

SUMMER 2008 · ISSUE #7



Left-Right. The Youth Forum chill out and make a visit to the Belfast Grand Opera House, Zoe at the Vintage Tea Party with Miss Tracy at 'Previously Loved Boutique'.

Sunny days are here again

Hello – I cannot believe we are on issue 7 of 'Cool Stuff'. It's one of our most packed issues as we've been doing loads in the youth service here in Northern Ireland – from us girls being pampered at the 'Previously Loved' Vintage Tea Party, to dancing with the Brazilian Ensemble this month. Our youth forum has been especially busy getting the word about their good work out far and wide.

We have lots of new information on the CLIC Sargent website and Uneed2know youth microsite, do check it out for yourself www.clicsargent.org.uk/youth. We all want to wish you a great summer and as always want to hear from you with your opinions and ideas. Look out for more exciting events coming up on the back page. Stay cool until Autumn and see you soon – *Lindsay*

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Your Stories – 'What support do you need?'

Find out what young people and their parents said in Northern Ireland

A report by young people (and their parents) for young people (and their parents)!

Find out what young people in Northern Ireland (and their parents) had to say about the support they needed when going through cancer treatment

This 8 page report covers all kinds of issues that will interest you – for example:

WHAT DID YOUNG PEOPLE TELL US?

The treatment experience is difficult – a common reaction to cancer treatment is tiredness and nausea. Most of the young people in the study (95%) reported concerns about changes to their physical appearance, particularly hair loss.

"I felt very tired, sick and generally depressed and very ill. I was unable to walk and eat properly for a number of days after the chemotherapy

The quality of information is important – young people rated having access to

information highly; wanting to know more while on treatment as well as after treatment, getting ready to go home.

'More talks with people who understood what happened to me and more booklets about the disease'

'Going Home' experience can be improved – A third of the respondents reported that they hadn't received information on the effects of their illness; and over half reported not having any written plan to take with them when they left treatment.

'Maybe a little more information about the long term side effects or problems that I may encounter'

Keeping up with education is difficult – young people reported that they often feel too tired or nauseous/sick to keep up with their studies.

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'I felt very depressed and thought I had no future. I just left school and had no job. My friends were all starting apprenticeships and getting on with their lives.'

RECOMMENDATIONS & CONCLUSIONS

- Young people have a view about their own treatment and support needs
- Young people can benefit from going through the treatment experience with other young people; for example, youth support and activity groups
- Young people depend on their siblings and their

friends for support, therefore support to both siblings and friends should also be offered by cancer support services

- Young people can advocate on their own behalf, but need the support of community organisations

Get your copy of the full report from Lindsay: lindsay.bagwell@clicsargent.org.uk

Read it and tell us your views –we would love to hear from you.

Get involved with CLIC Sargent Youth Service and have your voice heard!

CLIC Sargent Youth goes to Hollywood

On Thursday 23rd April the young ladies of CLIC Sargent youth social group had a special night out for a 'Vintage Tea Party' – (Kate Moss eat your heart out). We set off to Hollywood to meet the stars (County Down but hey it's the closest we'll get). We went to a Vintage Clothes Shop – called 'Previously Loved'. When we arrived 'Miss Tracy' (the owner) had the red carpet rolled out for us. Tracy had laid on champers (non-alcoholic of course) for the arrival of us important guests. We were then treated to a luxury cream tea complete with cucumber sarnies and hand-made princess cakes by local cake maker Leanne. We munched away whilst scanning the cute shop for vintage gear. Hats, handbags, gloves and frocks galore. I had my eye on several outfits but decided on being a 'bride' for the evening.

The guests were invited to the 'wedding' of the year and everyone rushed to get the 'must-have' outfits of the 1950's and more modern outfits. Myrtle from

Clarins was on hand for our celebrity makeovers and touch-ups. The Phillips sisters were pretty in polka dots and 1950's skirts. Paula and Kelly wore 1960's dresses. Natasha and her friend Gina looked very glam. The 'Groom' was taken a little by surprise in the role (Jane was happy to play along

for fun) and Lindsay was 'Mother of the Bride' she had to wipe a tear aside. After photos for Vogue, Elle etc (courtesy of Dejavoo photographer Paul) we air kissed goodbye and changed back from our Cinderella evening. We had an exciting time; I enjoyed the fun of being a 'bride' for the night! We want to say a huge thank you to our Fairy Godmother – 'Miss Tracy' for making all our dreams come true.

Katrina

(Member of CLIC Sargent Northern Ireland Youth Service and vice-chair of CLIC Sargent Northern Ireland Youth Forum)



Natasha strikes a pose at the 'Previously Loved' Vintage Tea Party



Katrina's 'Wedding'

“The Tea Party was class, I had loads of fun and felt really pretty,”

Sizzling Sounds of Brazil with 'Live Music Now'

On Thursday 5th June our guys got together to make some sweet music; courtesy of local and UK Charity 'Live Music Now'. 3 musicians - Felipe, Diego and Carla came to CLIC Sargent (3rd Floor!) offices – we were very impressed they got their instruments up our stairs. After setting up our music space and introductions, the ensemble gave us a test of the evening to come with traditional and classical tunes. We were keen to give it a try, our guys took the stage and with careful instruction we were soon jamming away. It was a lot of fun and everyone got into the spirit, a few virtuosos were discovered and Michael and new volunteer David had to be prised away from the 'main stage' with Diego's dance moves! Thankfully our neighbours in the building were not here or



we would have had to charge them for such a great free performance. Over tea and cake the musicians told us more tales of backstage and where they are playing in the future. Watch out for our guys at a concert hall near you soon...

Thanks to Petra, Live Music Now, the musicians and funders for making it a special and meaningful night for everyone.

Lindsay



The CLIC Sargent Youth Social Gang hang out with Live Music Now Brazilian Ensemble

Jane's Youth Forum News

The Youth Forum has been extremely busy since our big celebration in December 2007. We are participating in a DVD made by CiNI (Children in Northern Ireland) that will be used to train major decision makers within the civil service. Different youth organisations from across N.I are participating in the DVD. The Youth Forum will be explaining their needs based on their own experiences of cancer.

The Forum has also been giving a lot of feedback on official CLIC Sargent youth publications including the 'Need2know' fact-sheets for 2009. The need for certain fact sheets has been identified, such as nutrition tips during treatment and information for friends and siblings of a young person on treatment. We have also been information sharing with the Belfast City Council Youth Forum and we will update you with any developments in the next newsletter.

I am also on the Editorial Committee to provide feedback on certain publications in particular so far 'Returning to Work after treatment.'

The annual debate with Canteen is fast approaching and we have scheduled a date of Saturday 11th October to hold this. This is always a really enjoyable event and we get to see all the gang from down south.

By Jane Woods, Chairperson



Jane takes a break from filming with Children in Northern Ireland

Cool Stuff

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Volunteers Week

Volunteers' Week (1-7 June) is the UK's annual celebration of the work volunteers do. We would like to take this opportunity to thank all of our volunteers who play such a valuable part in supporting young people (and their families), especially our Mentors, Youth Social Group volunteers, and those who help with office administration and of course the huge group of fundraising volunteers across the province. To find out about our volunteering opportunities see the 'Contact Us' section.

Cool websites

➔ www.clicsargent.org.uk/youth

We want to remind you of our own CLIC Sargent website

And especially our dedicated youth area www.clicsargent.org.uk/youth 'U need 2 know'.



You should have received a range of 'U need 2 know' info and goodies from your youth development worker, social worker or play specialist. There is a lot more information on line also including more information about our youth service in N.I – go to the 'Help Yourself and 'Meet a mate' section and see

At our main website you will also see more about our campaign 'Fit to Eat'. CLIC Sargent has launched its exciting campaign to ensure that all children and young people with cancer have access to decent, age appropriate food when they are in hospital. A young person from CLIC Sargent Northern Ireland Youth Forum was part of this consultation:



'At the Talking Cancer Day I met with young people from London and Cardiff. In groups we discussed topics that we felt were important in relation to cancer – Age appropriate care, Better hospital food and more, it was good to share our views with everyone. These views have been noted and CLIC Sargent continues to try to improve them. The weekend was brilliant and really enjoyable' – Ashling (CLIC Sargent Northern Ireland Youth Forum Member)

➔ www.clicsargent.org.uk/Publicationsresources/Otherlanguages

➔ www.jimmyteenstv.com



Young people shows films by young people giving their views on living and coping with cancer – go to the Belfast section to see some films of young people we have supported.

Upcoming socials & events

Thursday 3rd July – We will be meeting at the CLIC Sargent offices and heading to 'Field of Dreams' a unique outdoor activity centre near Bangor – for a night of Archery, Fishing, BBQ and games and other fun! Please bring suitable clothing and outdoor shoes. Meeting times: 5.00 pm CLIC Sargent offices, Collection: 10.00 pm CLIC Sargent offices

Sunday 3rd – Thursday 7th August – Joint UK Youth residential for 16+, places to those already registered and confirmed. Young people are assessed by the youth service on certain criteria

NO SOCIAL IN AUGUST

Thursday 18th September – A night in Belfast City Centre, including a trip to the 'Big Wheel' – details available from early September

Call Lindsay at the office number for more details on how to book your place.