**Support for Under 40s**

**Charities**

*\*Please note these charities are widely available, and we do not advocate all content or views that may appear on some of these sites, but they do offer potential spaces for support and information.*

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| Cancer support charity for young people - Shine | <https://shinecancersupport.org/> |
| **Support adults in their 20s, 30s and 40s** who have experienced a cancer diagnosis. Offer upcoming talks and workshops, resources, social media groups, information etc. Some links to specific resources can be found below. |

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| C:\Users\stuarti\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\FF35F5CC.tmp | <https://www.willowfoundation.org.uk/> |
| **If you’re aged 16-40** and have had a cancer diagnosis, The Willow Foundation can provide you with a ‘Special Day’/days. A few days away in Center Parcs with friends or family seems to be one of the most popular options among our members. |

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| Trekstock - Yes to Life | <https://www.trekstock.com/> |
| **Ages 20s and 30s.** Every day 34 young adults in the UK are diagnosed with cancer. Trekstock exists to make sure that none of them face it alone. We help young adults with cancer in the UK to thrive with, through and beyond a cancer diagnosis.Sign up for a free support pack including a free year’s subscription to Headspace: <https://www.trekstock.com/getyoursupportpackhere> |

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| **C:\Users\stuarti\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\7E3DCDEA.tmp** | <https://www.mummysstar.org/> |
| Mummy's Star is the only dedicated charity in the UK and Ireland to provide support to mums and their families experiencing cancer in or around pregnancy. |

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| Youth Cancer Trust - Yes to Life | <https://www.youthcancertrust.org/> |
| It provides support and free, activity based holidays for young people aged 14 to 30 living with cancer or any malignant disease from anywhere in the UK and Irish Republic or who are patients of any UK hospital. You can also come on a holiday if you have been in remission for up to 5 years, or are living with the late effects of having had cancer as a teenager.  |

**Support/Facebook Groups & Forums**

* **Shine Young Adult Cancer Support (20s, 30s & 40s - Closed Group)**

<https://www.facebook.com/groups/shinecancersupport/>

Only young adults between 20 and 49 who have had a cancer diagnosis can join this group. None of your Facebook friends will be able to see what you’re saying and you’ll be able to connect with others who get it.

* **Trekstock Young Adult Cancer Support Community (20s and 30s- Closed Group)**

<https://www.facebook.com/groups/874625719235550/>

Join over 1000 others in their 20s and 30s across the UK sharing daily tips, advice and experiences. Get 24-hour support through our online community hosted on Facebook 'Trekstock Young Adult Cancer Support Community.' It's somewhere where you can ask difficult questions, seek support and share advice privately with others who get it.

* **Shine Cancer Support Lifers (Closed Group)**

<https://www.facebook.com/groups/shinelifers/>

This is a group for Shine Lifers – those fab people we know who are living with an incurable diagnosis. We created this group after requests from our Shiny people who told us that sometimes they want a place to chat about life (and death) away from the crowds in our other group. They named the group too.

* **Shine Cancer Support - Menopause after Cancer (Closed Group)**

<https://www.facebook.com/groups/607876016633568/>

This is a group for adults in their 20s, 30s or 40s who are experiencing the joys of early menopause as a result of cancer treatment. If you’re looking to trade stories, get advice or just find out where to buy a good fan, this group is for you.

* **Shine Dating After Cancer (Closed Group)**

<https://www.facebook.com/groups/2442139286029635/>

Dipping your toes into the dating world? Worried about swiping the wrong way (or having everyone swipe left on your cancer diagnosis)? Join our private Dating after Cancer Facebook group and chat with others about the good, the bad and the ugly (!) of dating.

* **Mum’s Support Forum (Closed Group)**

<https://www.mummysstar.org/mums-support-forum>

This is a private, closed group for women who have had or are currently experiencing cancer during pregnancy or the postnatal period. Any woman who is eligible for our support can join the forum at any point. Some of our women contribute on a regular basis, but some prefer to observe or just ask occasional questions.

**Online Clubs**

Shine offer a variety of Online Clubs: <https://shinecancersupport.org/shine-clubs/>

These include Book club, Film club and Craft club.

TrekStock offer a variety of Online Clubs and social meet ups: <https://www.trekstock.com/Pages/Events/Category/social-meet-ups>

These include Pilates to help with headaches, Welcome to Trekstock social discussions.

In addition to or Instead of joining a social club above, there are **video resources** too:

* Yoga, Pilates and Circuits videos: <https://shinecancersupport.org/activity-videos/>
* Online Exercise classes, Yoga videos: <https://www.trekstock.com/Pages/Category/exercise-programmes>

**Support for Loved Ones**

* **Shine Plus Ones Facebook Group (Closed Group)**

<https://www.facebook.com/groups/shineplusones/>

Our Plus Ones group is for the friends and family members of young adults living with cancer. Join to chat with other partners, siblings, friends and parents.

* **Partners & Loved Ones Meet up (Online meet up)**

<https://www.trekstock.com/Pages/Events/Category/social-meet-ups>

<https://www.trekstock.com/Event/partners-loved-ones-meet-up>

Are you a loved one of a young adult who's been diagnosed with cancer? We know that the impact cancer has isn't just on the individual, it hits loved ones so much as well. We want you to know that we've got you too. We wanted to create a safe space for you, to make you feel less alone. Where you'll get a chance to meet others, hear about their experiences and share your own.

* **Partner’s Forum with Mummy’s star (Closed Group)**

<https://www.mummysstar.org/partner-forum>

We facilitate a private, closed group for the partners of women living with serious/long term illness called 'Supporting You, Support Yours' and this can be joined at any point. Some members contribute on a regular basis, but some prefer to observe or just ask occasional questions. Our CEO/Founder Pete moderates and adds members to the forum. It is linked with Dad Matters UK Project.

**Podcasts/Videos/Blogs**



**Not your Grandma’s Cancer Show**

[**https://shinecancersupport.org/getsupport/podcast-listen/**](https://shinecancersupport.org/getsupport/podcast-listen/)

Hosted by Tatum de Roeck, our podcast covers the hot topics and issues that we know get talked about A LOT. Tatum, our host, is a Shine member, diagnosed with breast cancer in her 30s.

**Afterthoughts Podcast**

<https://www.trekstock.com/afterthoughts-podcast>

Toby Peach, diagnosed with Hodgkin's lymphoma when he was 20 years old, and Alice-May Purkiss, diagnosed with Breast Cancer at 26, are the hosts of AfterThoughts. Beyond a diagnosis there’s a lot of processing, growing, exploration and living that needs to happen. They wanted to create a place for young adults living with and beyond cancer to tell their stories, and so AfterThoughts was born.

**Blogs**

* Interesting blogs about finding balance, sex talk, dating and more: <https://shinecancersupport.org/getsupport/read-blog/>
* Your voices: Read others or use this space to share your story: <https://www.trekstock.com/Blogs/your-voices/Category/young-adult-stories?Take=12>
* Personal stories from Mummy’s star:

<https://www.mummysstar.org/personal-stories>

* Bowel Babe, 35 year old Deborah James:

<https://bowelbabe.wordpress.com/>

**Other Resources**

Some great **wellbeing toolkits** can also be found here: <http://www.uhbristol.nhs.uk/patients-and-visitors/support-for-patients/psychological-health-services/wellbeing-toolkits-for-adults/>

Macmillan also have a part of their website aimed at teenagers and young adults: <https://www.macmillan.org.uk/cancer-information-and-support/diagnosis/teenagers-and-young-adults>