



CREATEYOURFUTURE

E-ZINE 03



CHILDHOOD CANCER



Erasmus+

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Interesting facts about causes and late effects



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Childhood Cancer: What happens after treatment?

Welcome to the Create Your Future E-Zine Life after cancer?

For many people, the 'finishing line' of the disease is the moment they were cured. In the last years, the childhood cancer treatment is one of the greatest achievements in medicine due to high success rate when reaching long-term remission. However, the challenges after the 'finishing line' both for the medical and psychosocial sphere are enormous, reaching far away from the end of treatment. As it was discussed in previous E-zines the medical challenges refer to side effects and long-term late effects of the cancer itself and the treatment. The prolonged period of treatment

brings the other side of risk factors that refer to the psychosocial sphere of life. Very often the opportunity to go back to school and to turn your daily routine back to normal could happen after 18 to 36 months. Such long time of absent lead to a lot of difficulties. The ability to return in the educational system and the social life after a cancer diagnosis often requires additional time and support. Understanding how these factors contribute to education and after that to work life will play a significant role in the future development of effective survivorship long-term programs for support.



You can move the mountains!



Every cancer survivor has faced many serious life challenges. They struggled, they fought, they waited, and sometimes they thought that they will not be able to succeed but finally they have won. The success they had in conquering difficulties can make them feel powerful, hopeful and determined. These strengths help them to find optimal solutions for their career development and to ensure the best quality of life possible for them.

Sometimes, however, these strengths are hidden somewhere inside behind difficulties caused by late effects, social reintegration failure, or just because he or she cannot find his/her way.

Create your Future is here for that reason – to develop a comprehensive career counselling programme that builds on and enhances survivors' existing strengths and competences.





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Living a life to the fullest. Childhood Cancer Survivors, who create their future



The end of the project was celebrated with the final conference that took place in Sofia, Bulgaria. All partners, survivors, employers, and friends came to get informed, get inspired, and get involved! This was not just a conference but celebration of life, the feast of inspirational stories, ideas, and thoughts. It also posed new challenges in front of all participants to do their best to ensure the best possible opportunities for childhood cancer survivors so they could enter in the word of work with all their strengths, knowledge, and abilities.

Get Informed: How to deal with the main fears/barriers for employing survivors?

Workshop for Survivors

In the morning, we started with a workshop as the main topic of conference was barriers and fears for employing childhood cancer survivors. The workshop referred to inappropriate reaction they have in relation to the disease.

One of the specific characteristics of childhood cancer survivors is that in certain stage they need to learn to advocate for themselves. Surviving cancer affects so many areas of your life. There is a

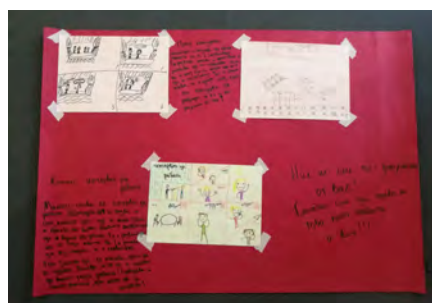
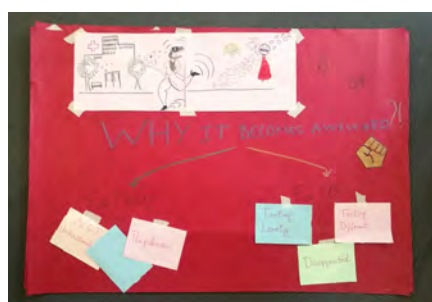




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need of strong support system, as well as a medical network to monitor late effects and obtain the appropriate follow-up care. They need to feel protected, to talk about their cancer experience, share feelings, attend a survivor's camp, etc. All these activities help them to overcome what happened.



They are the best source of information and inspiration for experts in the areas important to cancer patients, such as educators, insurance specialists, legal experts, doctors, social workers, and career counsellor. Their experience as a childhood cancer survivor has given them a rare insight into the changes that need to be made within the community to accommodate children with cancer. Hospital policies may need to be changed, schools may need to be educated about the late effects of treatment and employers need to be more aware of the special issues survivors face. As a survivor, they have the inside knowledge to be an effective part of the solution.

All participants in the workshop presented what they need to say as a message to the community later at the conference.

Get Inspired: Learning from the strongest



*"Stop worrying about insignificant things.
Live your life to the fullest."*

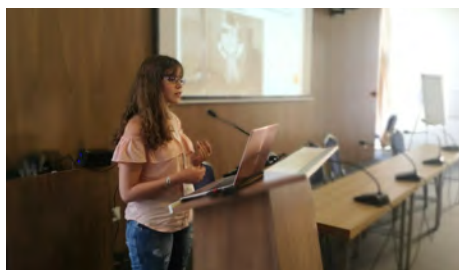
*"The cancer was a master of my body,
but not of my soul."*





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"My life now is split in two – before and after the cancer. I grew as a person, valuing every day, doing sport and following ambitious goals."

"The only thing young people need is a hand and a little guidance. Not just survivors, all young people."



Get Involved: What is my personal engagement and next step?

At the very end, all participants made a symbolic net of golden yarn. Gold is a symbol of childhood cancer awareness. Gold represents how precious and priceless children are. It is also a perfect symbolism for the childhood cancer journey. Gold goes through a process by fire, to become stronger and tougher. Kids with childhood cancer similarly undergo such an experience. They develop resiliency by facing all the difficult and painful challenges of childhood cancer.



Everyone caught the golden yarn ball, share his/her thoughts and how he/she could be involved and challenged the other participant to do the same.

Your article in the Create your Future E-Zine!

We don't only want to share with you our thoughts; we are also very interested in what you have to say! If you want to share something with us within the Create your Future E-zine just let us know. Simply send us an e-mail with your idea for an article to a.dimitrova@catro.com and we will get back to you as soon as possible.

Your article can evolve around anything related to childhood cancer. Before starting your article please get in contact with us and we will let you know the details for publishing your article in our E-zine.





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What is Create Your Future?

With Create your Future we want to provide childhood cancer survivors with individual career support in order to help them find a career perspective which is realistic, takes into account the health restrictions, but – most importantly - also builds on and enhances existing strengths and competences.

In Create your Future a bunch of experts from across Europe come together to develop a comprehensive career counselling programme for childhood cancer survivors that takes into account the special needs, stresses and strains of the target group. Additionally, a training curriculum for adult educators, who want to provide career counselling to survivors, is being developed.

We don't only want to share with you our thoughts, we are also very interested in what you have to say! If you want to share something with us within the Create your Future E-zine just let us know. Simply send us an e-mail with your idea for an article to a.dimitrova@catro.com and we will get back to you as soon as possible.

Your article can evolve around anything related to childhood cancer. Before starting your article please get in contact with us and we will let you know the details for publishing your article in our E-zine.

Your article in the Create your Future E-Zine!

Your Opinion counts!

The Create Your Future E-zine is very reader-oriented. For us this means we want to improve our E-zine with each issue. Therefore we would be happy to receiving your feedback on our articles.

If you have a topic you are very interested in, just let us know too; we will write an article about it and incorporate it in one of our next E-zines.

For any suggestions, questions or feedback we are available under this email-address: a.dimitrova@catro.com

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