

Pastoral Cancer Care Advice for Teachers

This document has been developed for schools to help teachers support pupils either experiencing cancer themselves or in their families. This document is primarily a list of external resources which offer help.

Angela Thornton is a Family Support Worker (funded by York Against Cancer) who works with children and families when a family member has been diagnosed with cancer. To see if Angela can help with referrals to the many support services available in the region, contact York Against Cancer directly (01904 764466).

If a Child's Parent has Cancer

Macmillan Cancer Support have created a fantastic booklet called "A guide for young people looking after someone with cancer" (for under 18s) and we have included it in this pack as a pdf for you to print if required (a hard copy is also available from Macmillan on request). It has the following chapters:

- About cancer
- Being a young carer
- Feelings
- Relationships
- What about school?
- Money and work
- Where can you go for help and support?
- Looking after yourself
- Talking to doctors and nurses
- Coping with death
- Life after cancer

In cases where the parent is struggling to explain their illness to their child, **Macmillan Cancer Support** have also produced the booklet "Talking to children and teenagers when an adult has cancer". Again we have included a pdf of this booklet in this pack.

An outstanding online resource for children who have a parent with cancer is called "**Riprap**". It has sections on support, understanding cancer and has real stories written by people going through the same thing. (<http://www.riprap.org.uk/>)

York Against Cancer – offers a minibus taking people to Leeds for chemotherapy which means they won't have to drive when they might feel tired or ill. New for 2017 is the mobile chemotherapy unit that will deliver therapies to patients living further from the hospital in Selby, Malton, Scarborough and Bridlington.

For children 8-18 who are caring for a parent with cancer, the **York Carers Centre** offers advice, support and fun events. (<https://www.yorkcarerscentre.co.uk/young-carers/>)

If a parent is undergoing treatment and needs help around the home, **Homestart** is a charity that sends volunteers to help. (<https://www.home-start.org.uk/>)

If a Child in your School has Cancer

For children under 5, immediate contact with their **Health visitor** is advised to ensure they are getting all the NHS support they need.

As a teacher, you can refer a child to “**Relateen**” if you think they might benefit from counselling:

<https://www.relate.org.uk/relationship-help/help-children-and-young-people/children-and-young-peoples-counselling>

Young People's Services @ 30 Clarence Street is a York City Council run counselling service for 16-25 year olds. Text: 07624 802244 - Tel: 01904 554400 - Email: fis@york.gov.uk
(<http://www.yor-ok.org.uk/young-people/30clarencet>)

YorOK is a York City Council scheme offering help for parents including parenting courses to help deal with behavioural and emotional issues related to childhood illnesses.
(<http://www.yor-ok.org.uk/families/Parenting/parenting-programmes.htm>)

Family Matters York offers a variety of courses and resources on parenting
(<http://fmy.org.uk/parenting>)

School Wellbeing Workers work with children and young people and school staff around emerging and developing mental health need. They provide schools with consultation and advice, training, direct work in partnership with school staff and increased communication with specialist Child Adoloesent Mental Health Services.

Contact Details:

William Shaw Project Manager: William.shaw@york.gov.uk 07538 218881.

Tina Hardman Senior Project Lead: tina.hardman@yokr.gov.uk

Holidays

York Against Cancer owns flats in Whitby and Filey. Both are available to any cancer patient and their loved ones for a three or four night stay, whether they have just been diagnosed, are in the midst of or have just finished treatment.

(<http://www.yorkagainstcancer.org.uk/our-holiday-homes-whitby-and-filey>)

The **Willow Foundation** arranges special days for seriously ill 16-40 year olds with life threatening illnesses. (<https://www.willowfoundation.org.uk/>)

Coping with bereavement

Hope Again is a specific website for children dealing with bereavement run by Cruze and offers someone to talk to as well as online resources. (<http://hopeagain.org.uk/>)

There is also a drop in session at **St Leonards Hospice** every Friday 10am-3pm. No appointment needed. Their address is 185 Tadcaster Road, York, YO24 1GL.