



**TEENAGE  
CANCER  
TRUST**

**WAY**

**FORWARD**

**Finished cancer treatment  
and unsure about the future?  
This free event is for you.**

# FEELING UNSURE ABOUT THE FUTURE?

## Our Way Forward events can help.

**Maybe you've finished cancer treatment but aren't sure what comes next. Or maybe you're adjusting to life on long-term treatment and feel like you could use some help. Either way, try not to worry.**

Young people tell us all the time that finishing treatment can be just as complicated as finding out you have cancer in the first place. This is why we created Way Forward – a specialist event to help address some of the challenges at this time in your life.

Maybe you've been feeling:



**Confused** by the change in your routine.



**Lonely** because you no longer see the same faces every day.



**Isolated** from family and friends who don't get how you feel.



**Unsure** about how you fit into your 'old life'.



**Worried** about whether your cancer could come back.



**Angry, sad, depressed and even more confused** because of how cancer has disrupted the life you imagined for yourself.

All this is totally natural. It's actually pretty unrealistic to go through something that sends your life in a whole new direction and then expect everything to just fit back into place afterwards.

You might still be feeling tired or sick or dealing with other side effects. Lots of people feel different physically and emotionally after cancer and need time to get used to difficult changes like scarring, hair loss or losing a limb. Maybe you're still seeing doctors and taking tablets too.

Whatever you're feeling at the moment – and whether you're thinking about getting back to school, uni, college, work or taking a different next step – we're still here to support you. And our Way Forward events are a big part of that support.



**“A lot of people come out of cancer treatment feeling quite insecure. I certainly did.”**

**> Chris, 22**

**“Way Forward gave me skills to deal with problems that I hadn’t had to deal with pre-cancer.”**

**> Joe, 25**



# HOW CAN WAY FORWARD EVENTS HELP?

**It's pretty simple, really. We bring you together with 15-20 other young people, most of whom finished cancer treatment between six months and five years ago.**

Everyone's story is unique, of course, but you'll be with people who really do get what you've been through. Together, you can chat openly about anything that's on your mind, get expert advice on everything from food to fertility – and enjoy being very well looked after for a couple of days.

We know it can be tough to talk, so we do everything we can to create a safe, comfortable space where you can get to know everyone and share as much or as little as you want. We can't guarantee

you'll get the answers to all of life's questions, but it's amazing how often people say they finally feel more positive about issues that have been bothering them for ages.

If you have been feeling isolated, misunderstood or confused, Way Forward events can feel like a real release – and a welcome chance to genuinely be yourself. To help with that, we always run the events in places that help you unwind – and give you plenty of time to make the most of them.

## **AT WAY FORWARD, YOU CAN:**

- Meet people your age who have had cancer too
- Ask questions about anything
- Get practical, expert advice on the big issues that bother young people
- Leave everyday stress far behind

## **Finished treatment very recently?**

We recommend Way Forward if your cancer treatment ended at least six months ago, so you've had a bit of time to think about how you're feeling. If you've finished treatment more recently, or are on long-term treatment but think Way Forward could help, please chat to your clinical team and then get in touch with us to discuss attending.



**“I thought it'd put me back in the headspace of having cancer, but it gave me skills to keep moving forward.”**

**> Joe, 25**

# WHAT TO EXPECT

**We run Way Forward events, free of charge, in lovely venues across the UK. All events last two days and include an overnight stay, with everyone in a separate room and all of your meals and refreshments provided.**

The events combine expert talks, interactive workshops and lots of opportunities to get to know each other and share experiences, questions, advice and concerns.

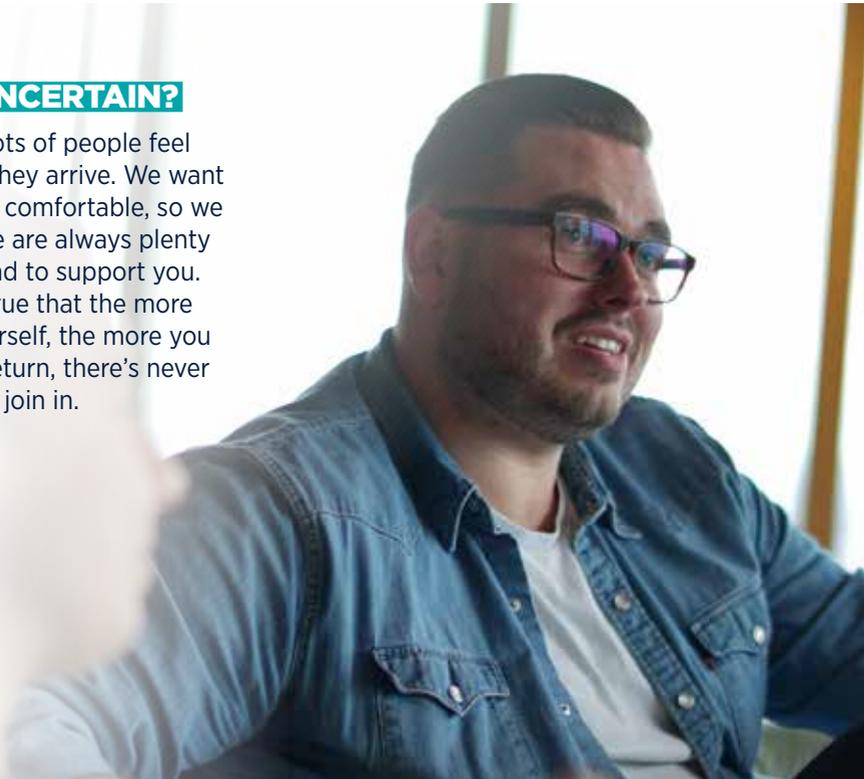


**“What’s so special about these events is how young people show so much trust in each other and naturally create space for each other to open up and be honest.”**

**> Matt, Way Forward facilitator**

## FEELING UNCERTAIN?

Don't worry - lots of people feel nervous when they arrive. We want you to be 100% comfortable, so we make sure there are always plenty of people around to support you. And while it's true that the more you give of yourself, the more you usually get in return, there's never any pressure to join in.





# A TYPICAL WAY FORWARD DAY



**No two events are the same, but come along and you can expect two unforgettable days that look something like this:**

## **9-10am: Welcome to Way Forward**

Arrive, register and kickstart your day with a proper cup of coffee.

## **10am: Getting to know each other**

A chance to meet everyone, find out why you're all here and share what you hope to get out of the event (without any awkward ice-breakers – you have our word...)

## **11am: Talk from an expert speaker**

A sleep specialist discusses ways to manage fatigue and get better quality rest. There's always plenty of chance to ask our speakers questions, too.

## **12pm: Lunch**

A time to get to know each other, share stories, find out what people are up to in their lives now – and enjoy a tasty meal.

## **1pm: Group workshop**

A chance to think about making choices about education and work. It's based on questions people have asked at previous Way Forward events, and covers everything from whether to repeat missed time at college to things to think about if you want to change career.

## **2.30pm: Break**

Time for coffee and a chat.

## **3pm: A music workshop run by steel drummers**

Every day includes plenty of time to relax and laugh together – and today that means letting any tension disappear by showing your stuff on the steel drums.

## **6pm: Hotel**

Back in the hotel, it's up to you what you do. People often get together to hang out and share their thoughts about the day.

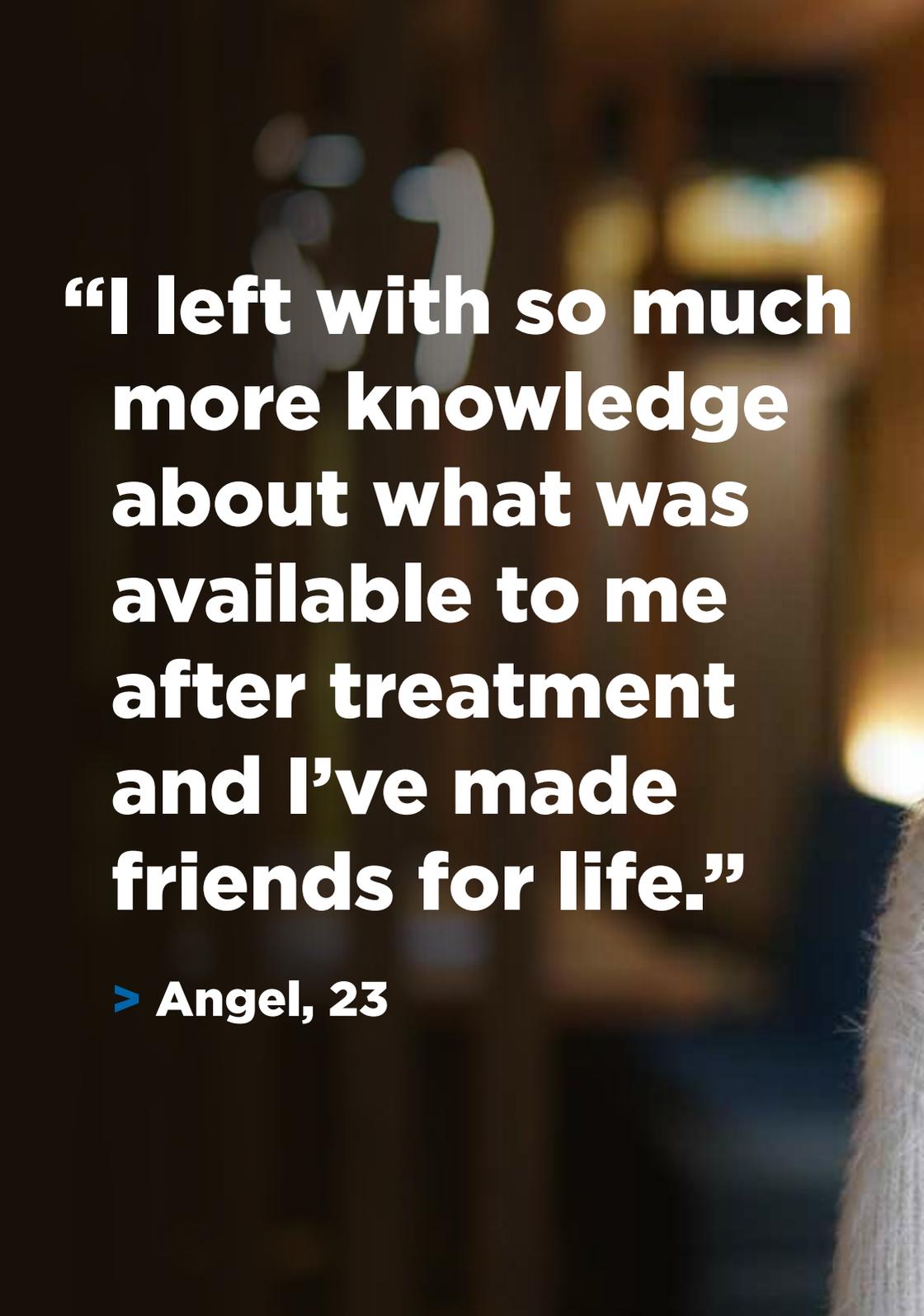
## **7.30pm: Time to enjoy dinner together, then more free time before bed**

Young people often tell us they're amazed at how close everyone becomes – even after spending just the first day together.

# **WAY FORWARD SESSIONS COVER ISSUES LIKE:**

- **Body image**
- **Exercise**
- **Explaining cancer on your CV**
- **Healthy living**
- **Losing friends**
- **Mental health**
- **Nutrition**
- **Relationships**
- **And much more...**





**“I left with so much more knowledge about what was available to me after treatment and I’ve made friends for life.”**

**> Angel, 23**



# READY TO BOOK? BRILLIANT – BUT DON'T HANG AROUND

We'd love to see you at a Way Forward event very soon, but many of them fill up early. So head to [teenagecancertrust.org/wayforward](https://teenagecancertrust.org/wayforward) to find events near you and book your spot – and prepare to see the future more clearly.

## GOT QUESTIONS? WE'RE ALL EARS

Email [support4you@teenagecancertrust.org](mailto:support4you@teenagecancertrust.org) and either **Matt, Gary** or **Lenny** will get back to you.

Our book: **'Honest Answers, Sound Advice: A Young Person's Guide to Cancer'** has a comprehensive chapter on life beyond cancer.

To order a copy, please email:  
[support4you@teenagecancertrust.org](mailto:support4you@teenagecancertrust.org)



## ABOUT US

**We're Teenage Cancer Trust. We create world-class cancer services for young people in the UK, providing life-changing care and support so young people don't have to face cancer alone.**



[teenagecancertrust.org](https://teenagecancertrust.org)   