



TYA

Teenage & Young Adult Cancer Support

A GUIDE TO THE SUPPORT
AVAILABLE FOR 16-24 YEAR OLDS.



WE ARE LOCAL YOUNG PEOPLE THAT MEET PROFESSIONALS FROM THE BIG C AND NORFOLK + NORWICH UNIVERSITY HOSPITAL TO GAIN PEER, EMOTIONAL AND PRACTICAL SUPPORT.

WHEN DO WE MEET?

We get together on the 2nd Wednesday of the month. Sometimes we're out and about near Norwich doing activities like bowling, and other times we meet online or in person.



ACTIVITIES AND OUTINGS

We have a lot of fun and some of our recent activities have included:

- YOGA
- ARTS + CRAFTS
- BAKING
- MUSIC THERAPY
- ACTIVITY DAYS



BOWLING WITH TYA

"WHEN YOU HAVE CANCER, YOU FEEL ALONE, BECAUSE NO ONE OF YOUR AGE SEEMS TO UNDERSTAND WHAT YOU'RE GOING THROUGH. GOING TO TYA MAKES ME FEEL LIKE A WEIGHT HAS BEEN LIFTED OFF MY SHOULDERS. I CAN BE MYSELF, WE HAVE FUN, WE TALK, AND I FEEL REALLY SUPPORTED." *Bianca - TYA member*



ARTS + CRAFTS



MEET THE TEAM...

Our group is facilitated by staff at Big C and supported by consultants and nurses from the Norfolk & Norwich Hospital and Teenage Cancer Trust. The team at Big C help arrange the activities and outings and are there if you need extra 1:1 support and access to all Big C services.



JAMES
SUPPORT + INFORMATION OFFICER

HEY, I'M JAMES, I WORK AT THE NNUH BIG C CENTRE. ONE OF MY ROLES IS TO HELP FACILITATE THE TEENAGE + YOUNG ADULTS SUPPORT PROJECT/NETWORK.

I REALLY ENJOY MY SUPPORTING ROLE HERE AT THE BIG C AND LOOK FORWARD TO WELCOMING YOU.

HI, I'M TONIA, HAVING HAD FIRST-HAND EXPERIENCE OF HOW CANCER CAN AFFECT A FAMILY, I AM PASSIONATE ABOUT MAKING SURE THAT EVERYONE WHO WALKS THROUGH OUR DOORS IS LISTENED TO AND SUPPORTED IN THE BEST WAY FOR THEM.

OUTSIDE OF MY ROLE WITH BIG C I ENJOY SPENDING TIME WITH MY FAMILY AND GETTING LOST IN A GOOD BOOK.



TONIA
CHARITABLE OPERATIONS AREA MANAGER

THE TEENAGE CANCER TRUST SPECIALIST NURSE GETS INVOLVED IN THE GROUP AND IS THERE FOR ANY SUPPORT NEEDED.



TEENAGE CANCER
TRUST SPECIALIST



"TYA FEELS LIKE A FAMILY!

IT'S A GROUP OF PEOPLE I CAN

JUST CHAT TO ABOUT ANYTHING..."

Alice - TYA member

WARD VISITS

If you're unable to get to us or are feeling a bit anxious, we can make arrangements to come and visit you on the ward, whether this be in person or virtually.



WHAT NEXT?

If you want to find out more or fancy coming along to one of our sessions, just give the Support Line a call and they'll put you in touch with one of the TYA team. We know how daunting it can be coming along to a new group (we've all been there!)

CALL: 0800 092 7640

EMAIL: [SUPPORT@BIG-C.CO.UK](mailto:support@big-c.co.uk)

WHAT IS BIG C?

Big C is a cancer charity, supporting people affected by cancer in Norfolk and the surrounding counties. From 1:1 sessions and counselling, to complementary therapies, online support, health, exercise and nutrition programmes. We are here for you, in person at our Centres or online from the comfort of your own home.

TO FIND OUT MORE, VISIT: WWW.BIG-C.CO.UK



**"SEEING YOUNG PEOPLE ACCESS
THE SUPPORTIVE ENVIRONMENT
OF THE GROUP AND THEN MOVE
FORWARD IN THEIR LIVES WHEN
READY IS SUCH A PRIVILEGE."**

**James - Big C Support
& Information Officer**



Support Research Equipment Education

Cancer affects us all in different ways. We know it can be difficult.

We're here to support anyone affected by cancer. You may be living with cancer yourself, or it may affect someone close to you. Whether you would like to talk in confidence, get practical information and support, or simply need a calm space.

We can help.

For more details visit:

big-c.co.uk/support

Call us for free on:

0800 092 7640

Calls are free of charge from all consumer landlines and mobile phones.

Big C is the working name of The Big C Appeal Ltd. Registered charity, number 281730 and a company limited by guarantee, registered in England & Wales, number 1521441. VAT Registration number 688 7342 76. Registered office as below.

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NHS
Norfolk and Norwich
University Hospitals
NHS Foundation Trust



Connect with Big C online:

