

An OASIS in the DESERT for YOUNG PEOPLE with CANCER



For 2,500 young people each year a diagnosis of cancer can be like being lost in a strange unknown desert of medical treatment, unpleasant side-effects, fear of the unknown. Teenage Cancer Trust offers an oasis of world-class cancer services, providing life-changing care and support so young people do not have to face cancer alone.



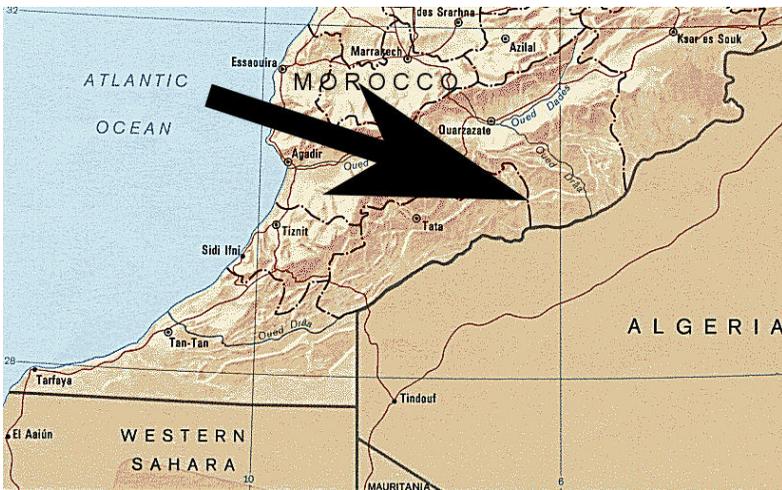
*Registered
Charity
number
1062559*

**SUPPORT THE
2015
DESERT TREK**



To raise money for Teenage Cancer Trust, I'm part of a group trekking in the Sahara Desert in October 2015.

Our group will trek along dried-out river beds, vast expanses of empty desert, giant dunes and ancient irrigation channels. We're hoping for the odd oasis on the way!



Temperatures might reach 38C (100F) during the day, and drop as low as 10C (50F) at night. Under these conditions, we'll be walking at our camels' pace and covering about 10-12 miles most days.



My aim is to raise at least **£3,000** in sponsorship.

PLEASE
DONATE
ONLINE AT:

uk.virginmoneygiving.com/trekrise

OR E-MAIL ME IF YOU WOULD RATHER SEND A CHEQUE

Thank you! *Nigel*

NIGEL TURNER

Any questions? Please contact me at nigel@nigelturner.net

Around seven young people aged between 13 and 24 are diagnosed with cancer every day in the UK. They need expert treatment and support from the moment they hear the word 'cancer.' **Teenage Cancer Trust** is the only charity dedicated to making this happen.



The charity develops specialist units within NHS hospitals which bring young people aged between 13 and 24 together, to be treated by teenage cancer experts in a place designed just for them – not accommodated with young children or much older adults.

Staying in hospital is never as nice as being at home, but units are planned down to the tiniest detail to make them as comfortable and pleasant to stay in as possible. The charity wants young people to keep their lives on track when they have cancer, so they make sure the units include everything young people need to be kept fully occupied and entertained during their stay. The walls are bright, the furniture is funky, and there's often a social space, Wifi access, flat screen TVs, Xboxes and jukeboxes. You might walk into a unit and find a game of pool going on, someone chatting to friends online, or a photography workshop taking place.

To roll out expert care and services to all young people with cancer across the UK, the new Nursing & Support Service extends this work beyond the current 28 units to take care out to young people who want to receive support in their local hospitals.



THIS IS MY **14TH TREK** FOR
TEENAGE CANCER TRUST. YOU CAN
SEE MY TREKKING CV, DOWNLOAD
REPORTS OF PREVIOUS TREKS, VIEW A
MOVING VIDEO ABOUT TEENAGE
CANCER, AND SPONSOR ME, AT:

www.trekrise.com

DANIEL'S STORY: I was 16 when I first noticed that something was wrong. I found a lump on my neck and kept catching it while I was playing the violin. I went to see the GP but he said it was a cyst and nothing to worry about. The lump grew, and I kept going back to my GP. I was eventually referred for a scan and other lumps were found in my jaw and neck. They did a biopsy and we had to wait a week for the results, which was very stressful. I was then diagnosed with thyroid cancer and extensive lymph node disease.



I felt shocked. I took in all the information they had to say to me and decided I wanted to carry on my life as before. I wasn't going to let my cancer define who and what I was. A week later and two days after my 17th birthday, I was admitted to hospital and put on a children's ward. I had to have an eight hour operation. I then had to have three weeks in isolation for radiotherapy treatment. The care was excellent, but I felt isolated on the children's ward. I couldn't talk to anyone my own age as the ward was mainly made up of screaming toddlers and babies.

Having cancer was very tough, especially during a time in my life where a lot of natural change happens anyway, so it would have been nice to have spoken to other teenagers going through the same thing as me. To share our worries and also talk about things like exams would have been good.

Even though I wasn't on a Teenage Cancer Trust unit, I got support from Teenage Cancer Trust staff. Teenage Cancer Trust has given me a way to give back to all those who have helped me. It's given me a chance to share my experience with people who may be scared and confused and to help them in some way.

I've now finished treatment and I'm back at music college in London. I have always believed that my cancer was worse for the people around me, the people who love me having to watch me deteriorating knowing that there was nothing that they could do. My girlfriend coped amazingly well and I wouldn't have been able to do it without her and my family and friends.

I truly believe cancer has changed my life for the better because I now have a better understanding of life that only people with the same experiences as me will understand, and that's not something that can be taught.



"I would tell other young people who are diagnosed with cancer not to be too scared because you have Teenage Cancer Trust to help you with your treatment." ALI