

WHEN CANCER ERUPTS INTO THE LIFE OF A YOUNG PERSON



TEENAGE CANCER TRUST PROVIDES WORLD CLASS CARE AND SUPPORT

For the 2,500 young people each year who are diagnosed with cancer, Teenage Cancer Trust offers life-changing cancer services, so young people do not have to face cancer alone.



*Registered
Charity
number
1062559*



To raise money for Teenage Cancer Trust, I'm part of a group trekking up volcanoes in Nicaragua, in November 2016.

Nicaragua is the largest country in Central America, located between Honduras to the North and Costa Rica to the South, and between the Pacific Ocean and the Caribbean.



Our group will trek along a series of active volcanoes, up to a height of 1680 meters (5510 feet), with a stark contrast between the surrounding tropical forest with Howler Monkeys and other wildlife, and the bare, steep, scree slopes of the volcanoes themselves. Temperatures will be over 30C in the day, but drop considerably at night. We will be sleeping sometimes in local lodges and sometimes in tents.



My aim is to raise at least **£4,000 in sponsorship.**

PLEASE DONATE ONLINE AT:

uk.virginmoneygiving.com/trekrise

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

Thank you!

Nigel

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

NIGEL TURNER

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 has developed 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 **15TH 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

RACHEL'S STORY: Rachel, from West London, was in her first year of university when her life was very suddenly turned upside down and she was diagnosed with cancer. She said: "When I was diagnosed with non-Hodgkin's Lymphoma, my mind instantly shut down and I was in shock. I didn't know what to expect, and I feared the worst. After hearing the terrible news, I had to leave university and move back home for treatment, and due to the aggressive nature of my cancer, this meant my new home for 4 months was University College Hospital.



I had to live in the hospital, which in itself was so overwhelming; however, I was treated on a Teenage Cancer Trust unit. This meant that I was surrounded by other teenagers going through a similar experience, enabling me to feel less isolated and vulnerable. The ward was filled with



amazing staff who always kept me informed and helped me understand my treatment better, and they allowed one of my parents to stay with me each night in hospital.

Now in remission, Rachel has finished her degree at the University of Bristol and last year took part in the Sahara Desert Trek, to raise money as a way of giving back to a charity that has helped her, and to allow other teenagers with cancer to get the same support she was able to have.

Rachel added: "I also wanted to do this trek in memory of a few of the friends I met in hospital, who I became extremely close to, but who unfortunately died when we were on the cancer ward together. I hope that by fundraising for the charity, we can raise more awareness of the early symptoms of cancer, and support more teenagers who are fighting the battle against cancer."

