



Counselling and Family Support Project

Background

This project provides telephone and online counselling for young people, who are living with cancer (see criteria below) and whose mental health is being adversely affected by the pandemic.

The project also provides telephone and online support to families with a young person living with cancer or other illness (see criteria below).

Young people living with serious ill-health may already experience isolation and worries about their mental health. Current isolation, increased risk to health and disruption to ongoing treatment caused by COVID-19 are heavy additional burdens for young people and their families during an already critical and challenging time in their lives.

Project aims, objectives, outcomes

AIMS

To support and improve the mental health of young people who are living with cancer (*Counselling*).

and

To strengthen family support systems for families with a young person who is living with cancer during a time of crisis (*Family Support*).

OBJECTIVES

To provide counselling to young people up to the age of 25;

And to enable them to talk about the ways in which their mental health is being affected and find positive ways of coping (*Counselling*).

To provide support, advice and signposting to young people and their families, relating to the challenges caused by the pandemic and to enable them to access relevant services (*Family Support*).

To support young people and families where there are risk factors that have become hidden due to current pressures on services, including referral on to specialist and safeguarding services (*Counselling & Family Support*).

To understand further forms of support that young people living with underlying health conditions will benefit from both during the pandemic and as circumstances change in the medium and longer term (*Counselling & Family Support*).

To build a peer network of young people living with cancer in Cumbria who can make links and support each other (*Counselling & Family Support*).



Referral guidelines

Referrals are welcome from young people, families or professionals/agencies. Please contact us at referral@flynnesbarn.org or on 01768 800 686.

Criteria for Counselling

- For young people up to age 25
- Living with cancer
- Choice of telephone or online platform (Zoom)
- Assessment, followed by 10 sessions
- 30-50 minute sessions
- Delivered by qualified counsellors/psychotherapists (BACP/UKCP registration or equivalent)
- Choice of male/female counsellor

Criteria for Family Support

- For families with a young person living with cancer
- Choice of telephone or online platform (Zoom)
- Support duration and content agreed in collaboration with family

Clinical standards

Flynn's Barn is registered with the Charity Commission (reg. no. 1177897). The Counselling and Family support project is run by Robin Ewart-Biggs (Systemic family therapist, UKCP registration 06158736); all sessional counsellors have enhanced DBS checks and are registered with BACP/UKCP or equivalent). Clinical governance policies and procedures are available on request.

Having begun as a pilot project this is now part of Flynn's Barn mainstream services. The project is being evaluated to help shape future services and to share learning.

Initial pilot project funded through the National Lottery Community Fund



HM Government

In partnership with

THE NATIONAL LOTTERY
COMMUNITY FUND