



ADVOCACY • AWARENESS • SUPPORT



Adolescent & Young Adult Services



www.childhoodcancer.ie

Childhood Cancer Ireland is a national charity dedicated to supporting children and young people with cancer, survivors and their families, throughout their cancer experience.



As a parent and survivor-led charity, we understand how this diagnosis pulls the rug from under the entire family without warning. When that happens, Childhood Cancer Ireland is there, giving families the strength and support they need, every step of the way.

What we do

Our emotional, practical and financial supports help all family members from the moment of diagnosis, through treatment and into life after childhood cancer, or when families experience the heartbreaking loss of a child.

From play therapy, psychological and peer support to mentoring, life after treatment programmes and compassionate bereavement care, we help families navigate, rebuild and heal. We also advocate for better services and provide financial support when families need it most.

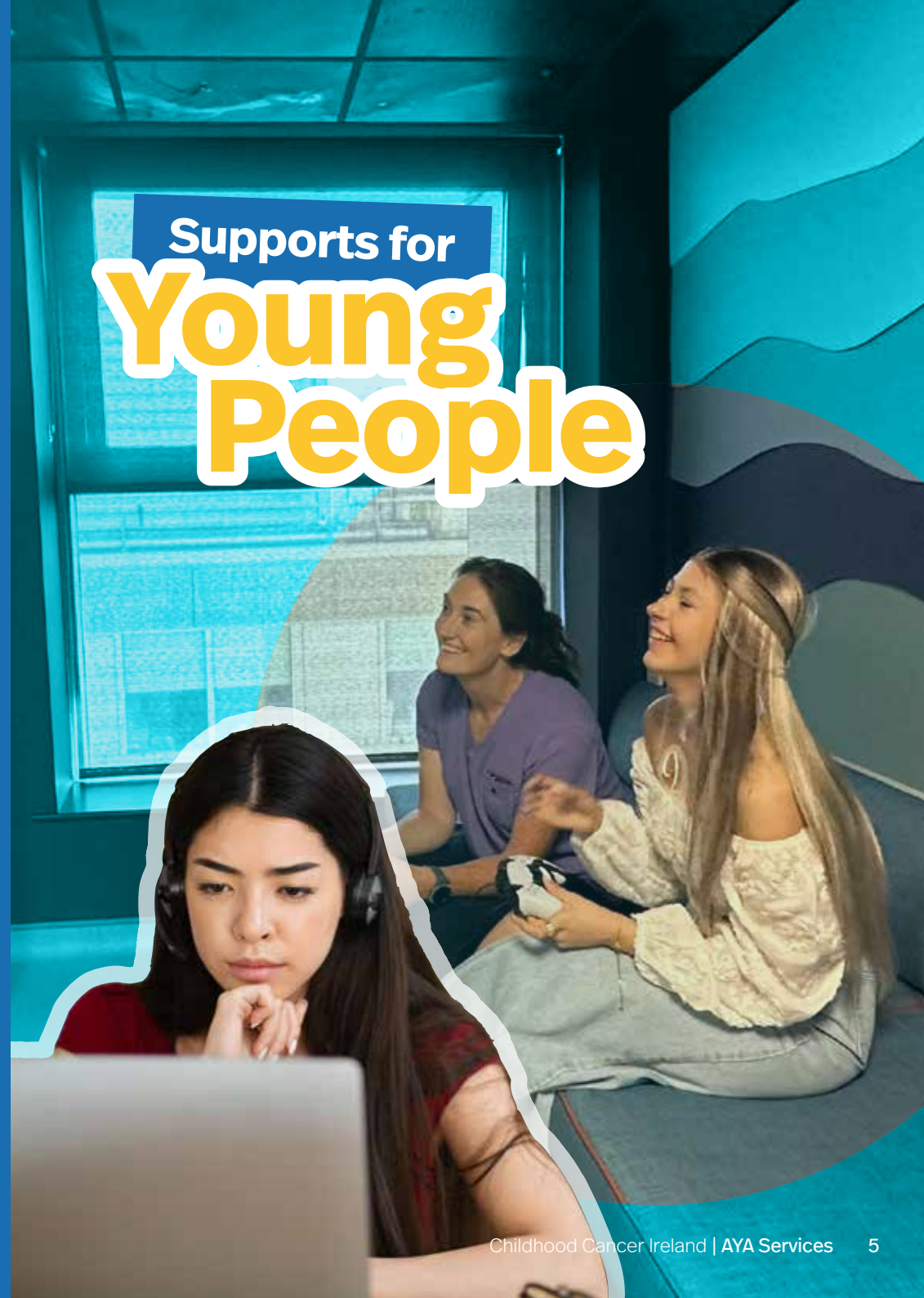




“My daughter’s recovery after surgery was significant. She really needed support in school but it was very difficult for her to accept that and she was really fighting the fatigue. Psychological support with Mairead made a huge difference. With that support, she was able to manage her workload much better, to rest when she needed it and to accept help in school and for exams. It really helped to have someone outside of the family for my daughter to talk to and someone who could provide the right support.”

Anne Marie, parent

Supports for **Young People**



Education



Institute of Education

The Institute of Education is a nationally and internationally-recognised second level school which offers part-time courses and grinds for 2nd – 6th year students.

The Institute have developed a partnership where Childhood Cancer Ireland students can access free part-time courses and grinds. All courses are online and students can enroll in a maximum of two subjects.



Exam Revision

ExamRevision is an online study platform that helps Junior and Senior Cycle students revise using video tutorials, curriculum-aligned notes, self-correcting quizzes, past exam questions and model answers to suit different learning styles. It helps students stay connected to their subjects, build confidence, and prepare for exams at their own pace.

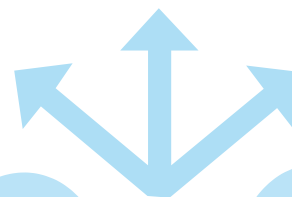
We have access to the ExamRevision platform for limited number of Junior and Leaving Certificate-year students. If you are interested in having access to this resource, get in touch.



Career Guidance

Young people often face disruptions to their education during and after treatment, including absence from school and / or reduced school attendance, as well as challenges such as fatigue, difficulty concentrating, memory issues and anxiety. Research shows these factors can affect their education and career options in the long term.

Our Career Guidance Programme supports students by connecting you with a qualified and experienced Career Guidance Counsellor to help with subject choice and exploring further and higher education and career paths.





Connecting Champions

Connecting Champions brings young people who have or had cancer together with a mentor or 'hero' who shares their interests and passions. The programme is designed to offer encouragement, inspiration and a positive distraction during or after cancer treatment.

Rather than focusing on illness, Connecting Champions focuses on what matters to each young person - their interests, creativity, goals, and sense of identity.

As part of this one-to-one online mentoring and connection programme, you will be matched with a mentor from a field you're passionate about. This could be sport, music, art, make-up and beauty or other areas that inspire you.

If you're
aged 12- 24,
Connecting
Champions might
be for you!

Jack and his mentor Cathal

"My son Jack was diagnosed with acute lymphoblastic lymphoma in 2023. It was a horrible time for him and my family. A key turning in his treatment was the introduction of Cathal Cregg as his mentor. Cathal took the time out to link in with Jack on a consistent basis and learn more about his interests and how his life was progressing. It made a big difference to Jack and my family in helping him regain his confidence and sense of purpose in his cancer battle. That meant a lot to us."

Kevin, Jack's Dad



Beads of Courage

We are honoured to empower young people to tell their story through the Beads of Courage programme. Each colourful bead marks a milestone along the way as they progress through treatment, showing them how much they have overcome so far.

We also offer the Sibling Beads of Courage Programme, which can help siblings to feel included and have their own moments of bravery acknowledged.

Young people can join this programme at any time so don't worry if your child didn't start in the early stages of treatment.



Psychotherapy / Counselling

The emotional effects of adolescent / young adult cancer can last long after treatment has ended. We provide access to psychotherapy / counselling for a teen or young adult who has or had cancer, or their sibling. We also provide access to play therapy for younger siblings.

Through our network of qualified and experienced psychotherapists and play therapists, we can connect you with the right support.

Supports for **Young People**



Teen and Young Adult Spaces in Hospital

Childhood Cancer Ireland funds the refurbishment of rooms for teenagers in Adolescent and Young Adult Centres of Excellence, including in-treatment rooms, treatment rooms, out-patient areas and hang-out spaces.

We aim to create comfortable spaces by funding equipment including wall-mounted cardiac monitors and thermometers, TVs, gaming devices, electric beds, lie-flat day beds for parents, vinyl wall art to brighten up the isolation rooms and ensure good access to broadband.



Workshops and Other Events

We offer various workshops and opportunities for young people to get together, such as Barista courses and storytelling workshops that help you to advocate for yourself. Keep an eye on our social media and website to find out more.



Supports for **Parents**





Parent Peer Support

This programme is about connection at a time when parents need it most. Our Parent Peer Supporters provide a compassionate and friendly source of support, as well as sharing practical knowledge on the supports and services that might be useful, helping you navigate through your child's cancer and beyond. This programme is offered over the phone.



*Text to be
connected
with another
parent*



Parent Connect & Learn Events

Childhood Cancer Ireland brings parents together to connect and learn, alongside our experts as we explore shared experiences and ways to strengthen families after childhood or adolescent cancer.

A parent is the foundation of the family, so we know that looking after them is the first step in looking after the whole family. These events are most suitable for parents whose child is coming to the end of treatment or who has already finished treatment, even if that was a number of years ago.

Learn practical strategies from our experts to support you as you navigate this next phase in your family's experience of childhood cancer.



Individual Psychological Support

One-to-one psychological support is available through our Principal Clinical Psychologist Dr Mairead Brennan, who has a wealth of experience supporting parents, young adults and teens, throughout their cancer experience. This support is also available to bereaved parents and siblings.



Financial Advice & Information

We are delighted to partner with LIA, the Centre of Excellence for the education and development of financial professionals, to offer free access to financial advice, information and planning to help you manage your finances, both during and after treatment. We can match you with a Qualified Financial Advisor in your area to access this free support. This support is also available to young people over the age of 18.



Financial Support during Relapse or Recurrence

We provide a grant for families experiencing a relapse and/or recurrence of their child's cancer. Young people aged 18 and over can apply themselves. All of our other supports are available at this stage too and we will also signpost to any other appropriate services to ensure that families have all the support they need.



Bereavement Support

We support families facing the devastating loss of their child with information and signposting, psychological support, play therapy/ psychotherapy, and information webinars. We also offer a bereavement grant to support families financially at this difficult time.



Webinars

We hold expert-led webinars on a range of topics, including education, parenting while your child is in treatment, supporting siblings and bereavement. Keep an eye on the events section of our website, our social media or subscribe to our newsletter to keep up to date on webinars. You'll find our previous webinars on our website and YouTube Channel.

Supports for the **Whole Family**





Family Events

We also hold family events, providing opportunities for families to meet, benefit from informal peer support and of course to have fun! In January, our annual Family Fun Day with our charity ambassador, Ireland International and Leinster Rugby's Hugo Keenan, takes place in UCD Rugby Club.

In September, our annual Light it up Gold Walk brings families together in hope and remembrance, as we gather together to hold space for each family's unique circumstances, whether they are in treatment, have come out the other side of treatment and may deal with the challenges of survivorship, or have been bereaved.



SIGN UP
to our newsletter and
keep an eye on the events
section of our website
and our social media
for updates on family
events!



Awareness and Advocacy

Childhood, adolescent and young adult cancer is often visible in ways that are hard to miss, including hair loss, feeding tubes and the physical side effects of treatment. Less visible are the emotional and psychological effects, which impact the entire family and often last long after treatment ends.

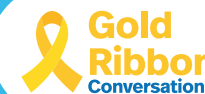
That's why creating awareness of childhood cancer throughout the year is so important. It gives us an opportunity to shine a light on the true impact of childhood cancer, to make visible that which cannot easily be seen or understood.

We advocate for greater recognition and support for survivors and families in healthcare and policy, helping to give a voice to the quietest people in the room – children and young people with cancer.



Gold Ribbon Conversations

Our podcast features various stories related to childhood cancer – from parents whose child is going through treatment, to survivors, siblings and bereaved families. We also talk to the experts who support families along the way. Gold Ribbon Conversations is available on all podcast platforms.





Annual CAYAS Conference

The annual CAYAS (Childhood, Adolescent and Young Adult Cancers & Survivorship) Conference is hosted by Childhood Cancer Ireland and CanTeen Ireland. This event highlights the lived experience of parents, families, patients, and survivors by providing them with a platform to collaborate and connect with medical experts, healthcare researchers, and others.



CAYAS
CHILDHOOD, ADOLESCENT, YOUNG ADULT
CANCERS & SURVIVORSHIP

www.cayasireland.ie



Why Your Support Matters

Childhood Cancer Ireland receives no Government funding. Everything we do is made possible by the generosity of individuals, communities and corporate partners who stand with families facing childhood cancer.

Your support helps us deliver vital emotional, practical and financial supports to families across Ireland, from the moment of diagnosis, through treatment and into life after cancer, or, sadly for some families, the loss of their child.

Every donation helps us provide the vital support families need, throughout their cancer experience.





Contact

Contact us to learn more about
or access any of our supports:

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