



The Association of Cancer Children, Denmark

By Leila Eriksen, CAM consultant

Denmark is a small country with a population of 5 Million citizens located in the north of Europe. In Denmark one out of 450 children gets cancer before their 15th birthday and 79 % of them are alive, five years after diagnosed. In the year 2008 about 200 Danish children will get cancer.

How many of them will have the opportunity to have reflexology?

To have a child with cancer is undoubtedly one of the most serious conditions parents can imagine. When a child gets cancer the world will change. It changes for the child, the parents, and the relatives and it changes for the friends. A huge challenge for all related to the child and its surroundings. To get the diagnose cancer is stressful and needs understanding from all in the family as well as friends and professionals.

The association for cancer children in Denmark, "FCB - Foreningen Cancerramte Boern", is an independent charity association for children with cancer. The primary work consists of establishing events and activities for the children and there families. The active board members consist exclusively of parents and relatives, who have or had a child with cancer.

The association has a close cooperation and network with the health authorities, other associations, people and capacities who want to support the cancer children and their families. The members get frequently newsletters with "latest news", and beside this it's possible to follow "what's up" at the internet by www.cancer.dk (so far primarily in Danish).

The aim of the association is:

- To support and arrange personal contact between families with cancer children
- To improve the life conditions for children with cancer
- To strengthen the cooperation between parents and the employees at the hospital departments where children with cancer are treated

Isolation and life quality

Children with cancer get an intensive treatment, which make their immune system very weak. The children have risk of developing infection disease when they are treated for the cancer. To eliminate this risk, the families often live very isolated. Therefore, the association, FCB, arrange as many arrangements as possible, so the cancer children and there families can have the possibilities to be together and visiting fun parks, zoo, theatres, movies, go skiing, etc. All arrangements are free of charge for the families.



FCB also arrange "parents evenings", "events for healthy sisters and brothers", "events for grandparents", "lecture at hospital" – just to mention a few of the many possibilities. Possibilities that make a difference, in a life which has been change so dramatically.

Events like this are only possible because of a big involvement and kindness from inquired companies, organisations, individuals, etc. Also many sports clubs support the important work. Examples of sponsored activities – child to child - is projects like; "Swim for life" – and "Score for the cancer children" (football/sucker club).



"Swim for life"



"Score for the cancer children"

"Swim for life" is a project idea where 4 swimmers – during 7 days – in 4 countries - swim 140 km. Every swimmer swims 5 km each day. The whole family is helping with the project so it has been decided that the swimmer should swim in their own country. At the same time, when the swimmer is in action, other swimmers and other clubs, participate in the project with the aim of getting money for a good case – for the cancer children.

"Score for the cancer children" is a project idea where every goal that the team gets – gives money for the cancer children. The team leader, of a local club says: *"So far we have sold 80 goal stocks which are amazing. It's fun for the boys to release money every time they score. It gives them self-confidence and it gives them a feeling of doing a difference"*.

Family weekends

Beside the mentioned activities, the association arranges a weekend, every year, where cancer children and families can have a break with families in the same situation as themselves. More than 200 people enjoy being together in wonderful surroundings, with lots of possibilities for having a great time together. One of the offers at those weekends is now, among other things **reflexology**, given by professional Reflexologists with many years of practice experience. FCB now works trying to set up a research project, for documentation of reflexology.



"Reflexology for the cancer children"

For further information please feel free to contact the chairman of FCB, Jan Johnsen, www.cancerbarn.dk - phone number +45 20 30 09 05, ore Reflexologists, Leila Eriksen, www.carecam.dk - phone +45 43 64 81 39 Mobile: + 45 26 18 95 90 (08-2008)