

How do CLIC Sargent Play Specialists help families day to day?

- CLIC Sargent Play Specialists will find your child positive things to do, choosing activities carefully so that children of all ages and abilities can take part.
- Play and activities help children to continue with their development and education too. This is important as many children can be away from nursery or school for weeks at a time.
- Our specialists help prepare children for what treatment is and what it involves. For instance, they might use models, teddies and photos to explain to your child what will happen during treatment.
- They may use play to distract your child during simple procedures too. A light and sound book or finger puppets can engage a child's attention and make procedures like blood tests easier.

Why are play specialists so important?

They help children socialise and take part in normal play and learning activities, even though they are in hospital. By teaching children more about their illness and what to expect, children are able to cope and manage their fears and anxieties.

Need help now?

Call us on
0300 330 0803*

*Calls charged at local rate from UK landlines and mobiles.

We're here to help
from 9am until 5pm, Monday – Friday.
Or email us at info@clicsargent.org.uk

About CLIC Sargent

Every day 10 children and young people are diagnosed with cancer. CLIC Sargent is there for them... with clinical expertise, emotional care and financial support in hospital, at home and in the community all over the UK.

For more information or to make a donation, please visit our website.

www.clicsargent.org.uk

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CLIC Sargent Play Specialists

Supporting families of
children with cancer



Does your child need some extra support at this time?

Jack was diagnosed with a rare tumour in his spinal cord when he was two years-old.

He had emergency surgery and responded well to treatment. But the cancer returned on Jack's third birthday and he had to undergo six weeks' intensive radiotherapy. His play specialist worked with him to prepare him for treatment, teaching him to lie still so that he didn't need a general anaesthetic.



Specialist help for children

When a child is diagnosed with cancer, their treatment begins almost immediately. This can be incredibly traumatic for a child and the treatment may last for weeks at a time.

More than play

Working at bedsides or in playrooms, CLIC Sargent Play Specialists create a sense of 'normality' through play and activities. From quietly reading to a child to getting a whole group together for a messy craft session, they make activities varied and fun.

They also use play to help children prepare for, and cope with, treatment. For example, radiotherapy is painless and lasts just a few minutes each time. But the equipment is imposing and children must lie still, making it a scary prospect. Our play specialists help children to feel more in control of what is happening, by engaging them in role play for example, or by 'telling the story' through teddies or puppets.

Some children may be able to have a number of procedures without anaesthetic, meaning they can eat and drink more which can help them feel better.

BB

Hannah, the play specialist, was just so amazing and made the radiotherapy machine feel much less scary than it was. Jack got very tired and very sick, but thanks to Hannah he would always go on the machine and lie so still, and I could talk to him on the walkie-talkie and tell him stories.

” Emma, mum

What will a play specialist do with my child?

They can provide board games, books, videos, DVDs and computer games to keep children occupied. Or they will play or read one-to-one with a child, or bring together children of a similar age. Some of the most popular pastimes are the art and craft sessions where children are encouraged to 'let themselves go' and be creative with materials like clay and paints.

Where do CLIC Sargent Play Specialists work?

You will find them on paediatric oncology wards across the country. Some also work in clinic and in children's homes too.