



ARE YOU AGED 18-30 WITH A CANCER DIAGNOSIS? WE'RE HERE FOR YOU



“I wanted something to put out there, something that people could relate to in the future and prove that not all is lost when you have been diagnosed with cancer.”

Ella Dawson, diagnosed with Acute Lymphoblastic Leukaemia aged 22

The Ella Dawson Foundation enables young adults, aged 18-30 yrs old, and their families and carers access tailored psychological, emotional, physical movement, nutritional and wellbeing support packages at any stage of their cancer diagnosis within a safe, supporting and likeminded community.

We're here to help you feel like you and feel empowered through and beyond cancer.

FEEL WELL
MOVE WELL
EAT WELL
LIVE WELL



“Life changing. Brought me back to the person I felt I was losing.”

Young Person following Clinical Psychology

Visit www.elladawsonfoundation.org.uk
Email tasha@elladawsonfoundation.org.uk
Call or text 07418613885

 Ella Dawson Foundation  @EllaDawsonFoun1
 Ella Dawson Foundation  @elladawsonfoundation

Visit our Website





SUPPORT FOR YOU

We know how tough it can be when you are diagnosed with cancer as a young adult and for families/carers during this time. We're here to provide wellbeing support that is meaningful, matters and is tailored to the unique needs of young adults with cancer.



Feel Well

- 1-2-1 sessions with clinical psychologists specialised in young adult oncology.
- 1-2-1 sessions with registered counsellor for families/carers.
- Free Mindfulness & Gratitude Journal

Move Well

- 1-2-1 online movement programmes with cancer & exercise rehabilitation instructor & group follow on sessions
- 1-2-1 & group Yoga online (young adults and families).



Eat Well

- 1-2-1 consultation and group Fuel Your Future: Healthy Eating Life After Cancer programme with our Oncology Dietitian.
- Information, Resources, Recipes & Videos

Live Well

- Living Well Grant (up to £100)
- Wellbeing Breaks Away
- Wellbeing Workshops



We'd love to hear from you!

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Register for support online

