



Ayrshire Cancer Support Children and Young People's Service A Guide for Young People aged 12 – 25

You can contact Ayrshire Cancer Support yourself by completing this form and consent by clicking on the link below or scanning the QR code on your mobile phone

[Introduction form and consent for young people 12 - 25 years](#)



If you prefer, you can be introduced to the service by your parent or guardian, your school, G.P, Clinical Nurse Specialist (CNS), Social Worker or by another support service. They can do this by completing a form via our website or contacting the Kilmarnock centre on 01563 538008.

An appointment will be arranged for you to see a Therapeutic Support Practitioner within 2 weeks of you contacting the service; if for any reason we are unable to do that we will make you aware of this and tell you when we hope to be able to offer you an appointment.

- You can choose if you would like your parent or guardian to come along with you.
- Your first appointment will last around 1 – 1.5 hours.
- A practitioner will talk to you about what is happening in your life to identify your needs and goals and record this as part of an assessment.
- They will tell you about the range of supports we are able to offer you and together you will agree on a plan of support.
- A plan of support can look different for different people, and can change, depending on what is happening in your life at the time.
- We will talk to you about and ask you to sign a therapeutic support agreement.
- We will arrange a date and time for your next appointment.
- If someone else introduced you to Ayrshire Cancer Support, with your consent, we will let them know your plan and agree with you on if/when we update them.
- We will review your plan with you after 6 weeks and decide what we should do next.
- Your practitioner will continue to review how helpful the support is for you, and when the time is right you will decide together when you are ready to move on.
- We may signpost or refer you to other services or resources that you agree would provide other support or opportunities to meet your needs.