

“Even though I’m cancer-free, my mind still carries the weight of what I’ve been through. When I found Teens Unite it was a turning point. I met other teens who had been through similar experiences, and for the first time, I felt truly understood. Teens Unite has given me the support I needed to navigate this journey with others who truly get it ”

**Lilly, diagnosed with Small Cell Carcinoma, aged 13**

## **Be Connected**

**Reducing isolation & building lifelong friendships for young people facing cancer**

### **The problem**

In the UK, 40,000 teenagers and young adults are currently living with cancer, with an additional 2,500 facing a diagnosis each year, confronting immense physical, emotional, and social challenges at a highly transitional time in their lives.

### **The support of Teens Unite**

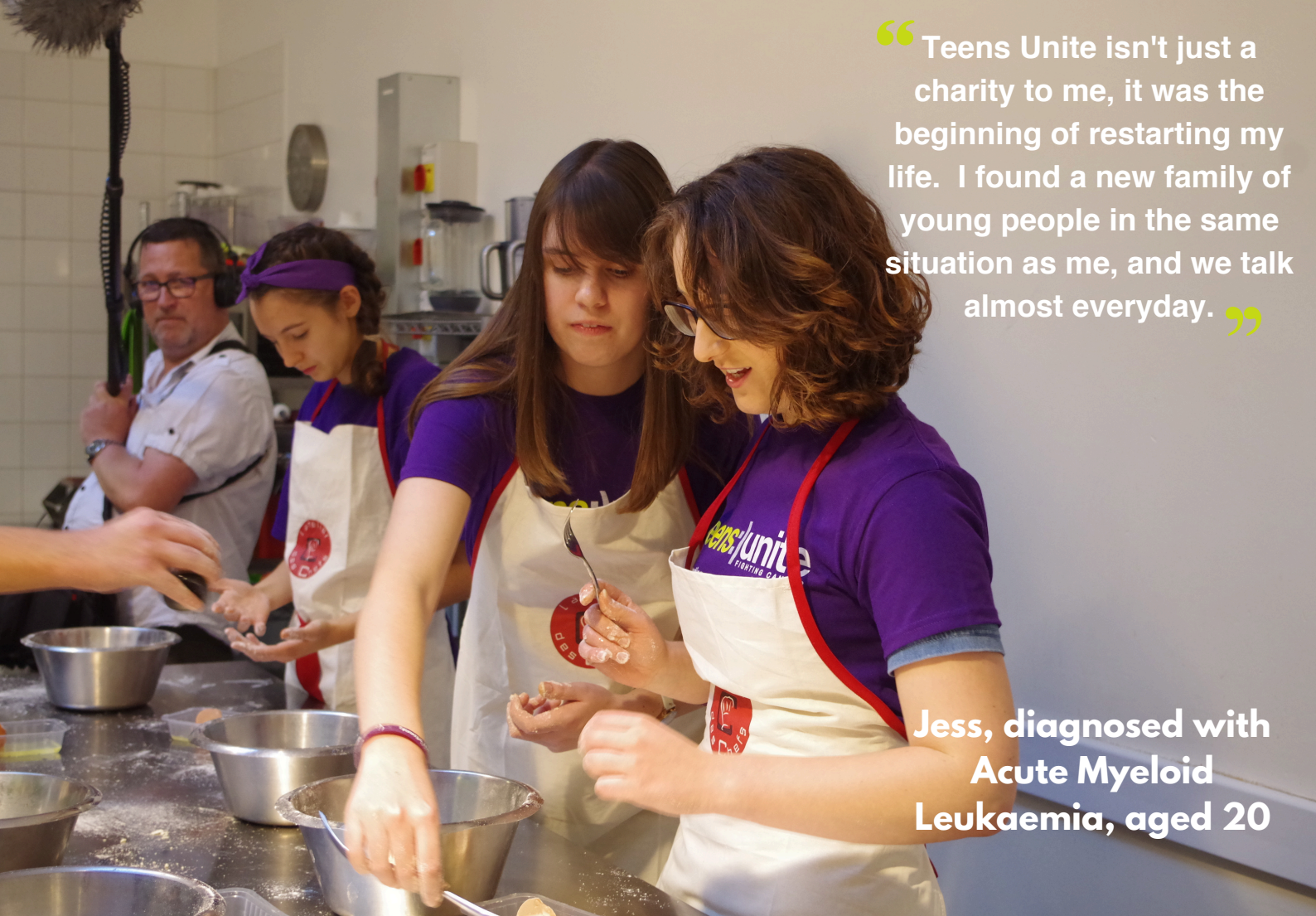
Teens Unite empowers young people overcoming cancer with evidence-led support that builds confidence, fosters connections, promotes well-being, and improves education and employment opportunities.

Informed by the lived experiences of those we support, ensures our events are tailored to their needs, creating a safe, understanding community where they can share, learn, and embrace life beyond illness with strength and hope.

### **Why our support is needed**

Medically overcoming cancer is only part of the struggle. For teenagers and young adults

- 80%** find the mental impact of a cancer diagnosis is as challenging as the physical. Leaving the security of medical care, young people often feel anxious, exhausted, and uncertain about their future amid pressures to return to “normal.”
- 95%** feel their physical abilities are impacted, raising risks to long-term health, mental wellness, and emotional well-being.
- 87%** lose peer connections, disrupting identity and belonging when social bonds are crucial.
- 77%** struggle to resume education or start work post-treatment, impacting confidence and limiting their future potential.



“Teens Unite isn't just a charity to me, it was the beginning of restarting my life. I found a new family of young people in the same situation as me, and we talk almost everyday.”

Jess, diagnosed with Acute Myeloid Leukaemia, aged 20

**Be Connected** Through a blend of in-person and digital events, young people have opportunities for:

**Connecting when & wherever**

Young people can access support wherever they are on their cancer journey, ensuring inclusivity and accessibility.

**Strong personal networks**

Young people build lasting friendships with others who share their experiences.

**Rebuilding confidence**

The program rebuilds confidence, offers emotional support, and creates a sense of belonging during a crucial time.

**Overcoming isolation & loneliness**

Digital and in-person meetups foster connection and help reduce the mental health impacts of cancer.

**Safe & open discussions**

Teens Unite provides a safe, non-judgmental space for open conversation and understanding.

**Shaped by and for young people**

Be Connected is shaped by young people themselves, driven by insights from our Young Ambassadors—Teens Unite beneficiaries who have firsthand experience overcoming cancer. Their feedback ensures that Be Connected evolves to stay impactful, relevant, and supportive, empowering each young person to feel genuinely understood.

“  
Teens Unite saved my life.  
I now feel free to be  
myself, learn new and  
exciting things, whilst  
meeting awesome people  
every day. I can chat with  
Teens Unite about  
anything, and the constant  
support and care for my  
well-being is amazing. I am  
very grateful.”

**Crystal, diagnosed with  
Osteosarcoma, age 18**

## Our impact

Through continuous evaluation, young people report transformative outcomes after participating in our program.

- 100%** feel more connected and less lonely - forming strong bonds that help them thrive.
- 90%** gain confidence and a positive outlook, empowering them to return to education or employment.
- 88%** feel anxiety is reduced, easing fears of living with cancer and enhancing quality of life.

**91%** feel mental health improves, reducing reliance on NHS services that are often hard to access.

**84%** report physical health is strengthened, lowering relapse risks during critical development

**By supporting young people and developing life skills, we enhance their preparedness for education and employment, ensuring they are equipped to face the future with strength, resilience, and hope.**

## Your return on social investment

With annual funding of £172,000 Teens Unite can deliver the following impactful services through our Be Connected program, transforming young lives by fostering community, rebuilding confidence, and supporting life beyond cancer:

- 20 In-Person Activities for ten young people each, focused on building lasting social connections, confidence, and a sense of belonging.
- 35 Digital Activities, each bringing together ten young people, making support accessible to young people across the UK

Each young person receives 12+ hours of direct support from our Beneficiary Engagement Specialists and Ambassadors, offering personalised guidance, gathering feedback, and empowering them to navigate life beyond cancer.

## Impact per investment

- Each £5,000 investment fully supports a cohort of young people through the Be Connected program.
- For £500, sponsors can directly support an individual, giving them access to vital resources and growth opportunities.

## We need you

Your support provides a powerful return on social investment—direct engagement, vital skill development, and a supportive environment that fosters resilience.

Together, we can equip young people to face life's challenges confidently and thrive.

**Join us in transforming young lives. Invest in Teens Unite's Be Connected Program and make a lasting impact.**