

THE HOUSE OF TEENS UNITE

Barrow Lane, Goffs Oak



The first retreat in England for teenagers
and young adults fighting cancer

teens:)unite
FIGHTING CANCER



“Many people believe that once the cancer treatment is over then your life returns back to normal. This is far from the case. I was diagnosed with PTSD and depression post-chemo and two years on, it still remains. People need to know it’s okay not to feel like ‘the lucky one’ for surviving.”

Lucy

diagnosed with Hodgkins Lymphoma and Thyroid Cancer



“Once you’ve finished treatment, all you want is to become ‘normal’ again and you don’t know how to do that. With the support of Teens Unite, I feel I can apply for jobs and do ‘normal’ things that I wouldn’t have done a year ago.”

Azreen

diagnosed with Ewings Sarcoma

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A message from our founders

“It fills us with such excitement to share our vision of establishing The House of Teens Unite. This will be the first retreat in England for young people fighting cancer.

We founded Teens Unite in 2007, determined to provide 13-24 year olds with the ongoing emotional, social and physical support they need throughout their cancer journey.

This level of continuous support can only be found with Teens Unite; it is not provided by doctors, nurses or other charities, yet it is an essential part of restoring a young person’s overall wellbeing, helping them to live a life outside of cancer and overcome all aspects of their diagnosis.

We’ve come so far, but this is just the beginning. There are 2,405 new cases of cancer in teenagers and young adults each year in the UK and we have the potential to ensure that no young person faces their cancer journey alone.

However, we need The House of Teens Unite to make this happen.

With your support, we aim to create a tranquil home with a heart, where a young person diagnosed with cancer can escape the daily stresses and strains that come with the ‘c’ word, where they can spend time meeting and interacting with others their age in a similar situation and gain strength from each other.

When the world feels a dark and lonely place, The House of Teens Unite will be a place of fun and inspiration. It will be a retreat where they can stay, share their hopes, fears and experiences, learn new skills, take part in activities and remember who they are as a person, not just a cancer patient.

We hope you will support us as we bring our vision to life.”

Debbie Pezzani and Karen Millen OBE

Founders



“It’s a great environment just for teens, where being a teenager comes before cancer. You can just carry on as if it’s not really there, but if you want to talk about it, it’s so easy.”

Celina

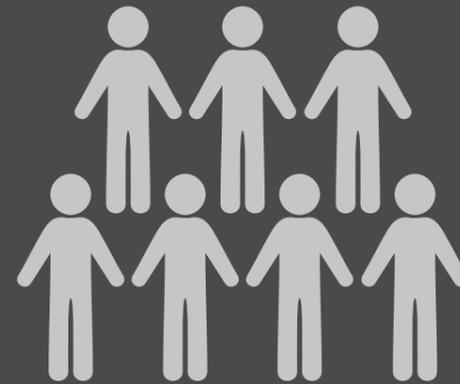
diagnosed with Acute Myeloid Leukaemia

Who we support

Every day in the UK, seven teenagers will hear the words 'you have cancer'.

For the past 14 years, we have been supporting those aged 13-24 who are battling cancer and its long-term effects, however long it's been since they were diagnosed.

Whether a young person is undergoing treatment, in remission or faced with a terminal prognosis, we enable them to continue living their life in the best possible way, surrounded by others their age who understand what they're going through.



**TODAY, SEVEN TEENAGERS
WILL BE TOLD THEY
HAVE CANCER**

RESEARCH SHOWS:



**INCREASE IN THE INCIDENCE RATE
OF CANCER IN TEENAGERS AND
YOUNG ADULTS SINCE THE 1990S**



**84% OF TEENAGERS AND YOUNG
ADULTS SURVIVE THEIR DIAGNOSIS
FOR AT LEAST FIVE YEARS**



**60% OF SURVIVORS HAVE ONGOING
HEALTH RELATED PROBLEMS**



**74% ARE WORRIED ABOUT THE IMPACT
CANCER WILL HAVE ON THEIR
FUTURE EMPLOYMENT**

Why we offer support

A cancer diagnosis impacts every aspect of a young person's life. Their work, education, health and friendships are all affected, and not only is a young person fighting cancer, but they are also rebuilding the life that has been taken away from them.

A young person's battle continues long after their treatment has come to an end and they are classed as being medically 'cancer free'. This is often when they feel most vulnerable and alone. The world continues to move on around them, whilst they are left standing still with little direction of the next steps to take.

“ There are millions of pounds being spent on curing young people, but what about their future after fighting and surviving such an illness. Spending time with other teens facing the same challenges gives them back some confidence and self-esteem to push forward for their future. ”

Professor Mufti OBE
Head of Haemato-Oncology,
Kings College Hospital

AS A RESULT OF CANCER TREATMENT IN YOUNG PEOPLE:

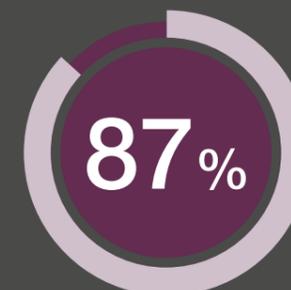


**100% FEAR THEIR CANCER
RETURNING**

**95% EXPERIENCE A NEGATIVE
IMPACT ON THEIR
PHYSICAL ABILITY**

**83% EXPERIENCE
LONELINESS**

**80% EXPERIENCE ANXIETY
AND DEPRESSION**



**87% HAVE LOST
CONTACT WITH
THEIR FRIENDS**



How we help and the difference it makes

Having cancer is tough, but it shouldn't be lonely. By organising group activities and residential stays, we bring young people fighting cancer together with others who understand what they're going through. At a time when it feels like there's so much they can't do, we're here to show them what they can do, with opportunities to make new friends, learn new skills and embrace new challenges.

Our Activities

We hold regular face to face activities each month alongside professionals in that field. These are tailored to the interests of those aged 13-24 and the varying abilities of a young person fighting cancer.

Whether they're in need of a welcome distraction from treatment, looking to regain their fitness or feel ready to start pursuing a career, our activities help them to take positive steps towards living the life they want to and achieving their goals and aspirations, without cancer holding them back.

We understand that everyone's needs are different, which is why there is no limit to how many activities a young person can attend; we're here throughout their long road to recovery.

90%
said the activities made a positive impact on their outlook on life



Digital Activities

Our digital activities were introduced during the COVID-19 pandemic to keep young people fighting cancer united at a time where feelings of anxiety and isolation were felt more than ever before.

In 2020 we held 200 digital sessions, providing 1,274 opportunities for young people to come together. Going forward, our digital sessions will remain within our weekly schedule of activities, ensuring our support is accessible to all young people, whether they are at home or in hospital, without the need to travel if they feel too unwell.



90%
of the young people attending our residential stays said their expectations were exceeded



80%
of young people leave our residential stays looking forward to the future



Our Residential Stays

Our short, residential stays are an opportunity for young people to experience a range of our regular activities each day, with the added enjoyment of staying away from home.

This is a chance for them to start regaining their confidence and independence in a new environment, surrounded by others in a similar situation. It's an opportunity to build lifelong friendships, make lasting memories and feel positively challenged.

100%
would recommend registering with Teens Unite to others in a similar situation

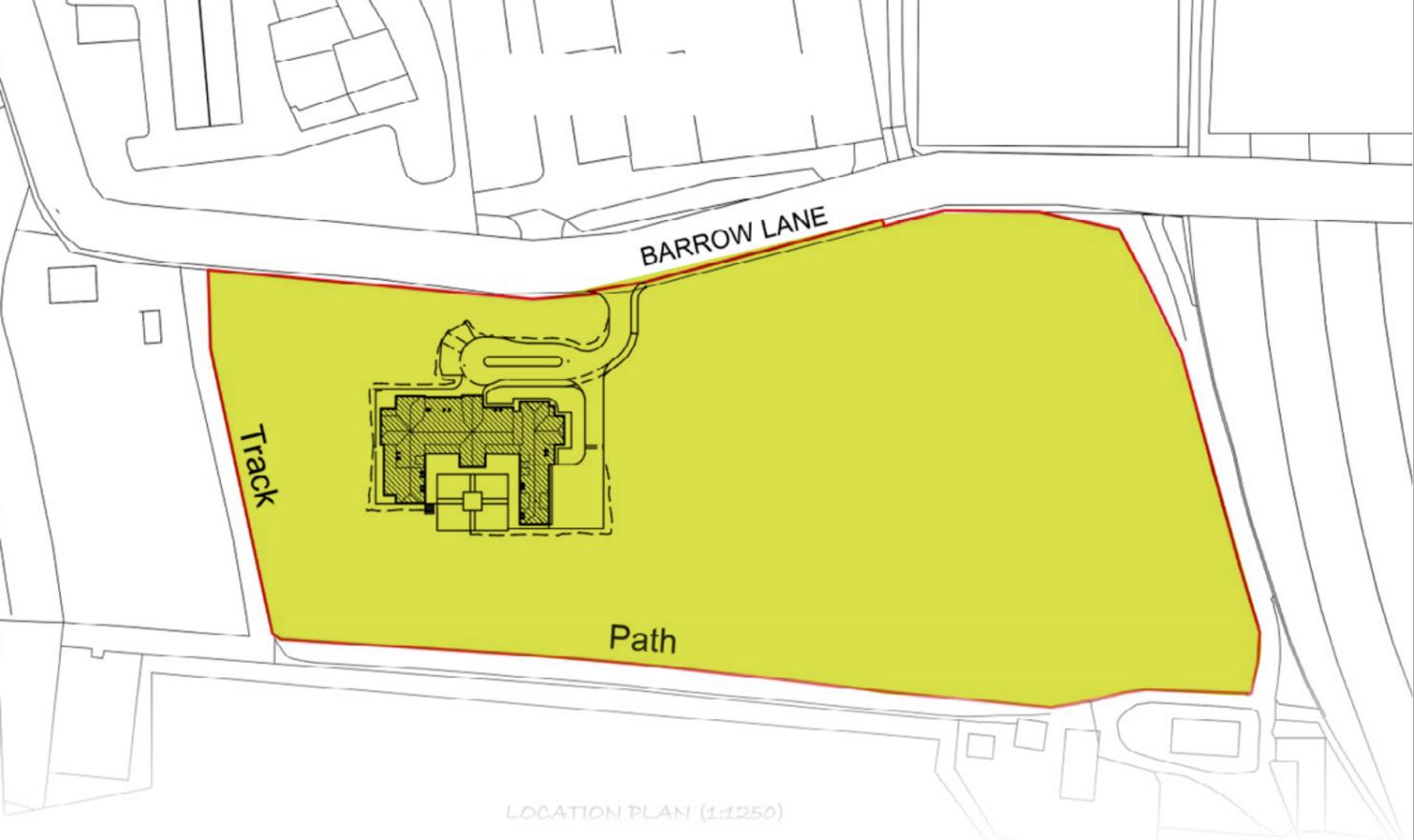


“You gave Sadie the confidence to live with cancer and your capability for caring is immeasurable. Since Sadie passed away, you have been there for me too, you have held my hand and I thank you from the bottom of my heart.”
Julia
Mum of Sadie, who sadly lost her battle with Ovarian Cancer

Parents and Siblings Support

Cancer doesn't just affect the person diagnosed, but those closest to them. One in five families say that the isolation that comes with a diagnosis has led to the breakup of family life.

We organise monthly events specifically for parents and siblings of the young people we support, so they too, can benefit from spending time with others in a similar situation, where they have a safe space to share their thoughts, hopes and fears.



Our vision

Our long-standing ambition is to build the first retreat in England for young people aged 13-24 who are fighting cancer.

Known as The House of Teens Unite, this 18,309sq. ft building will become our home, enabling us to host more of our activities for up to 20 young people at a time. We will provide regular opportunities to participate in our one-day activities, along with short, residential stays of three consecutive nights, in a fully staffed environment.

Set in 7.37 acres of land, it will be a haven for young people to relax, recuperate and recover, whilst benefiting from opportunities to challenge themselves, which will help them to rebuild their lives or, live with their diagnosis in the most positive way.

The location

For the last 10 years we have been searching for a suitable, secluded site in the Borough of Broxbourne. It's where the charity started in 2007 and we have a community of local businesses and residents who support us.

Set in the Hertfordshire countryside, it offers calm, tranquillity and plenty of outside space, whilst still having accessible transport links with its proximity to the M25 and mainline stations.

The seven acres of land we have acquired on Barrow Lane, Goffs Oak, will provide the idyllic, rural location we have always envisaged for The House of Teens Unite.

In addition, the site location is within easy reach of the UK's centres of cancer excellence in central London, should a young person need to make a return to treatment.



“Everything was so dark and sad. I fell into depression and I became a body without a soul. Through Teens Unite I met people who were in the same situation, who I couldn't get embarrassed around because they were just like me. I am forever grateful for the support I've received – Teens Unite have helped me overcome this illness.”

Yassine
diagnosed with
Hodgkin's Lymphoma

Image: Map showing the site location, Barrow Lane.

The need

For the past 14 years, we have seen first-hand the positive social and emotional impact we make. In the last 12 months alone, we have experienced a 15% increase in the number of 13–24 year olds registering for our support as it's so unique.

Young people fighting cancer need us, but without The House of Teens Unite we have reached capacity and are limited on the support we can provide. It will be the base we are currently missing, designed, and equipped to meet the needs of the young people and to facilitate our range of activities.

Our residential stays demonstrate the added benefits of staying away from home. For some young people, making the return journey for our one-day activities is impossible due to the impact cancer has caused to their health. The House of Teens Unite will provide overnight accommodation and areas to relax, making our support more accessible to all who need it, on a more regular basis.

It will be a much-needed safe space, where young people can confide in others who are fighting similar cancer battles, as so many of them hide their emotional pain and fear from loved ones; with feelings of guilt overriding their own mental health and wellbeing; making the long road to recovery even harder.

By 2030, it is our vision to offer 3,000 opportunities to young people fighting cancer each year.

“Before meeting Teens Unite, my biggest fear was the lack of ongoing support available to the young people I was caring for. My priority is always to provide the best medical care possible, but these young people also need help to overcome the emotional and social turmoil they are facing. Without Teens Unite this would be hard to find.”

Lucy
Paediatric Oncology Nurse

AS A RESULT OF ATTENDING OUR ACTIVITIES:

100%
OF TEENS

FELT MORE CONNECTED

FELT LESS LONELY

FELT LESS ANXIOUS

FELT THEY HAD ACHIEVED SOMETHING

88%
OF TEENS

TEENAGERS AND YOUNG ADULTS LIVING WITH CANCER AND THE LONG-TERM EFFECTS IN ENGLAND:

13,866

The House of Teens Unite

Ground Floor

A Warm Welcome

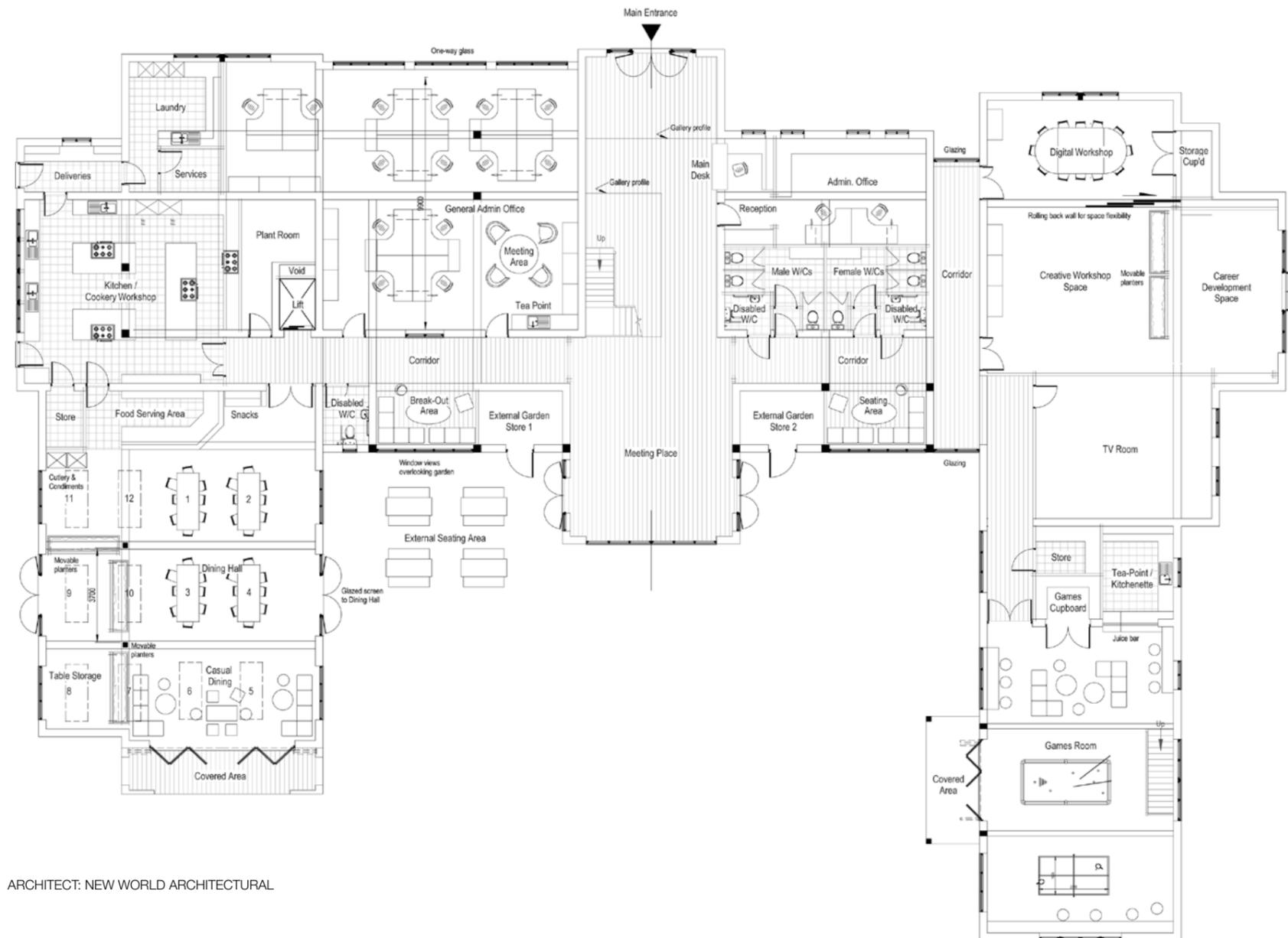
Entrance to and exit from the House itself will be through a dedicated, staffed reception area, essential in providing a warm welcome to the young people as they step through the doors with breath-taking views of the Hertfordshire countryside.

Cookery Area

We're focused on helping young people regain their independence at a time when it can feel like it's been taken away. An area will be developed within the main, house kitchen, where key culinary skills can be learnt for a healthy and independent lifestyle.

Dining Hall

The young people can come together over breakfast, lunch and dinner to enjoy meals prepared for them in the house kitchen, where they will have the opportunity to chat with each other, build friendships and share experiences. This area will also be a space where we can welcome supporters and businesses who have played a part in the build of The House of Teens Unite.



ARCHITECT: NEW WORLD ARCHITECTURAL

Outside Space

The house will be set in seven acres of land, with trees around the site to provide privacy. The landscape will be a beautiful outdoor space to socialise and relax, which many of the young people don't have access to at home. We will hold garden games and activities to make the most of being nestled in the Hertfordshire countryside.

Cinema Room & Games Room

This will be a sociable space, where young people can relax with others their age, without any questions or judgement and build friendships in a way they may not feel comfortable doing in an environment outside of Teens Unite.



Digital Workshop Space

A dedicated space for the continued delivery of our digital activities that have been introduced since COVID-19, thus enabling our support to be regularly accessed by any young person, from home or in hospital, even if they are too unwell to travel to the House.

Creative Workshop Space

Creative activities are accessible to all and are a way of expressing thoughts and feelings in a way they haven't been able to before. It will be a flexible workspace to allow the young people to both create individual pieces as well as coming together to create joint work.

Career Development Space

Almost 80% of young people diagnosed with cancer worry about the impact it will have on their future employment. Within this space, young people will benefit from spending time with life coaches, business mentors and motivational speakers to gain confidence, learn new skills and achieve their personal goals and aspirations.

The House of Teens Unite

First Floor

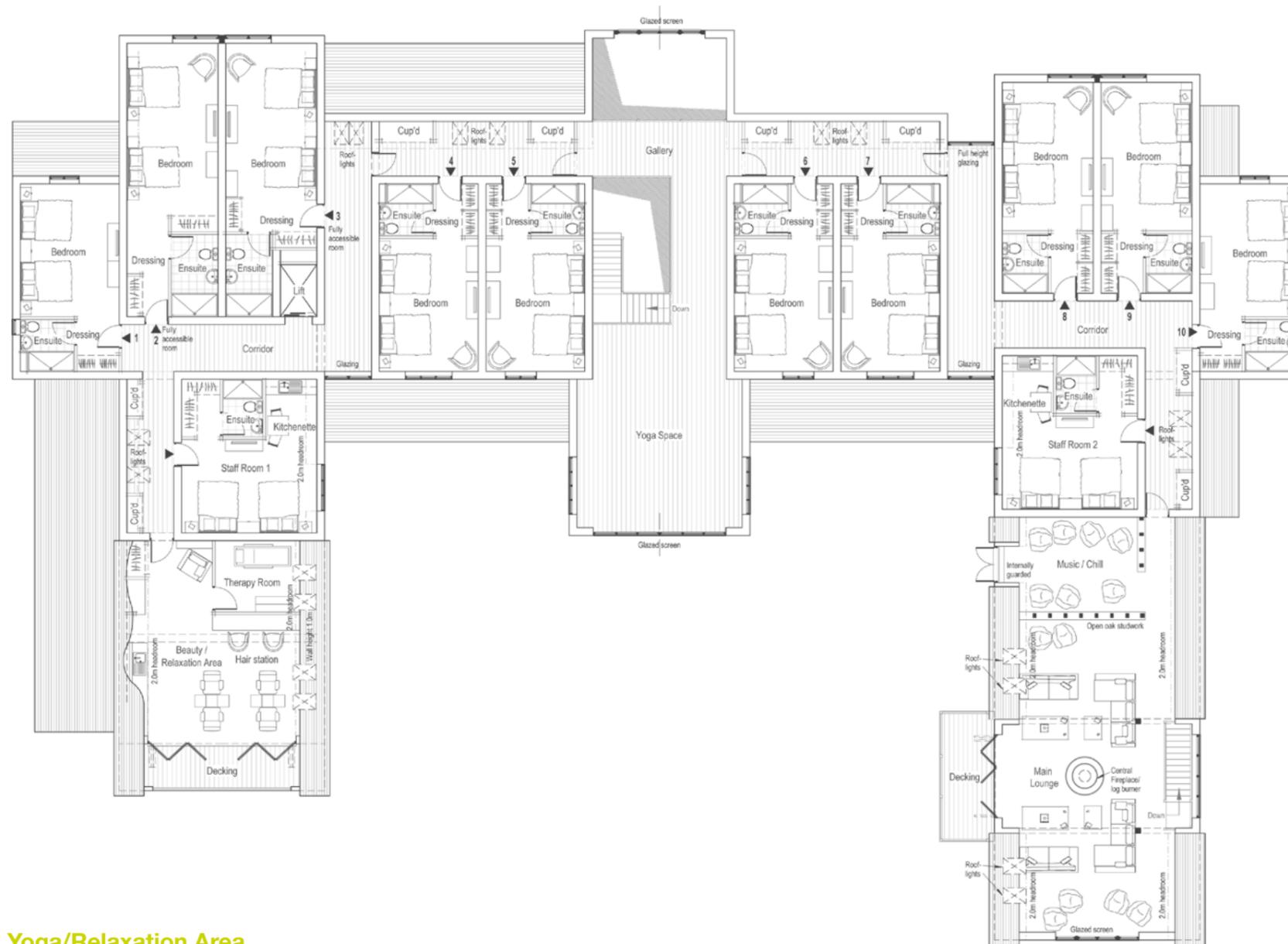
Accommodation

10 twin, double bedrooms will be available for the young people to stay in, all with a dressing area and en-suite. Feedback from our current stays shows that young people prefer to stay in twin accommodation than on their own.

In addition, there will be two twin double bedrooms, with kitchenette's, for onsite staff.

Beauty Room

A space where the young people can benefit from some rest and relaxation and be pampered from head to toe by beauty technicians, massage therapists and reflexologists. Often a young person experiences a lot of physical changes because of their treatment and we'll use this space to encourage them to feel confident about their body image.



Yoga/Relaxation Area

80% of young people diagnosed with cancer experience anxiety and depression. For some people with cancer, yoga calms their mind, for others, it can improve side effects such as pain, tiredness, sleep problems, depression as well as aiding recovery following surgery. Professional instructors will hold sessions within the house, tailored to suit the abilities of the individual.



Music Room

A space where the young people will be able to express themselves through music, embrace their creativity and come together as a group to experiment alongside talented musicians.

Main Lounge

Central to the house, the main lounge is a chill out area, where the young people can come together, socialise and have conversations they may not be able to have with others.

Total Build Cost: £4.6 million

If you would like to support us in reaching our fundraising total, please contact us to find out how you can make a difference.



ARCHITECT: NEW WORLD ARCHITECTURAL

A closing note from Teens Unite's CEO



“ We are the only charity in the UK to provide teenagers and young adults fighting cancer with the vital, long-term support they need as part of their recovery. We're here for as long as they need us – from diagnosis, through treatment and for many years into remission.

As a result, the significant increase in registrations we are receiving from young people, year on year, means The House of Teens Unite is now far more than just a pipeline dream, it's a necessity.

I'm delighted to have reached this stage; we have acquired land for the build to take place and we have formally submitted architectural plans.

If you share our passion for ensuring no young person faces cancer alone, like our committed supporters, we welcome you to find out more about The House of Teens Unite and how you can support us in making it happen using the details below.

Thank you for helping to make a difference. ”

Roxanne Lawrance

Chief Executive Officer

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T: 01992 440091

www.teensunite.org



“ Teens Unite are that charity who make all the difference. Socialising with other people of a similar age and diagnosis to my own makes it so much more comfortable to talk about, knowing other people have got through the treatment and survived the same cancer you've had. Through Teens Unite, I've been able to meet friends that will last a lifetime. ”

Tyler

diagnosed with
Acute Myeloid Leukaemia

In the words of some of our supporters

“ The passion and commitment that Teens Unite has for making a difference is truly inspiring. We're delighted to donate our time and financial resources to give these individuals and their families hope for the future. We're proud to be part of that story. ”

Phil Keoghan

CEO, Ricoh UK and Ireland

“ As a mother of teenagers, Teens Unite felt like the perfect place for me to give back. This charity makes a huge impact on the lives of the teenagers and families they support. Being involved with Teens Unite has changed my mindset on a lot of things in my own life. ”

Paula Fry

Supporter of Teens Unite

“ We lead such busy lives that rarely do we consider others less fortunate than ourselves. We have a responsibility to give something positive back to society by helping others and who better to support than Teens Unite and the young people they are helping to overcome a cancer diagnosis. So rather than just sit there, do something physical for this wonderful charity. ”

Henry Smith,

CEO, Aitch Group

“ It's a challenge in itself bringing up healthy teenagers and many of us can't imagine going through the cancer journey with them at such a vulnerable age, but supporting Teens Unite means we can make a difference. ”

Michael Edwards

Inspire Group Investments

“ Teens Unite empower and encourage young people to communicate how they are feeling. I have seen first-hand the positive impact being in each other's company has on these young people. I continue to be overwhelmed by the amazing work that Teens Unite do. ”

David Lewis,

Managing Director, Sunseeker London

THE HOUSE
OF
TEENS UNITE

teens:)unite
FIGHTING CANCER

Supporting young people fighting cancer to live
their best life, while others search for a cure

www.teensunite.org

Registered Charity Number: 1118361