for young people being treated on the unit. A Youth Support Coordinator will give patients the chance to be themselves and pursue their own interests and take up new activities, helping them to deal with their emotions and feelings.

A role such as a Lead Nurse can focus on clinical care, enabling us to develop research, deliver

professional education and campaign for better care for young people.

## **A Support Network**

When a young person is diagnosed with cancer, their friends and family need support too. Teenage Cancer Trust's Support Network gives them the chance to meet other people who understand their situation at every stage of the cancer journey and beyond.



**"This is a truly remarkable charity whose work in partnership with the NHS enables the quality of health to be significantly improved for young teenagers who have been diagnosed with cancer."**

James McCaffery, Chief Operating Officer, Lothian University Hospitals, NHS Lothian

**"Teenage Cancer Trust units combine an expert team and the best possible therapy with the best possible environment for teenagers and young adults. By focusing on quality of life, they can change a teenager's outlook and give them the fight and attitude they need to beat cancer."**

Professor Tim Eden



Ross. 13.\* Loves football, going out with friends and his PS3. Hates housework and being sick. Wants somewhere to relax with people his own age when having chemotherapy.

## TEENAGE CANCER TRUST UNDERSTANDS THAT I'M A PERSON, NOT JUST A PATIENT

As well as our units we fund a number of different services, all with the same goal – to help young people fight cancer. By supporting the East of Scotland Appeal you will help us to fund:

- **Find Your Sense of Tumour:**

Our annual conference is specifically for young people with cancer and gives them the chance to share experiences and learn more about their disease. Plus, 400 young people from all over the country in one place for a weekend...it's pretty good fun too. So why not sponsor a young person from your area to attend?

- **Education:** Our education and awareness programme aims to educate every young person in the UK about cancer, prevention and healthy living, empowering them to take control of their own health.

- **Research:** We fund the country's first Professor of Teenage Cancer Medicine who leads research into why young people get cancer and how best to treat it, ultimately improving diagnosis, treatment and survival rates.

- **Medical courses:** We also fund courses for medical professionals at all levels, so they can improve how they treat young people with cancer.

- **International conference:**

We hold the world's only conference focusing solely on cancer and the adolescent where experts from across the globe share information and research, helping to improve the lives of young people with cancer internationally.

**None of this would be possible without donations made by our supporters.**

# GET INVOLVED

THERE ARE LOTS OF WAYS YOU CAN SUPPORT TEENAGE CANCER TRUST IN THE EAST OF SCOTLAND...

## Make a donation

Your donation will make a real difference to young people in the area. You can

- complete and return the donation form with payment by credit card or cheque; or
- donate online at [www.teenagecancertrust.org/eastofscotlandappeal](http://www.teenagecancertrust.org/eastofscotlandappeal)

## Join a Teenage Cancer Trust appeal committee

We have a number of small local committees who enjoy organising events and volunteering time when they can to help us reach our appeal target. This is a great way to meet new

friends and get involved in our many fundraising activities.

## Organise your own event

Set up your own fundraising event with your friends and family to support teenagers in your area.

## Take on a challenge

If you are up for a challenge, why not sign up for an abseil, skydive or trek? Or you could take part in one of our many running events which take place all year round in the UK and abroad.

## Become a benefactor


As a Teenage Cancer Trust Benefactor you can choose one of three levels of

support. Whichever you choose, your lasting legacy will be helping us ensure that every young person diagnosed with cancer receives the specialist care and treatment they need.

## Spread the word

Please tell everyone you know about Teenage Cancer Trust and help us to make a difference to young people with cancer in the UK.

To find out more about getting involved, contact Teenage Cancer Trust using the details on the back of this brochure or visit [www.teenagecancertrust.org/eastofscotlandappeal](http://www.teenagecancertrust.org/eastofscotlandappeal)



Rachel. 16.\* Loves nights out with the girls, thin chips and burgers and her phone. Hates walking in the rain, being upset and chemo. Would like music and good DVDs on a unit.

**Anna. 21.\* Loves art, baking cakes and Florence and the Machine. Hates sport, bone marrow tests and losing her hair. Wants good nutritious food and a more inviting home from home environment.**



## My Story

As a young person you feel like you've got your whole life ahead of you. But at 21, four weeks before I was due to finish my degree, I was told I had a type of cancer called Hodgkin's lymphoma. All I could think of was that I hoped it wouldn't interfere with my uni work.

I had to have six months of chemotherapy which wasn't my favourite experience. It was really frustrating being tired all the time and horrible to have my hair fall out. Unfortunately, when my treatment finished, I started to get pains in my back and tests showed that the cancer had come back. It wasn't until I had a tube in my back draining the litre and a half of fluid that had built up

that I realised how naïve I had been about what to expect.

This time I had to have high dose chemo, staying in hospital five days at a time to receive it. My hair fell out again and, because I didn't seem to be responding well, I wrote my will and planned my funeral. I was in a wheelchair and then, after two more lots of chemo failed, I was told I needed a bone marrow transplant and then radiotherapy.

While I was recovering in hospital for a month I planned my wedding. It helped take my mind off things and gave me something positive to focus on. My wedding day was the best day ever – even though I had to

have a nap in the middle! In the middle of my treatment I was lucky enough to go to Teenage Cancer Trust's conference for young people with cancer – Find Your Sense of Tumour. Meeting other people my age who understood what I was going through made it so much easier to cope with everything.

Because I'm doing so well now, there's a chance I could make a good recovery. The treatment has affected me in a lot of ways – one of my lungs is bad and I'm going through an early menopause so having children will be a problem. But it could be a lot worse. I can now feel the beginning of something new, something better.

**Ian. 21.\* Loves cycling, cooking, and going to Uni. Hates racists, wrapping presents, smokers and getting random infections which result in being in hospital too long. Would like a non-clinical environment with normal furniture and somewhere quiet.**



\*Age at diagnosis



## TEENAGE CANCER TRUST

### EAST OF SCOTLAND APPEAL DONATION FORM

As a registered charity, Teenage Cancer Trust needs your help to improve the lives of young people with cancer. Please use this form to make a donation to the Teenage Cancer Trust East of Scotland Appeal.\*

Remember, even the smallest donation can help to make a very big difference for a teenager or young person with cancer.

I wish to donate:  £20  £50  £100  Other amount £ \_\_\_\_\_

I enclose a cheque made payable to Teenage Cancer Trust £ \_\_\_\_\_

Please debit my  Visa  Mastercard  Switch  AMEX  Delta  
 Solo  Caf Card

Card number\* \_\_\_\_\_ Issue number (if required) \_\_\_\_\_

Valid from \_\_\_\_\_ / \_\_\_\_\_ Expiry date \_\_\_\_\_ / \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

\*Please complete your address overleaf

[Continued overleaf...](#)

### Gift Aid

To increase the value of your donation by approximately 28% at no extra cost please tick the box below:

I am a UK taxpayer and want Teenage Cancer Trust to treat this, my previous and future donations as Gift Aid donations until further notice.

NB: You must pay an amount of income tax and/or capital gains tax equal to the tax we reclaim on your donations, currently 28p for every £1 you give. Please include your home address and postcode below to enable us to do this.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Title \_\_\_\_\_ Name \_\_\_\_\_

Company \_\_\_\_\_

Home address \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Email \_\_\_\_\_

Daytime telephone number \_\_\_\_\_

### DATA PROTECTION

In accordance with the 1998 Data Protection Act, Teenage Cancer Trust would like to use your details to keep you informed about our work and send you further appeals for help. If you do not wish to receive further updates or information from Teenage Cancer Trust then please tick here

\*Any funds raised in excess of development needs will be redistributed to support young people with cancer through existing or new services in the local area or elsewhere.

Once you have completed this form please send to the following address:

Teenage Cancer Trust East  
of Scotland Appeal  
3rd Floor  
93 Newman Street  
London  
W1T 3EZ

Thank you for  
your support

Gemma. 22.\* Loves her Guinea pigs, car boot sales and reality TV. Hates getting up early, well people who park in disabled spaces and the side effects of chemo. Wants single rooms with private space and computer access.



# TEENAGE CANCER TRUST

## EAST OF SCOTLAND APPEAL

**Teenage Cancer Trust**  
**East of Scotland Appeal**

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Edinburgh

EH7 9AP

**T** 0131 667 5503

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[www.teenagecancertrust.org/eastofscotlandappeal](http://www.teenagecancertrust.org/eastofscotlandappeal)

Teenage Cancer Trust is a registered charity, no. SC039757



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