



If you have been affected by a terminal illness, **storm** could help ...

Come along and meet other young people in similar circumstances.
Talk, chat, laugh, share... and have fun.

You never know, it may be the one place in the **storm** that is *calm*.

For further details and meeting times contact our Patient & Family Support Team:



01252 729430



pafs@pth.org.uk

A group for teenagers



Have you been affected by terminal illness?

Perhaps you know someone who is ill, or you have been affected by the death of someone close to you who was a patient at Phyllis Tuckwell Hospice Care?

Storm is a group for anyone of secondary school or sixth form age who has experienced terminal illness.

What is **storm** all about?

Do you feel as though the adults around you just don't get it? Or that your friends don't understand?

Do you feel like you're permanently stuck under a black cloud – confused, overwhelmed and angry?

Are you screaming inside, but have no-one to talk to and don't know where to turn for help?

Perhaps you feel guilty ... like somehow it's your fault?

Or maybe you feel that you have to pretend everything's ok?

Do you ask 'why me?' - it feels unfair this is happening to your family especially when your friends are moaning about theirs.



storm

Frequently Asked Questions



- **When do you meet?**
We meet every six weeks.



- **Where do you meet?**
We meet at various locations depending on what we're doing but it's usually somewhere like a sports venue, or coffee shop.



- **What do you do?**
We go ten-pin bowling, donutting, play pool or snooker, mix music or do some drumming – and we're always looking for new ideas, so if you have a suggestion then let us know!



- **Can we get something to eat & drink?**
Yes, food & refreshments are usually laid on.



- **Do we have to sit and tell our story to everyone?**
No, we wouldn't ask anyone to do that. Storm is an informal gathering of people with similar experiences of loss, getting together, relaxing and having fun. If you find someone you get on with and want to talk to them, then that's great - but you don't have to.



- **What's the point of the group?**
We understand that the illness and death of someone close can be both devastating and isolating. It can feel as though no-one else understands what you're going through. But we know what it feels like, and so will everyone else at **Storm**, because they're going through the same thing themselves. We hope storm will bring you friendship, moral support and comfort. You're not alone in the storm.