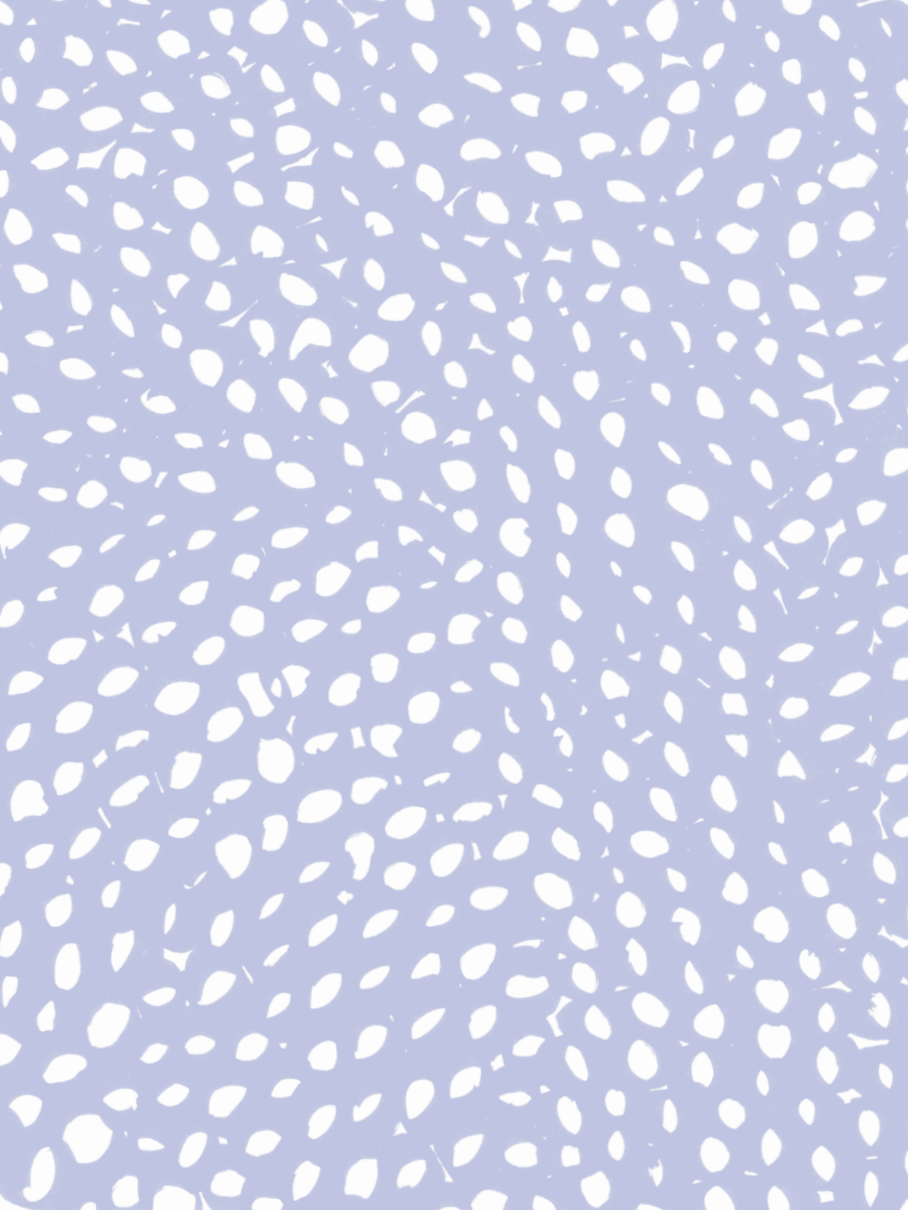


UNG

CANCER

FROM LONELINESS

TO TOGETHERNESS



Ung Cancer, or Young Cancer in English, is a non-profit organisation that works to improve living conditions for young adults with cancer. By this we mean young adults aged 16 to 30 who have or have had cancer or who are close to someone who has or has had cancer.

We work with information, education and opinion making together with young adults with cancer, as well as with authorities, the health care services and other areas of society. We create meeting places, spread information and drive the debate on pressing issues.

All young adults with cancer should receive the support they are entitled to and need. No one should ever feel alone.

THE STORY:

UNG CANCER AROSE

FROM A GENUINE NEED

The year was 2007. Friends Hanna Wekell and Julia Mjörnstedt were both 21. Like most other 21-year-olds, they had big dreams. Their entire lives awaited them. But things do not always turn out as planned, and Julia fell ill. She was diagnosed with cancer.

Neither Julia nor Hanna had ever heard about a young adult getting cancer. Julia felt afraid, alone and exposed. As a close friend, Hanna felt the same. There and then an idea was hatched that no other young adult with cancer should need to feel that same loneliness. An idea about creating an arena for young adults who are suffering or have suffered from cancer, but also for everyone close to someone who has or has had cancer.

Julia's treatment was a success and two years later, in December 2010, Julia and Hanna submitted an application to register the organisation Ung Cancer. They immediately gave their fight a name. The phrase Fuck Cancer became a way to show that young adults with cancer are not alone. A way to express that Ung Cancer stands by its members no matter what.

Today, Ung Cancer is an established non-profit organisation with extensive activities encompassing several thousand members. Ung Cancer's colourful Fuck Cancer wristbands adorn many wrists around the world.

Julia and Hanna created an organisation that today, thanks to the fantastic involvement of its members and the general public, can provide support to many thousands of young adults in the same situation. Together we can make a difference.

Meetings that create a feeling of community and change our view of cancer.

Ung Cancer creates meeting places for young adults with cancer where they can meet others in similar situations and talk to people who understand. Ung Cancer's physical meeting places and online forum enable young adults with cancer to contact each other and share their experiences and thoughts.

Ung Cancer also creates meeting places for the general public. The aim is to spread knowledge that takes some of the drama out of cancer and changes stereotypical and often incorrect notions about cancer and those with cancer.

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We fight fear with information and education.

Cancer is often associated with dread and anxiety. Ung Cancer believes that fear is best fought with knowledge. This is why Ung Cancer provides education and information about cancer and what it is like to live with the disease. We help those who are afflicted and their relatives to easily find relevant information, we educate health care personnel and authorities about the needs of the target group and we provide information about the difficulties sufferers can face.

Ung Cancer informs upper secondary school students about what cancer is, how we should act as regards smoking, sunbathing and alcohol in terms of prevention and, not least, how to cope with the feelings that a cancer diagnosis can give rise to.

We speak for our members. Sometimes we raise our voice.

By pursuing issues and actively participating in the debate, Ung Cancer can highlight issues such as attitudes in health care, official regulations and rehabilitation opportunities for individuals and groups. Ung Cancer provides members with support in their dealings with the authorities and works both broadly and with a long-term perspective to improve the situation and opportunities for the entire target group.

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800 young adults fall ill every year.

Every year, 800 young adults are diagnosed with cancer in Sweden. Many more young adults are affected as close relatives or friends. If you are aged between 16 and 30 and have or have had cancer or are close to someone who has or has had cancer, you can join Ung Cancer.

We work to improve your living conditions and to ensure that you never need to feel alone. Membership is free and each member decides how they wish to get involved.

WHAT DOES UNG CANCER DO FOR ITS MEMBERS?

**AS MUCH AS WE
POSSIBLY CAN.**

Ung Cancer strives to make life as good as possible for young adults with cancer. All involvement and all financial resources are focused on our members in many different fields and in many different ways. And we plan to expand both.

We want to support our members in all aspects of life and in different ways.

MEMBERS SERVICE

When young adults with cancer get in touch with the authorities and the health care services, Ung Cancer is on hand to assist them. Ung Cancer makes the most of our members' experiences of health care and life when ill and how they are treated by the authorities. Ung Cancer's coordinators answer phone calls and emails, mediate contact with the authorities or the health care services and can inform at a workplace or school if a member so wishes.

MEMBER MEETINGS

When Ung Cancer arranges member meetings, they are mostly about talking. Talking is most important and we can talk about absolutely anything. Usually over a coffee, or perhaps while playing pool or at a bowling alley. Ung Cancer covers all the costs, even travel expenses for those who live far away, and arranges training courses for the members who are in charge at these meetings.

The member meetings are divided into meetings for those who have or have had cancer and for members who have someone close who has or has had cancer. The meetings are arranged regularly in a number of towns throughout Sweden, with at least one meeting a month in each town. At ungcancer.se you can find more information about which towns and on which dates the member meetings are to be held.

FREE ZONE ON THE INTERNET

In Ung Cancer's Internet forum members can talk about their situations and their experiences and meet others who are or have been in similar situations. In this free zone, members can write what they think and feel, as well as get in touch with people who understand and can offer support without expecting anything in return.



I have a question that I would very much like to get your opinions on! When I meet people when I'm out, purely out of curiosity they can ask me questions like: "Are you well now?" "How are you feeling? Is everything okay now?" and so on. My answer is: "I don't want to talk about it, but thank you for asking!" But to be honest, I feel like asking: "Why do you care? You're speaking to me now, but not when I'm well?" Just out of pure bloody curiosity!!!

I feel that I get irritated with people who don't understand how difficult it is, and what you have to go through!

How do you react to such questions? How do you answer?



I find it really difficult to get everyday life to fall into place as a relative. I want to tag along on all hospital visits, tests, doctor's appointments and so on, but at the same time I have to find time for my own job, home, friends, boyfriend and so on. What's more, everything takes more time because I have trouble concentrating on just about anything.

How do you other relatives get everyday life to fall into place?



Hi! Does anyone have any tips about what to eat when you feel nauseous? At the moment, I seem to throw up no matter what I eat... Fruit is quite okay, but I'd like a little more variation :) Dry foods don't work at all, I'm afraid, because of my messed up mucous membranes...



A FRIEND TO TALK TO

Members of Ung Cancer can be paired up with a friend to talk to. The friend will be another member who is also looking for someone to talk to and who, for example, has a similar diagnosis or lives in the same part of the country.

INSPIRATIONAL ACTIVITIES

Ung Cancer arranges activities so that members can develop, be inspired and experience something together. These activities are organised by Ung Cancer's employees and conducted by guest speakers and experts in different fields. In order to reach as many members as possible, Ung Cancer arranges activities in several different locations in Sweden and always jointly for both those with cancer and their relatives/close friends.

"This year, Ung Cancer has got me to take several steps in the right direction in my life. I've developed as a person, met great new people and experienced many wonderful things. Among other things, I got a job thanks to Ung Cancer. But best of all is all the new people I've met."

SEBASTIAN, 23 YEARS OLD

"At Ung Cancer I dare to show my weakness. I dare to show my feelings. I don't need to wall myself in."

CAROLINA, 27 YEARS OLD

"Ung Cancer has given me assistance and support and a friendly community during the darkest days of my life."

SEPIDEH, 26 YEARS OLD

MENTOR PROGRAMME

The aim of Ung Cancer's mentor programme is for members who participate to be able to challenge their comfort zones and gain awareness of what is important to them in order to improve their quality of life. Members are paired up with mentors from companies that have partnered with Ung Cancer. The mentor programme provides individual support based on each member's personal circumstances.

NATIONAL MEETING

All members at one gathering. This is what we call a national meeting. Once a year, Ung Cancer invites its members to a national meeting. Getting together for an entire weekend, members share experiences, listen to lectures and participate in workshops. Also in attendance are relevant organisations, authorities and companies to provide information and answer questions. The aim is to offer members the opportunity to share thoughts and dreams and to be inspired by each other and the other participants at the meeting. The feeling of community and the exchange made possible when Ung Cancer's members participate in the national meeting comprise the core of Ung Cancer's activities.

"Since I became ill, I've seen many people around me buy those Fuck Cancer wristbands sold by Ung Cancer. I just want to show everyone the organisation they've chosen to support. So far I've received four (4!) grants from this organisation. Two for general financial support and two for rehabilitation support. Among other things, this has meant that my dear husband hasn't had to work himself into the ground this winter so that we can make ends meet and that I've been able to continue meeting my psychologist instead of taking anti-anxiety pills. So thank you to everyone who has bought a wristband, beads, donated money and all that jazz. I am eternally grateful to you."

GRANTS

Ung Cancer offers two different grants. The grant for general financial support can be applied for by members who have or have had cancer and whose financial situation has been affected by the disease to such an extent that they can no longer afford rent, food, medication and other essential expenses.

The grant for rehabilitation is for those who need financial support to conduct the rehabilitation they feel they need. This grant can be applied for by all young adults with cancer who are members.

SUPPORT

UNG CANCER

**AS A COMPANY
OR
AS AN INDIVIDUAL.**

Ung Cancer exists to provide young adults with cancer with support, community and channels where they can express pain, grief and anger, ask questions, calm their nerves and be there for others in the same situation. The need is enormous and there is always more to do.

You can make Ung Cancer's work possible. As an individual, you can support us by buying Fuck Cancer products or becoming a support member via our web shop. You can attend our beading days to bead Fuck Cancer wristbands and follow us on social media. And feel free to share our message.

We are always looking to enter new partnerships with companies that would really like to make a difference and want to contribute in various ways with resources and knowledge. Ung Cancer has long-term partnerships with companies, but also works with companies on one-off initiatives. The aim is to create partnerships that help our members. At ungcancer.se we describe several ways in which you can support our efforts.

UNGCANCER.SE/SHOP

FUCK

CANCER!

The phrase Fuck Cancer rouses feelings, triggers discussions and creates debate. It shows that many people stand by our members and that they are never alone.

It is time to start talking about cancer. We see that people dare to and want to. They just need a helping hand. Seeing the word helps. Saying Fuck Cancer helps.

We say Fuck Cancer to remove the stigma and take some of the drama out of the word cancer. We say Fuck Cancer because cancer has no business being here, and if it does turn up we refuse to give in without a fight. We say Fuck Cancer because we believe it needs to be said. And we are especially grateful that so many people want to join us in doing so.



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