

Childhood Cancer Ireland's Life After Childhood Cancer Programme

Frequently Asked Questions

Eligibility & Attendance

- **Who is this programme for?**

This programme is for childhood cancer survivors and their families who have completed active treatment between 3 months and 10 years ago. It is designed to support families in adjusting to life after treatment. Young people aged 12-16 years will attend dedicated workshops designed specifically for them, while parents will attend separate parent sessions. Siblings and younger children will participate in Barretstown's activities, but they will not take part in the programme workshops.

- **Is there a cost to attend?**

There is no cost to families to attend the programme. Accommodation, meals and workshops are provided.

- **Can we participate in activities and not attend the workshops?**

No. The residential weekend is part of a structured programme, and attendance at the workshops is required for participating families. The activities are included to support the overall experience, but the workshops are the main focus of the weekend.

- **Can I attend the parent workshops and my 12-16-year-old not attend the young people workshops?**

No. The programme is designed as a parallel experience for parents and young people. To get the full benefit of the programme, adolescents aged 12-16 who attend the weekend are expected to participate in their workshops while parents attend the parent sessions.

- **What if my child feels anxious about attending?**

It is completely normal to feel unsure. The weekend is designed to be welcoming and supportive, with experienced staff and facilitators. Families will receive information in advance to help prepare, and staff will be available throughout the weekend for support.

About the Weekend Itself

- **What happens during the residential weekend?**

Families arrive on Friday afternoon, settle in, have dinner and take part in some evening activities. Saturday and Sunday include separate workshops for parents and young people (12–16), shared activities for the whole family and meals together. The weekend ends with a wrap-up show before departure.

Furthermore, each family is assigned a cara (volunteer) to help assist them with their needs and activities at the camp.

- **Will siblings be supervised during workshops?**

Yes. While parents and young people attend workshops, siblings can participate in Barretstown's fully supervised recreational and therapeutic activities.





















- **Is the programme suitable for children with ongoing medical needs?**





Families are encouraged to share any relevant medical information in advance so we can ensure the weekend is safe and supportive. If you have specific concerns, you can contact the team to discuss them.

- **Is there a medical team on-site?**

Barretstown have a brand-new medical centre, the Med Shed, situated right beside the dining hall, where they manage and support the diverse range of medical needs of participants. During family camps, it is staffed 24 hours a day by highly experienced nurses. It is designed to be a comfortable, friendly, accessible and sheltered environment to provide care for minor injuries or general paediatric problems, and to assist with your medical needs throughout the stay. Barretstown's wonderful team are always on hand to provide support and care to families.

Family Weekend

FRI 17TH APRIL	SAT 18TH APRIL	SUN 19TH APRIL
Arrival (4-6pm) 	Breakfast 	Breakfast 
Dinner 	  	Activities for all 
Evening Activities 	Activities for all 	  
	Lunch 	Lunch 
	  	End of weekend show (1-2pm)
	Dinner 	
	Activities for all 	

 Whole family
  Children 12-16
  Parents
  Children 0-12 & Siblings 0-18

- **What should we bring?**
 - Casual, comfortable clothes (weather appropriate)
 - A warm jacket/coat
 - 2 pairs of runners/closed-toe shoes eg. no crocs.
 - Toiletries e.g. toothpaste, shampoo
 - Hair dryer
 - Your own medication
 - Any medical supplies/equipment you may need
 - Baby supplies e.g. formula, nappy bags
- **What should we not bring?**
 - Barretstown will supply sheets, towels, bedding, all meals, cots and highchairs.
 - Swimwear is not required as there is no swimming facility.
 - Dogs (excluding registered service dogs) are not permitted in Barretstown.
 - Alcohol, illegal drugs, weapons/sharp objects.
 - Nuts, nut products and/or snacks including nuts.

- Scooters, skateboards, bikes, roller skates and wheelie shoes are not permitted.
- Open-toe shoes such as crocs, flip flops.
- **Where will we stay?**

Each family will stay in their own family room with private bathrooms, in one of Barretstown's fabulous newly renovated cottages or Paul's Hideout accommodation, on the grounds of Barretstown Castle. There is a shared chill-out area in each accommodation for families to relax at the end of a busy day. Towels and sheets are provided for you throughout your stay.
- **Who looks after our meals?**

Your main meals – breakfast, lunch, and dinner – will be provided and cooked for you by on-site chefs. They provide nutritious and child-friendly meals and snacks for families and staff. Everybody eats together in the fabulous dining hall, and there is always a wide range of hot and cold food available. Please be sure to indicate specific dietary requirements on your registration forms in advance. You can bring dried snacks with you if you would like, but please remember that Barretstown have a no nut policy at camp.

About the Workshops

- **What topics will be covered?**

The programme covers common post-treatment topics including fatigue, communication, concentration, nutrition, wellbeing and fertility.
- **Are the workshops interactive?**

Yes. The workshops include discussion, practical strategies, and opportunities to ask questions in a supportive environment.
- Teen workshops include:
 - Conversation Café: Say it Your Way
 - School, Energy and Concentration: What's Going On?
 - The Energy Hub
- Parent workshops include:
 - Running on Empty: Understanding and Managing Fatigue
 - Navigating Conversations After Cancer

- Stronger Together: Supporting Yourself and Your Child

About the Online Sessions

The family weekend is followed by three online workshops, which you can attend from home and will supplement everything you learnt at the family weekend.

- **Do we need to attend the online workshops as well?**

Yes. The online sessions are part of the full programme.

- 28th April: Your Future, Your Fertility: A Guide for Teens and Parents
- 5th May: Supporting Your Child with School, Energy and Concentration (for parents)
- 12th May: Nourishing Recovery and Growth (for parents)

- **What if we cannot attend one of the online sessions?**

If you are unable to attend a session, please let us know in advance. We will provide information about available materials or next steps where possible.

Additional Questions

- **Am I obliged to take part in the programme evaluation?**

Participation in the evaluation is completely voluntary. However, we strongly encourage families to take part, as your feedback will help us improve and develop future support programmes.

- **What are the benefits of taking part in the programme?**

Taking part in the programme helps families feel more informed and supported after cancer treatment ends. You will receive clear, expert-led information on common post-treatment challenges such as tiredness, emotional wellbeing, physical activity, nutrition, communication and future health. The programme also provides opportunities to connect with other families, which may support peer connection, shared learning, and a sense of community with families who have had similar experiences.

- **What if we need additional support after the programme?**

The team can provide information about further supports and services if needed following the programme.

