TOM'S TRUST
for children with brain tumours

Introducing Tom's Trust

Information for parents and carers about the Tom's Trust clinical psychology team at Alder Hey

About Tom's Trust

Tom's Trust is the UK's leading charity dedicated to providing psychological support to children and young people with brain and central nervous system tumours and their families. By supporting the whole family, we help them to create their brightest possible future beyond diagnosis.

We fund clinical psychologists to work in hospitals across the UK, including Alder Hey, to help children from diagnosis, through their treatment and as they return to life at home.

You can contact us by talking to a member of your child's healthcare team or by using the details at the bottom of the page.

> **"When my son was first diagnosed with his tumour, my fear of the unknown was so great. I was so worried that I didn't understand anything about brain tumours, even with a medical team standing in front of me. Once I had the support of Tom's Trust, I knew I had found something really special. Our clinical psychologist saved us in so many ways."**
>
> One of the parents we support

We help the whole family

When a child is diagnosed with a brain or CNS tumour, it has a huge impact on the whole family. It can feel scary, confusing and overwhelming, and can affect people in different ways.

The Tom's Trust clinical psychology team is here to support you and your family on every step of this journey. We give children, parents/carers and siblings the private space they need to talk about what has happened and their feelings about it, and we'll help you to build coping strategies.

We can help you to communicate care and medical information to your children, support you with managing your child's difficult emotions and behaviours and guide you in how to prepare them for medical treatments.

We also have our Sibling Toolkit available for you to signpost to key adults in your child's siblings life. It can be a hard journey for them too so rallying support from others can help you all. Download it for free on our website (www.tomstrust.org.uk/sibling-toolkit) and pass it on to teachers, coaches and/or extended family.

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What we offer you

Our clinical psychologists will carry out some neuropsychological assessments - these will help to measure your child's cognitive abilities, along with their psychological and emotional state. These assessments are a foundation for a child's recovery and the results from this help to form a pathway of care and provide a benchmark for any future change.

We will also advocate for your family's needs with the rest of your healthcare team and your child's school. The team will offer you one-to-one and family psychological support for all family members and introduce you to support groups.

We are here with you for this whole journey. You are not alone.

Your Tom's Trust clinical psychology team at Alder Hey

Our clinical psychologist team at Alder Hey is led by Dr Meghan Owens (pictured second from the right). You will be assigned one of our clinical psychologists who will support you, and your family, from diagnosis, to your child's return to home and school.

Your Tom's Trust contact

Laura Bowditch is our Family Liaison Coordinator at Tom's Trust. It is her role to offer support, guidance, and information to our families and caregivers of children with brain or CNS tumours.

We know, from speaking to our families, that facing a child's brain or CNS tumour diagnosis can be a worrying and lonely time. Laura runs some online social groups to help with these feelings of isolation, she also runs our children's summer camps.

To access support from Laura, please contact her on laura@tomstrust.org.uk