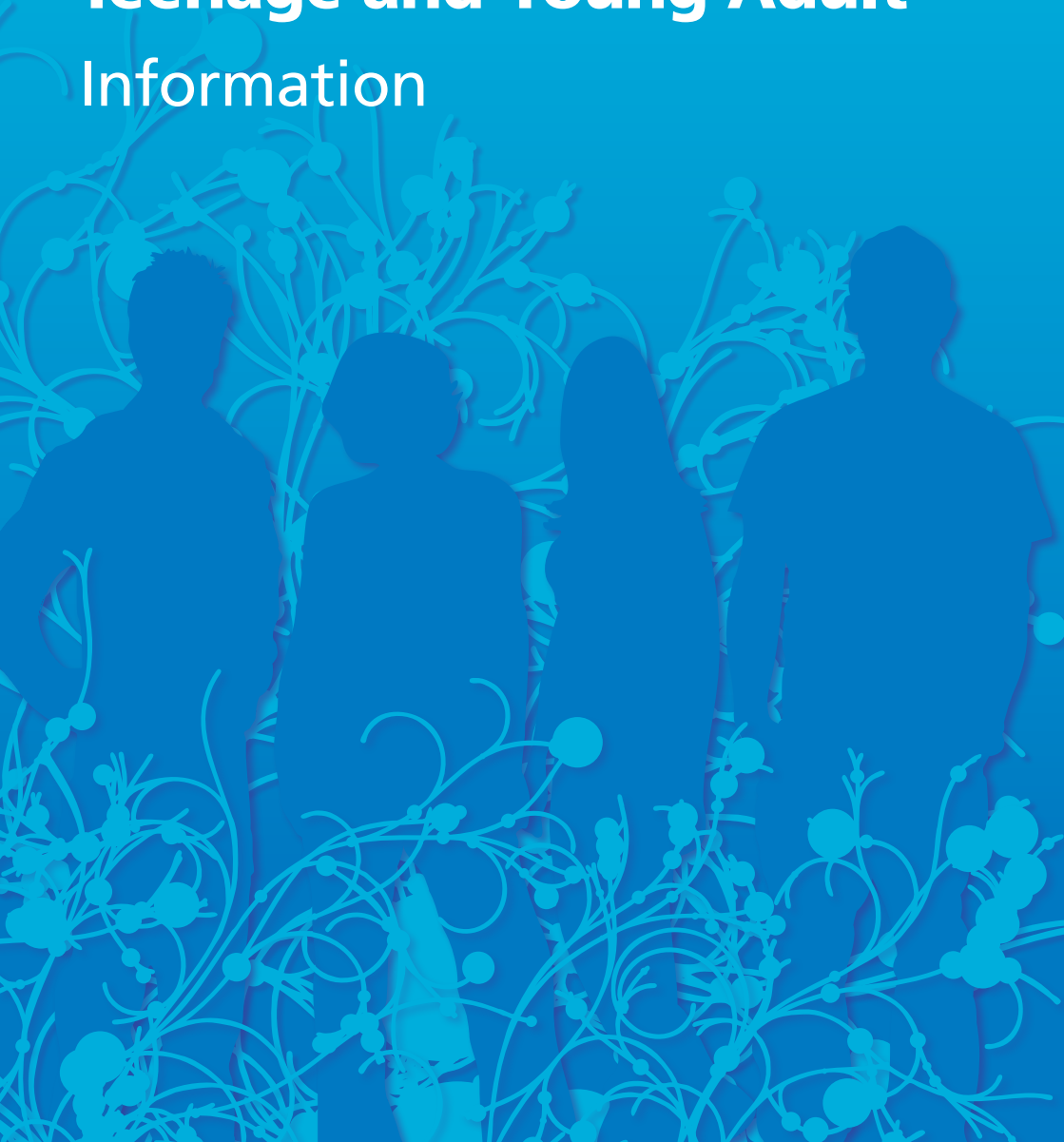


Principal Treatment Centre Teenage and Young Adult Information



Introduction

The Teenage and Young Adult (TYA) service

The Teenage Cancer Trust Young Persons Unit (YPU) and daycare facility are part of the TYA service. The TYA service aims to provide specialist age-appropriate care, including emotional, psychological and social support to young people aged 13–24 who have been diagnosed with cancer, as well as to their family and friends, wherever they are within the West Midlands.

We see the young person first, cancer diagnosis second.

The Teenage Cancer Trust Young Persons Unit (YPU) at Queen Elizabeth Hospital Birmingham (QEHB) is located within Ward 623. The unit provides inpatient care for young people aged 16–24 with cancer. It is one of several Teenage Cancer Trust units around the country which provide specialist care and facilities for young people.

Our outpatient facility is based in East Block Day Unit in the Heritage Building.

Whilst at the Queen Elizabeth Hospital (QEHB) you will be cared for by members of staff from different areas within the hospital – this is called the multidisciplinary team (MDT).

Our purpose

To provide age-appropriate care to Teenage and Young Adults (TYA) aged 16 to 24 years old with a malignancy, supporting them and their loved ones through their treatment and cancer journey. Teenagers and Young Adults are at the centre of everything we do.

Our values

Kind

The kindness that people show each other every day.

Connected

The connections we build with everyone around us.

Bold

The ability to be bold in how we think, speak and act.



Teenage Cancer Trust Young Person's Unit – Inpatient - About the unit

Accommodation

The Teenage Cancer Trust Young Person's Unit is a twelve-bed ward, which consists of two four-bed bay areas and four side rooms, with a shared lounge, kitchen and the Eden Room, which provides the perfect space to relax, unwind and socialise. Each bed space is equipped with a television and games console.



Teenage Cancer Trust free Wi-Fi is available throughout the unit.

One relative, friend or carer who is over the age of 16 years old can stay with you overnight in a reclining chair, sofa bed or camp bed next to you or in the visitors' room.

In some circumstances, visiting and the use of the social spaces may be restricted due to infection control measures; a member of the team will inform you of any changes. (Other accommodation is also available within the hospital site).

Social areas

Social areas are provided primarily for young people who are patients. Family and friends may use these spaces when accompanying you. We ask that you keep these areas tidy.

The Eden Room

Equipped with cinema styling and comfortable seating, large plasma screen TV, Sky TV, Blu-ray facilities and multiple games consoles. There is a supply of regularly updated games and films.



Kitchen Day Room

Diner-style kitchen with a microwave and fridge freezer with individual storage for your drinks and snacks. Also a large plasma screen with Sky TV and a jukebox. Crafts and musical instruments are situated in this room.



The Study / Quiet Room

The study is the main base for University Hospitals Birmingham Charity's Educational Lead. Equipped with an open access computer and educational resources, providing a learning environment and a quiet area for patients to utilise.



The Visitor Room

A comfortable space for visitors with seating, TV/ DVD facilities and an ensuite shower room.



Unit activities

The Teenage Cancer Trust Youth Support Co-ordinator provides both individually tailored and group support and offers a wide range of appropriate activities and events face-to-face, online and, subject to infection control restrictions, off the ward. There is also the opportunity to join in with larger events.



Mobile phones

Mobile phones are allowed on the unit but we do ask that you keep them on silent or vibrate mode. We ask that you are mindful of others around you when using your phone and respect people's privacy and the need to rest.

Visiting

Subject to local and national infection control guidance, we have an open visiting policy during the day and we actively encourage your friends and family to visit. Between the hours of 10:00pm and 10:00am visiting is restricted to allow patients time to rest. In some circumstances visiting may be restricted - a member of the team will inform you of any changes.

Smoking

Smoking is not allowed in any of the hospital buildings but there are dedicated smoking shelters within the hospital grounds.

Wifi

Teenage Cancer Trust Wi-Fi is available on the Teenage Cancer Trust YPU and the neighbouring Haematology Ward for TYA patients. Please ask staff for the password.

What we can expect from each other

We expect you and your family/friends to help us by following some basic rules, which are in place to help everybody get on together and to help keep you and your visitors safe:

- Parents/family and friends may use the social spaces when invited by patients and when they are present
- Children under the age of 16 years are welcome to visit until 8:00pm, subject to local and national infection control guidance, and should be accompanied and supervised at all times by a responsible adult. We ask that you are considerate of the patients and other visitors on the unit and keep noise levels to a minimum so that patients are able to rest and enjoy time with their visitors
- Please respect other people and their property
- Use appropriate language and behaviour, considering others around you
- Wear headphones when listening to music/watching TV at your bed space, unless you are with others in a group situation. Please bring your own headphones with you whenever possible, which must be used after 10:00pm
- Mobile phones to be on silent please. If you do need to make or receive a call at the bedside please keep the call to a minimum and speak quietly
- Violent or aggressive behaviour towards staff, other patients/families and property on the unit is not acceptable
- Bathrooms are for patient use only. We ask visitors to use the facilities in the visitors' room
- We ask that you help keep communal areas clean and tidy. Please clear away after yourselves and your visitors and ensure that any cups/plates/bowls etc. are washed and put away in the kitchen
- We aim to turn the main lights in the bays on at 10:00am and where clinical need allows off at 10:00pm
- Curtains to remain open with the exception of clinical need
- Visitors' beds and bedding must be tidied away by 10:00am
- Please respect the staff and their decision making – decisions are made in the best interest of all patients and their needs.

Out-of-age patients

Occasionally, due to demands within the hospital, it may be necessary for patients aged 25 years and over to be cared for in the short term on the Teenage Cancer Trust Young Persons Unit. Whilst on the unit and benefitting from the open visiting and facilities around the bed space. We ask that these patients refrain from using the TYA social spaces but instead use the social spaces provided on the adult side of Ward 623.

TYA Day Care facility – Outpatient

The TYA Day Care area is open five days per week (Monday–Friday) and is located in the East Block of the Heritage building. This area is for patients whose treatment does not require an overnight stay. This is a TYA-focused environment where patients receive treatment, with nursing care provided by a designated TYA nurse to ensure continuity of nursing and TYA Service care. The TYA team will support you whilst receiving treatment in Day Care where there are plenty of things to keep you occupied. The area has been enhanced by University Hospitals Birmingham Charity.



If you require specialist treatment, you may need to be cared for outside of these TYA areas, but the TYA team will still support you.

Support

Teenage Cancer Trust Nurses

Teenage Cancer Trust funds the Lead Nurse, Clinical Nurse Specialist and Clinical Liaison Nurse Specialist roles to provide advice, support and signposting to you and your family.
Telephone: 0121 371 6237 / 0121 371 6236



Teenage Cancer Trust Youth Support Co-ordinator

This role is non-medical and provides you with individually tailored support, activities on and off the unit and any extra advice or information you may need.

Telephone: 0121 371 6237 / 0121 371 6236



Young Lives vs Cancer Social Work Team

The Young Lives vs Cancer social workers offer support with finances, benefits, employers, education, housing and emotional wellbeing, including bereaved families living with emotional pain. Or you can talk to us via live chat on the Young Lives vs Cancer website and get advice from our expert social care team.

Telephone: 0300 330 5220

Email: getsupport@younglivesvscancer.org.uk



Paediatric and Young Adult Liaison Radiographer

To support and guide you through radiotherapy if this is part of your treatment plan.

Telephone: **0121 371 3547**

**WE ARE
MACMILLAN.
CANCER SUPPORT**

University Hospitals Birmingham Charity's Specialist Education and Careers Lead working in partnership with James Brindley



**Queen Elizabeth Hospital
Birmingham** Charity

This role is provided to support you with education, college and university courses, employment options, work placements and retraining.

Telephone: **07864 931998**

Information about your treatment

All members of the team involved in your care will be happy to answer any questions that you may have. We have a wide range of information booklets on different subjects available, but if you would like something in particular, please ask us.

Teenage Cancer Trust Resources

Please see the dedicated welcome screen located at the entrance to the Teenage Cancer Trust Young Persons Unit which contains lots more Teenage Cancer Trust information

Your Guide to Cancer

Written with the help of young people, the guide has lots of helpful information, it doesn't just explain the medical stuff - but covers things like emotions and speaking to friends. If you haven't received a copy, please ask your Teenage Cancer Trust nurse or Youth Support Coordinator.

Who can I speak to if I have any more questions?

We hope this information will help to answer some of your questions. If you need any more information, please ask the staff looking after you.

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

You can also follow the Teenage and young Adult service on Facebook and Twitter:

www.facebook.com/UHBCancerTYA
[@WMCancerTYA](https://twitter.com/WMCancerTYA)

Useful numbers

Teenage Cancer Trust YPU: 0121 371 6288

TYA Day Care: 0121 371 8907

Queen Elizabeth Hospital Birmingham Switchboard: 0121 371 2000

Here are some websites that you might also find useful

University Hospitals Birmingham

www.uhb.nhs.uk (This is the main hospital website)



Teenage Cancer Trust

Provides information, services and support for young people with cancer, also events and activities you can get involved with. For more information, please visit the website: www.teenagecancertrust.org



Macmillan Cancer Support

Provides information about types of cancer, investigations and side effects of treatment. For more information, please visit the website: www.macmillan.org.uk



Young Lives vs Cancer

For children and young adults with cancer. for more information, please visit the website: www.younglivesvscancer.org.uk



University Hospitals Birmingham Charity

For more information, please visit the website: www.hospitalcharity.org



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)

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