

Teenage and young adult (TYA) services

Transition from Royal Manchester Children's Hospital to The Christie

What is transition?

Transition means moving your care from children's services to teenage and young adult (TYA) services. It can also be moving from TYA services to adult services. The move is done gradually.

It gives you time to:

- get ready for the move
- meet new staff
- understand what will change

We will make plans **with you**, so you feel prepared and supported.

We know leaving a team you know can feel worrying. We will help you feel more confident about the move.

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

The Christie is committed to producing high quality, evidence based information for patients. Our patient information adheres to the principles and quality statements of the Information Standard. If you would like to have details about the sources used please contact **the-christie.patient.information@nhs.net**

For information and advice visit the cancer information centres at Withington, Oldham, Salford or Macclesfield. Opening times can vary, please check before making a special journey.

Contact The Christie Hotline for urgent support and specialist advice
The Christie Hotline: 0161 446 3658
Open 24 hours a day, 7 days a week



Why do I have to move?

As you get older, your needs change.
TYA services are designed for **young people who are your age group**.

They can support you with things like:

- school, college, or work
- friendships and peer support
- body image
- growing independence and more

You will also meet other young people going through similar experiences.

When will I move?

There is **no set age** for moving.
The timing will depend on:

- you
- your treatment
- your needs

Your clinical team will talk to you and your family so that you can decide together. This leaflet is to help you think and prepare for when the time is right for you.

Who can help me get ready?

Your team at Royal Manchester Children's Hospital will support you.
They will help you to:

- understand your illness and treatment
- understand possible side effects
- ask questions about your care
- start speaking to staff on your own when you feel ready
- know who to contact for help or in an emergency
- understand how treatment may affect your study or career plans
- find support services and charities to help your move
- learn about healthy choices such as diet, exercise, smoking, sex and relationships

Who will support me at The Christie?

The TYA team includes many professionals, such as:

- doctors
- specialist nurses
- youth support workers
- physiotherapists
- occupational therapists
- psychologists
- and many more

They all work together to support you.

Find out more about The Christie at: www.christie.nhs.uk and search 'TYA'.

What happens next?

Talk to your Macmillan nurse at Royal Manchester Children’s Hospital.
Think about any questions you or your family may have about moving to The Christie.

Questions you may want to ask

It can help to write down any questions you have.

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