Further information
You can find out more about our service on our website, which is: www.cpft.nhs.uk/ppc/paediatric-psychological-services.htm

Our contact details are:
Administration Team for the Psychological Medicine Service for Children, Young People and their Families, Tel: 01223 216 878

PALS: To make comments or raise concerns about the Trusts’ services, please contact our Patient Advice and Liaison Service (PALS). Ask a staff member to direct you to PALS or: Tel: 01223 216 756, Email: pals@addenbrookes.nhs.uk

Other formats:
If you would like this information in another language or audio, please contact Interpreting services on telephone: 01223 348043, or email: interpreting@addenbrookes.nhs.uk
For Large Print information please contact the patient information team: patient.information@addenbrookes.nhs.uk

We are now a smoke-free site: smoking will not be allowed anywhere on the hospital site.
For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.

Paediatric Oncology Service
Parent/ Guardian and Patient Information
Child and Family Support
End of Treatment Groups
This information leaflet is about groups held by the oncology child and family support team for patients whose treatment is ending.

About the group
For many children and parents, coming towards the end of treatment can be a time of mixed emotions. Many people feel happy and relieved knowing that their child will be completing their treatment. However, this is often accompanied by anxiety and feeling unsettled. It is common for people to have mixed feelings at this time. To help children and their families make this next step and support them with some of the challenges that can arise at this time, the child and family support team offer a group for children and young people and a separate parallel group for parents and guardians.

Who can attend?
The groups are open to patients who are finishing their treatment and their parents/guardians. If you are interested in attending a group you can inform your consultant or nurse or contact the paediatric psychology service directly on the number at the end of this leaflet.

Who will run them?
The groups will be run by clinicians who offer support to families who work within the oncology service, including clinical psychologists, counsellors and clinical nurse specialists. You may have already met them during your child’s treatment.

Do I have to attend?
It is not compulsory to attend the groups. However, it may be helpful to access support and share your experiences with other families who have been through cancer treatment and are now finishing.

What can the groups help with?
Some people find groups like this helpful by simply connecting with other people who have shared a similar experience.

Some people may find that they would like support with more specific challenges. For example, some people find ending treatment can come with an increased anxiety about their child relapsing or may find themselves thinking more about the past including their child’s diagnosis and treatment. It may also be a time when other practical issues come into focus such as their child’s education or the family’s financial situation. For others, it may be that other family members and friends aren’t aware of some of the mixed feelings that can come with the end of treatment; the group can provide an environment to discuss and explore these concerns.

For some families the effects of treatment on their child can provide further challenges and discussing these in the group with the clinical psychologists and other group members can be helpful.

The group for children and young people can also provide a useful space to discuss the feelings and thoughts that have arisen for them as a result of their diagnosis and treatment and how it feels coming to the end of this journey.

What happens with the information I discuss in the group?
We think it’s important to keep what children and parents talk about in the group private (confidential) and this is something we will discuss at the start of the group. There may be times when it is helpful for us to discuss some information with other teams such as your child’s school or their medical team. In these situations we will discuss with you what you would like us to share.

What should I do if I have further questions?
If you have any questions about the group or would like to discuss it in more detail, please contact us via the psychological medicine service for children, young people and families on 01223 216878 or ChildandFamilySupportOncHaem@addenbrookes.nhs.uk