

Supporting families affected by childhood cancer across Coventry and Warwickshire



Proud to be Funded by:





Hello from team SAL!

At Shine a Light, we support families affected by childhood cancer from diagnosis for as long as they need us.

We have spent the last nine years listening to families and using their ideas and feedback to shape the services we provide.

The information in this referral pack is designed to give you all the details you need to understand what services we offer and how you can refer a family who may benefit from our support.

Our History

Shine a Light Support Service was founded in October 2016 (& became a registered charity (CIO) on 12 January 2017) by Sam Schoolar, a childhood cancer survivor who is passionate about supporting other families affected by childhood cancer. Shine a Light rebranded and changed names, to become Shine a Light Childhood Cancer Support in 2019.



Check out our website to find out more about our history: www.shinealight.uk

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OUR REFERRAL PROCESS

Our Referral Process

Shine a Light strive to provide inclusive and easily accessible services for all families affected by Childhood Cancer across the Coventry and Warwickshire area.

We have outlined below, how families can be referred to our services. We accept referrals from anyone, including family members themselves.

We have a Family Registration Form that all new families must complete, providing us with key details about the family. This form is available to download on our website, or we can send a digital or paper copy on request.

Families in need of our support can reach out to us directly by sending an email or coming into our centre, and we will guide them through the registration process. Alternatively, they can download the registration form from our website and send a completed copy to us, or give us a call.

We accept referrals from other charities, hospitals, schools, religious groups, community groups, support workers, and anyone else who may be working with a family that would benefit from our services. Once you have obtained permission from the family to refer them, please send us an email or a completed registration form. Once we have the family's details, we will contact them directly.

If you are unsure whether the family is eligible for our services, please reach out to us via email or phone call. We would be happy to discuss this.

All referrals should be sent to chloe@shinealight.uk, and phone calls made to 02476 676 159.



THE SUPPORT WE OFFER

Once a Referral is Received

On receipt of a completed registration form for a family, we make initial contact with them by phone if possible or email if we are struggling to reach them by phone. During our first call we glean an initial idea of the current needs of the family, find out some of the family's interests and arrange a first visit with the family.

Our First Visit with a New Family

Our first visit with a family will usually be at their home, or at hospital if the family are having to spend a lot of time as an inpatient. During this visit, we introduce ourselves and our services, and learn more about the family. Whenever possible, we try to visit when the whole family will be home.

During our first visit we establish a tailored support plan for the family, talk to them about all relevant peer support sessions we are offering and identify where they may need further outside support.

We advise the family of the support we will put into place for them and ensure that they are happy with what we are offering.

Welcome Pack Hamper

We deliver a welcome pack hamper to every new family we work with, packed full of items for the whole family to enjoy together. This is normally given to a family during our first visit with them. As part of our first interaction with a family, our welcome hamper acts as a great icebreaker for both children and parents, read on to find out more about our welcome packs.

Run Down of our Other Services

- Counselling and play therapy
- Regular contact through telephone calls and home and hospital visits
- Activity sessions
- Peer support group sessions
- Day trips
- Shiny hampers
- Christmas party

Please read on to find out more about each service...





Contents of a Welcome Pack

The welcome pack we provide to families on our initial visit contains a range of items for the whole family. Each pack is worth £150. We put together packs individually for each family with the intention of providing families a range of activities to spend quality time together. After we have had a first call with a family we have established some of the interests they have along with the age of each child. We use this to shape the pack we provide.



Each pack's contents include:

A popcorn maker: every pack we send out contains a popcorn maker – a firm favourite with families and a fun way to prepare for a film night or games afternoon! We include a bag of popcorn kernels too.

Sweets and Snack Treats: We provide a mixture of savory and sweet share bags – perfect for family time together.

Board Games: Depending on the ages of the children/young people in the family we provide one large or two smaller games.

Books: We provide story books and activity books for each of the family to use.

Craft Activities: Age dependant we provide appropriate craft/activity or STEM packs to entertain families at home or as useful ways to pass the time during hospital stays.

Toys: We provide age appropriate toys, novelty items and fidget toys.

Soft Toys: Most of the soft toys we gift are handmade by local crafters or new toys we have donated.

Toiletries: We always include toiletries for each family member and a toiletry bag to put them in!

Wiggly bags: We put wiggly bags in the pack if the child/young person has a central line.

Just Eat Voucher: We provide a voucher to the value of £10 per family member, which families can use either for a treat night or during a hospital stay.

A worry monster: Having a worry monster can be a great therapy aid to a child who is stressed or anxious – they can write down their worries and zip them up inside the worry monster so he can eat them away! (Mum and Dad can remove them and use them to talk through the things they are worried about).

Counselling and Play Therapy

We may establish during our first visit that there are family members within the house who may benefit from counselling. We offer a counselling and play therapy service to these family members, which can either take place at our centre in Rugby, or adult counselling can also take place online or by telephone.

If a family do not need or are not ready for counselling when we first meet them this remains open to them to ask for at any point in the future.

Regular Contact

Following our initial visit, we aim to maintain regular contact with families. We encourage them to start attending sessions, activities and trips we are running, so they can meet other families we support and build up a relationship with our team.

Sessions we run from our Centre

At Shine a Light we recognise the power of peer to peer support and we offer as many opportunities for families to meet up and spend time together as we can. The sessions we run have a variety of forms, often incorporating different activities, games and crafts sessions. We run sessions for the whole family, sessions for 11+ young people and also

for parents. We aim to run sessions for our service users over the school holidays, after school or at weekends.

Every session that we run allows time to connect with other people who really understand what it is like to be living with childhood cancer. Over time families bond and form one of the most powerful support systems available with us offering ongoing support as well.

Day Trips

We run at least one day out for the whole family every year. These trips are an important part of our service, we know many families we work with really struggle with living costs and a day trip for the whole family is often a stretch too far, but there is a huge need for them to have fun and normality together as often as possible.

The day trips we run offer something to look forward to and also great memory-making moments that families can look back on in tough times. They provide another great opportunity for connection between families, whilst having a really fun treat for the whole family to enjoy together.

Our day trips in the last twelve months have been to Twycross Zoo and Chessington World of Adventures.





Shiny Hampers

Twice a year, we hand-deliver Shiny Hampers to each family. This was a project which was started during the Covid-19 pandemic to continue supporting families when we were unable to run in person sessions. Our Shiny Hampers are delivered in the spring and autumn and each typically contains three activities and a meal or snack. This project provides us with an excellent opportunity to have face-to-face conversations with some of the families that are unable to attend sessions and activities we run regularly at the centre. This can be especially important for families that may be on active treatment, as often they are unable to participate in sessions with large groups of people.

Christmas

Our annual Christmas Party is usually our biggest event of our year. It takes place every year on the first Sunday in December and is for all our families and for all ages. Every family visit our wonderful Santa and Mrs Claus, we have a DJ, lots of fun activities, treats, sweets and yummy food.

Whether families can attend the party, or whether we home deliver them, we provide a Christmas present for every child and young person we support and we also provide a hamper of goodies for all the families to share.

Signposting and Other Support

If we have identified that a family needs support that we do not cover or cannot provide, we will look through our network to find an alternative that can. Once we have found a suitable place, we will reach out to them on behalf of the family, relieving the stress of constantly having to contact services and retell their story and situation. We work with some amazing small charities, including Evelyn's Gift, Circles Network and Rosies Rainbow Pantry.

Support for People Affected by Adult Cancers?

While we are predominantly a childhood cancer service, our counselling service is open to anyone affected by any cancer.

There is a different process for referring people affected by adult cancers to this service. We have separate counselling and play therapy referral forms.

If you have an enquiry about this service, please email chloe@shinealight.uk or call 02476 676 159.

We are currently exploring opportunities to run peer-to-peer support groups for adults with cancer.



Our Team - Trustee Board



Julie Hughes
Chair of Trustees



Mike Giddings
Treasurer



Amy Thompson
Trustee

Our Trustee Board share a wealth of experience from both personal and professional life which they use to guide the running of the charity to ensure we take the best approach to meeting our objectives, growing our reach and helping as many people in our community as we can.

Each of the board take an active approach and interest in the daily running of the charity. **Find out more about our board on our website.**

Our Team - Paid Staff



Sam Schoolar
CEO



Chloe Schoolar
PA to the CEO



Rachael Breward
Centre Manager

Our paid team is currently a small minority of our workforce, we have plans to increase our team a lot in the next twelve months to allow us greater sustainability and growth of the charity. You can find out more about all of our team, both paid and voluntary on our website.



Our Team - Counselling and Play Therapy



Juliette Hardy
Adult Counsellor

Juliette Hardy is our adult counsellor and has been a member of the Shine a Light team since 2018. Juliette is a person centred counsellor who works with adults in a 1-2-1 setting and who specialises in supporting adults affected by cancer. Juliette works with Shine a Light on a sessional basis.



Su Jung Suk
Play Therapist

Su Jung Suk is our play therapist, she works with children aged 5 years up to 16 years on an individual and group basis and also works alongside Sam to provide sessions for families and siblings too.

All of our counselling team members are fully qualified and experienced. We are actively recruiting more sessional counselling team.

Our Team - Voluntary Posts

The vast majority of our team are volunteers and without them our charity could not achieve nearly half the work we accomplish every year. Our volunteer team span an age range of 14 to 70+ years and represent a diverse ethnic and cultural background. We value each of our team greatly, and together we have a supportive and friendly network.

People join our volunteer team for many different reasons, some of those include; work experience, Duke of Edinburgh volunteer hours, to reduce isolation, seek social company and to feel like they are helping their communities in some way.

Volunteers complete a wide range of roles for us, from serving customers and helping run areas of our community cafe and shop - to support roles working directly with our families. All our team have all the training they need to fulfill the roles they are undertaking.



Thank you

For taking the time to read the information contained in this referral pack. If you have any further questions or we can help in anyway please contact our team.



Please get in touch by calling **02476 676159** or visit www.shinealight.uk





Shine a Light

Childhood Cancer Support

Proud to be Funded by:



hello@shinedlight.uk

Registered Charity No:1171090

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