



# HOPE SUPPORT SERVICES

Supporting young people through a family health crisis

# WHO ARE WE?

In 2006 Sue Trevethan was diagnosed with cancer. Her children were 13, 15 and 19 at the time. She felt incredible guilt when she saw how her diagnosis directly affected their lives and so looked to try and sort out some support for them during her operations & treatment, however there was nothing available in the UK at that time, so in 2009 she started Hope Support Services.

The first cohort of young people used to meet up in coffee shops in and around Ross on Wye, some of which allowed sessions to happen after hours for free. Having a space to talk with other young people in the same situation as well as our team is very much a corner stone of the support we offer.

**Hope is a preventative service, and supports young people when a loved one is diagnosed with a serious illness such as cancer.**

When someone is very ill, children and young people can find the uncertainty particularly hard to deal with. Studies show that their mental health can be damaged long before bereavement occurs and when the focus of attention is on the patient, young people often worry about sharing their concerns and feelings at home as they don't want to upset the patient or "make them feel guilty". This can lead to issues such as disengagement with education, family members and peers, as well as anti-social behaviours and other unhealthy coping mechanisms.

**A loved one can be anyone who plays a significant role in a young persons life.**

A young persons social and family circle can be made up of lots of people who play an active part in their daily lives. Relatives, neighbours, teachers and friends all meet the criteria of loved one at Hope.

**What if the young person is already bereaved?**

We would always want to work with the young person from the moment of diagnosis where possible, but we do recognise that this is not always possible, or indeed needed. The young person will still have gone through the same journey of diagnosis, prognosis and then losing a loved one, as those we support from the moment of diagnosis. For this reason we are happy to accept referrals where the young person is bereaved after losing a loved one to illness.



## Is it Counselling?

The support that Hope offers is informal and is not counselling, although many of the techniques used by staff are the same as counsellors. Many of the young people we work with prefer this approach and it means we can provide support for as long as it is needed rather than the six weeks usually prescribed by counselling.

## What Age Ranges do you work with?

We offer video support within schools to pupils from the age of five.

We also support students in secondary schools, sixth form, colleges and universities up to the age of 25.

## Do you have groups?

There are groups that young people can join, call us on **01989566317** to discuss what will work for the young person you are working with.



“ Hope were there for me when dad got ill and they still helped me and my brother when dad was really ill and died.”

- Hope young person

### What Impact does Hope Have?

A large part of the report made with the Children's Research Centre at the Open University in 2019 looked at the impact of our services – as well as what some of the consequences are if support needs aren't met:

- Young people with inadequately met needs risked being labelled as 'difficult'
- Their loved one's health circumstances impacted negatively on their educational experiences and outcomes
- Usual childhood and teenage social lives and friendships were difficult to maintain
- Young people experienced feelings of severe stress, anxiety and hopelessness

According to our young people's feedback and our monitoring they have told us that, after accessing our support, they feel more confident with improved mental health and wellbeing; they have better relationships with family/friends; they are more engaged in school/college/work and with the local community; they are able to deal more healthily with their feelings, among other positive outcomes.



A poster to print out and display is on the next page

### Partnerships with schools/colleges and universities

We feel it is incredibly important to work with schools, colleges and universities when we provide support to their young people. Often school or university is the only place other than home where the young person feels safe and secure.

### Is support term time only?

We provide support in both term time and throughout the holidays, including bank holidays. If a young person in your care requires help outside of school hours we can do this too.

### What to say?

We understand that it can be difficult to know what to say and do when a young person chooses to disclose that a loved one is very ill, or if you are aware of a health crisis and the young person is yet to reach out for help. Our team are here to help and can offer support and guidance for both you and the young person you are supporting.

### Is there a cost?

We are a registered charity and all our support services are free of charge. We can arrange for special training sessions for staff for which there would be a cost, if you are interested in finding out more about this then please call or email us on: [help@hopesupport.org.uk](mailto:help@hopesupport.org.uk) or 01989566317

### We're award winning



# Hope Support Services

help@hopesupport.org.uk

## FREE & CONFIDENTIAL ADVICE

All our support is confidential and completely FREE

## ONE TO ONE SUPPORT

Get one to one support when it is needed and for as long as it is needed

## PEER TO PEER SUPPORT

Talk with other young people who have gone through a similar experience

## A FULLY DIGITAL SERVICE

You can access the service using text, audio or video.



If you're aged 5-25, live in the UK and have a loved one who is seriously ill, we're here for you!

To find out more call **01989 566317** or visit **www.hopesupport.org.uk/support**



**H** **HOPE**  
Support Services

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