

# Designated Hospital Teenage and Young Adult Information



## Why have I been given this leaflet?

You have been diagnosed with cancer, which can turn your life upside down at any age. Teenagers and young adults have unique needs due to their age and period of life that can create challenges at this difficult time.

## Why am I being referred to the Teenage and Young Adult Service at the Queen Elizabeth Hospital Birmingham?

There are specialist services throughout the UK that 13–24 year-olds can access for support through their cancer journey. They are called Principal Treatment Centres and are centralised within geographical regions.

The West Midlands Principal Treatment Centre is based at the Queen Elizabeth Hospital Birmingham (QEHb). The Teenage and Young Adult service support young cancer patients wherever they are in the West Midlands.



There are also hospitals that are Designated Centres for teenagers and young adults who have made a commitment to providing support to young people with cancer; designated hospitals may provide some or all of your cancer care. The Teenage and Young Adult Service link in with all of the West Midlands designated hospitals.

We have a dedicated team of Teenage Cancer Trust Clinical Liaison Nurse Specialists who work across the region to ensure that wherever you have your treatment, you will be able to access the support available from the Teenage and Young Adult Team.

## What is the TYA Service and what can they do for me?

The Teenage and Young Adult Service is made up of lots of different health care professionals including Teenage Cancer Trust TYA Nurses, specialised nurses, Doctors, Young Lives vs Cancer Social Workers, Teenage Cancer Trust Youth Support Coordinators, Specialist Teachers and a variety of therapists who make up the multidisciplinary team.

We can help with the following:

- Information about your diagnosis, treatment and side effects
- Information about fertility and sexual health
- Information about exercise, diet and nutrition
- Advice and support in continuing and managing your education or employment
- Financial support and advice
- Peer support through a variety of events and socials specifically for young people
- Emotional and psychological support for you and your family

The aim of the Teenage and Young Adult Service is to see the young person first and cancer diagnosis second. Together we support young people to maintain normality through a very abnormal time.



## How do the Teenage and Young Adult Service find out about my diagnosis?

In line with national, Department of Health guidance, cancer care is guided by multidisciplinary teams who are experts in a certain type of cancer. This is to ensure quality care and best practice. Your diagnosis and treatment options will be discussed at an appropriate multidisciplinary meeting to ensure that you get the correct and most up-to-date treatment for your diagnosis.

All newly diagnosed patients between 13–24 years of age must be discussed at a Teenage and Young Adult Multidisciplinary meeting by specialists in age appropriate care. Your local team will securely pass on information to the Teenage and Young Adult Service to inform them that you are eligible for support.



## Choosing where you'd like to be treated

If you are 16–18 years old, national guidance recommends that you are best cared for in an age appropriate environment at the Principal Treatment Centre (QEHB). The Teenage Cancer Trust Young Persons Unit at QEHB is a specialist ward designed for young people who need admission to hospital for chemotherapy treatment, or who require treatment as an inpatient. There is also a separate specialised area for young people who require treatment in a day care facility.

If you are 19–24 years old you can choose between the QEHB and your nearest designated centre, where you would like to have your care.

**Your Designated Centre is:** .....

**Your Key Worker is:** .....

**Mobile number:** .....

This decision may be a hard one to make on top of all the new information about your cancer.

We suggest you talk to your treating team or your GP; you may also want to talk to your family and close friends about this too. Some aspects of your illness will impact on their lives as well, for example, travelling to and from the hospital, visiting, or child care arrangements.

You can of course contact the Teenage Cancer Trust Teenage and Young Adult Clinical Liaison Specialist Nurse or your TYA specialised nurse at your current or nearest hospital for further advice about your choices and the support available.

If you would like to know more about the Teenage Cancer Trust unit you can visit our website.

## What if I choose to stay locally at my designated centre?

The Teenage and Young Adult Service will offer support to you wherever you are having your treatment. You will be contacted by a member of the team to arrange a home visit or to meet in a place of your choice. This may be in hospital if you are unwell. You will be able to access all of the social, educational, psychological and residential activities and support that are provided by the service. We use social networking and the website to advertise these activities and any opportunities, such as free tickets for concerts and sporting events that are provided and donated by various charitable sources.

Facebook: **[www.facebook.com/UHBCancerTYA](https://www.facebook.com/UHBCancerTYA)**

Twitter: **[@WMCancerTYA](https://twitter.com/WMCancerTYA)**

## What happens if I choose to go to the QEHB for treatment?

Your local team will liaise with the relevant people at QEHB to ensure a safe transfer. A member of the Teenage and Young Adult service will meet you on arrival. This is usually a member of the ward based nursing team on the Teenage Cancer Trust Young Persons Unit or one of the Teenage Cancer Trust Teenage and Young Adult Clinical Nurse Specialists.

For further information – please see the TYA service website which has information and useful links for young people and their families including a video about the available facilities at the Queen Elizabeth Hospital Birmingham **[www.tya.uhb.nhs.uk](http://www.tya.uhb.nhs.uk)**

## What happens now?

Your Clinical Nurse Specialist or Consultant will alert the Teenage and Young Adult team to your diagnosis. Your case will be discussed at the next Teenage and Young Adult Multidisciplinary meeting, which is held on a Tuesday every week. A member of the Teenage and Young Adult team will then contact you directly to explore your choice and individual needs.

## Useful numbers

### Principal Treatment Centre:

Teenage Cancer Trust Young Persons Unit: **0121 371 6288**

QEHB switchboard: **0121 371 2000**

Teenage Cancer Trust Lead Nurse: **0121 371 6233**

You will be provided with the contact details of your Teenage Cancer Trust Clinical Liaison Nurse Specialist. If you have any queries please do not hesitate to contact the Principal Treatment Centre.

## Useful websites

### Teenage Cancer Trust

 [www.teenagecancertrust.org](http://www.teenagecancertrust.org)




### Young Lives vs Cancer

 [www.younglivesvscancer.org.uk](http://www.younglivesvscancer.org.uk)




### Macmillan Cancer Support

 [www.macmillan.org.uk](http://www.macmillan.org.uk)



### NHS website

 [www.nhs.uk](http://www.nhs.uk)



We would like to thank Teenage Cancer Trust  
for kindly funding this leaflet.

Teenage Cancer Trust is a registered charity:  
1062559 (England & Wales); SC039757 (Scotland)



## Teenage Cancer Trust Young Persons Unit (623)

New Queen Elizabeth Hospital Birmingham  
Mindelsohn Way, Edgbaston  
Birmingham, B15 2GW

Telephone: 0121 371 6288

PI24/1530/03

Authors: TCT YPU

Print date: July 2024

Review date: July 2026

