

# YOUTH AMBASSADOR TRAINING RESOURCES

## VIDEO 1 - WELCOME

Hello and welcome aboard the Anthony Nolan Youth Ambassadors Program!

Thank you so much for signing up – you are going to be a part of an incredible, lifesaving journey that makes a real difference to the lives of people with blood cancer every single day.

Just to get you started, here's a quick reminder of what Anthony Nolan aims to do. We...

- ...recruit new potentially lifesaving donors onto the stem cell register.
- ...fundraise to fund our lifesaving work and research.
- ...conduct ground-breaking research aiming to save even more lives.
- ...raise awareness all around blood cancer and bust donation myths.

As a Youth Ambassador, you will play an important role in helping us achieve these aims. And of course, while you are saving lives, you are also gaining experience and skills that will look incredible on your CV, and will become part of the amazing and supportive Anthony Nolan community.

But before you can start your volunteering journey, we need to get you all trained up. Watch the next few videos or keep on reading to make sure that you will be the best ambassador you can be!

<b>Volunteering Dos and Don'ts</b>	
<b>DO</b>	<b>DON'T</b>
Be friendly - people may be unsure about signing up, so being friendly and approachable will make them feel less judged and they may feel more confident to ask questions that will allow them to make an informed decision.	Don't be pushy – people have a lot of different reasons for why they aren't able or don't want to join the register.
Be patient – you will be talking to people about unfamiliar topics. Some people may have no clue what stem cell donation is and will have never heard of Anthony Nolan, so be patient with them and try to understand that they may need a while to make a decision.	Don't get disheartened by rejection – as we already said, people have their own personal reasons for not signing up, so don't take it personally. Sometimes, it only takes one sign up to save a life, so focus on your successes.
	Don't rush things – sometimes people will want to go away and research the cause before they sign up and that can be a success in its own right, because you spread

<p>Be encouraging and supportive – whether you are supporting potential donors or fellow volunteers, we are a community that encourages supporting one another.</p> <p>Shout about the cause – don't restrict yourself to your classroom and regular friend group when shouting about Anthony Nolan's cause. You can take to social media to encourage more to sign up or show off your incredible work.</p>	<p>awareness. After all, you are going to be throwing a lot of new information at people that will quickly become normal to you and not everybody will understand it straight away.</p> <p>Don't be too hard on yourself – learning about stem cell donation and doing this incredible work is not easy! So don't expect yourself to be a professional immediately and don't be afraid to ask for help from the ambassador team. We WANT to help!</p>
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Again, we are really grateful for your support, so thank you for becoming an ambassador. We can't wait to see you saving lives, so keep on reading / watching to make sure you are equipped to do so!

### VIDEO 2 – WITHOUT YOU, THERE IS NO CURE

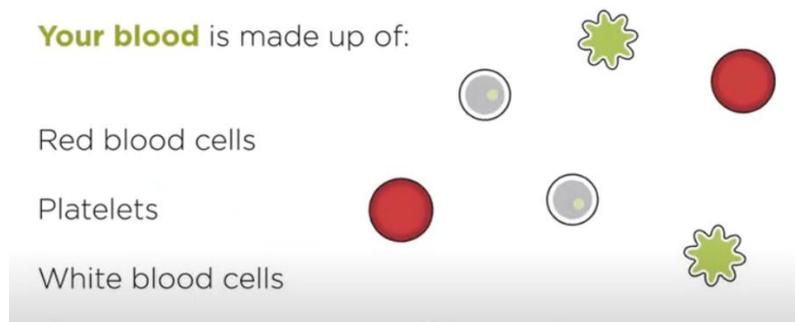
Watch this video to see exactly why our work matters so much and why, without you, there is no cure.

### VIDEO 3 – WHAT IS BLOOD CANCER?

Anthony Nolan saves the lives of people with blood cancer and blood disorders. We match people willing to donate their stem cells to people with blood cancer and blood disorders in need of a life-saving transplant.

### **But what is blood cancer? How does it start? And what are the different types?**

Your blood is very important for keeping you fit and healthy. It's made up of different types of cells, including red blood cells for carrying oxygen platelets to help blood clot, and white blood cells that fight infections.



These cells all start as stem cells, which can turn into any type of blood cell as they divide and mature. Problems in this process are at the root of all blood cancers.

There are 3 different categories of blood cancer:

### **Leukaemia**

### **Lymphoma**

### **Myeloma**

The different types depend on when and how these problems occur. These problems often lead to the body producing large numbers of immature blood cells that can't perform their job properly. They can also clog up the bone marrow, which prevents other types of blood cells from doing their job.

### **How common is blood cancer?**

Unfortunately, blood cancer affects many people. Every 14 minutes someone in the UK is told they have blood cancer. That's 104 people a day!

Only some people with blood cancer will need a stem cell transplant - usually only if other treatments have been unsuccessful.

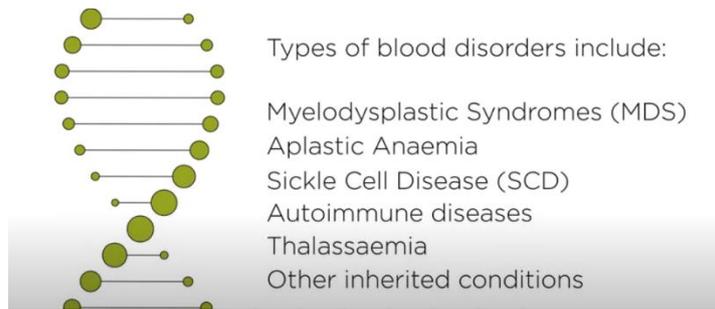
If you'd like more information or support, the Anthony Nolan patient services team is here for you. Visit [www.anthonynolan.org/patients](http://www.anthonynolan.org/patients).

### **VIDEO 4 – WHAT ARE BLOOD DISORDERS?**

When someone has a blood disorder it's likely that there's a problem with their stem cells, which are supposed to divide and mature into other types of blood cells, meaning some of the cells in the blood can't do their jobs properly.

With blood disorders many of these problems occur, because of a faulty gene that was inherited at birth. However others can occur without an obvious reason.

There are lots of different blood disorders and they are treated in different ways, depending on their type and severity.



## VIDEO 5 – WHAT MAKES A GOOD MATCH?

If someone needs a stem cell transplant and none of their siblings are a match, then we will search the UK and international stem cell registers for a matching donor.

But what makes a good donor match?

### **Tissue Type / HLA Type:**

Firstly we will look for a donor whose **tissue type** matches the patient's, rather than looking at blood groups. Matching is based on the human leukocyte antigen, or HLA tissue type. This is what makes you you - your individual genetic characteristics.

Your HLA type is made up of five genes. Each one of these has two different versions, called alleles, making 10 in total. You inherit one version from your mom and one from your dad.

When it comes to matching a patient with a donor, if 9 of these genes match up it's called a 9 out of 10 match. If all ten match then it's a 10 out of 10 match. Usually, we are looking for the first possible match, as this will give the patient the best possible chance of accepting the donated stem cells.

It is more likely the donor will be a match if they're from the same ethnic background as the patient, but anyone from any ethnic background could potentially be a good donor match.

### **CMV status:**

Doctors will also test to see if the patient is positive for **cytomegalovirus**, or CMV for short, a very common virus that often has no side effects. Ideally, we want to find a donor who tests the same for this virus as the patient. Evidence shows that this improves transplant success.

### **Donor age:**

Finally, we will consider the **age of the donor** too. Our latest research has confirmed that transplants from younger donors are generally more successful.

These are the three key factors that are considered when looking for a good donor match.

## [VIDEO 6 – HOW TO JOIN THE ANTHONY NOLAN STEM CELL REGISTER](#)

If you're aged 16 to 30 and are in generally good health, you can join the Anthony Nolan stem cell register.

The first step is to fill in the form, either at a recruitment event or online, and then do a cheeky swab so we can find out your tissue type. We'll send your swab pack in the post if you applied online.

To complete your swab sample you need to take a swig of water to rinse your mouth, take out a swab and don't let the tip touch anything. Open wide and rub the tip of one of the swabs along the inside of one of your cheeks for at least 30 seconds, and then repeat this with the other swab, swabbing your other cheek.



Let the swabs dry without them touching anything and put both swabs securely into the pack without their wrapper. Even if there's still a bit damp.

If you've applied online, then pop your pack in the posts. If you're at an event, a lovely volunteer will help you out.

We'll put your information on the stem cell register, where you'll be ready and waiting to donate your stem cells to potentially save someone's life.

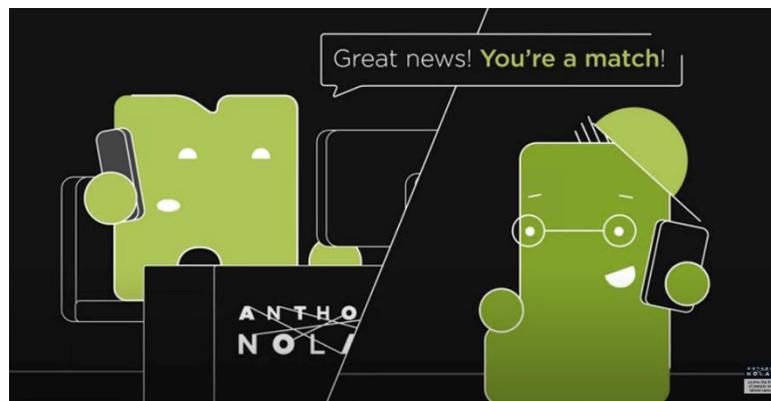
You'll have done something amazing, so don't keep it to yourself! Tell your family, friends and followers about your decision, and if your details ever change make sure you let us know, so we can always get in touch if you ever come up as a match for a patient.

## [VIDEO 7 – HOW TO BE A STEM CELL DONOR](#)

If you're on the Anthony Nolan stem cell register and you come up as a match, this is what would happen next.

When someone, anywhere in the world, needs a stem cell transplant, we search our register of brilliant potential donors. If you're a match we'll get in touch.

We'll ask you to go to your local doctors or hospital to give a blood sample, which you send back to us for further tests to make sure you're the best possible match for the patient. Once we are sure you're a match, we'll let you know the exciting news and we'll chat on the phone about the details of donating.



Next up, we'll give you a full health check-up to make sure you're in tip-top shape. We'll pay for all your transport to one of our specialist hospitals, where you'll also go to donate about a week later. We'll give you the go-ahead if everything looks fine and make arrangements for your donation, including booking all your travel and a hotel.

### **90% of the time - PBSC**

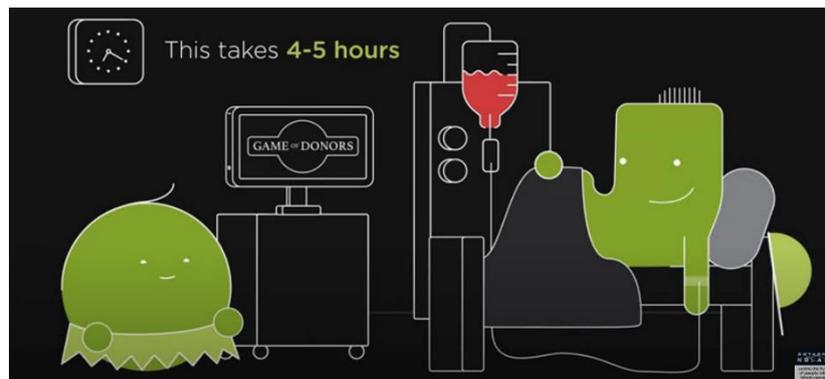
**90%** of people donate via **PBSC**  
where stem cells are collected from your bloodstream

For 90% of people they will donate via peripheral blood stem cell collection, or PBSC, where stem cells are collected from your blood stream.

For four days, a nurse will come see you at home or work and give you a course of injections that stimulate your body to produce stem cells. You'll probably start to feel a bit achy that's as the stem cells emerge from your bone marrow and flood your blood stream. They work to help your body repair, so they're completely natural.

On the fourth day you and your companion will travel to the hotel to put your feet up for the night. The next morning, you go to our specialist hospital and your donation will begin.

You're connected to a PBSC machine, which takes blood out of one arm, filters the stem cells out and then returns the blood to your other arm. This takes about four to five hours and you can't move too much, so bring a pal who's good to chat to and a boxset to get through.



When you've finished, your bag of stem cells is taken to our labs to check the count, and if there are enough you can head home. If we haven't collected quite enough, then you'll need to pop back the next day for another session on the machine.

After your donation, you'll probably feel a bit tired, but this passes after a few Days.

### **10% of the time - Bone Marrow**

For 10% of people, they donate via their bone marrow. This is because it's sometimes better for the patient, which is why we make sure when you sign up to the register, you're happy to donate via both methods.

You travel to our specialist hospital with your companion, where you'll stay for the night.



Whilst your pal goes to a hotel the next morning, you'll have a general anaesthetic and a short procedure, where bone marrow is taken from your pelvis using a needle and syringe.

When you wake up, you'll have two clusters and feel a bit bruised in the areas where the bone marrow was taken from. You'll also feel tired after the anaesthetic for the next few days, so you might want to take some paracetamol and rest.

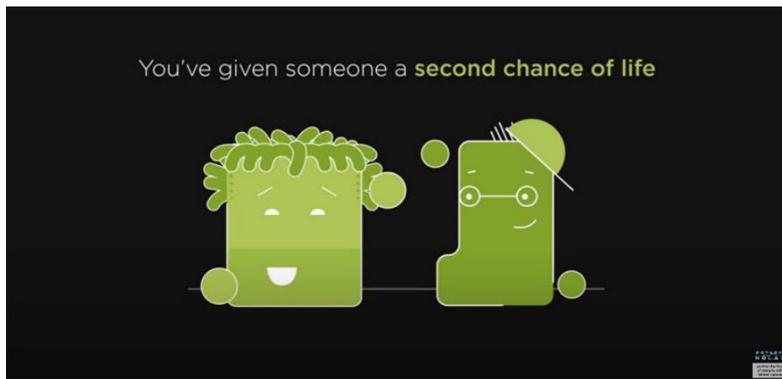


You'll spend the day and one more night in the hospital recovery.

Whichever method you donate by, someone from Anthony Nolan will come to say a huge thank you and give you a goodie bag, just to make sure you know you're doing an amazing thing.



After you've donated, your stem cells will be taken to the waiting patient, who's had their immune system worked out in preparation for the donation. They need your stem cells to kick-start their immune system into action and help begin their recovery. Your body replaces your donated stem cells quickly and you will have given someone a second chance at life.



## **DONOR STORIES**

Now that you know all about donation, we would really love for you to meet some of our amazing supporters as well. Watch these final four videos to hear first-hand from people who have donated their stem cells and who have received stem cells.

**[VIDEO 8 – DONOR DIARY: KIRSTY](#)**

**[VIDEO – 9 DONOR DIARY: JAMIE](#)**

**[VIDEO 10 – SONNY’S ANTHONY NOLAN STORY](#)**

**[VIDEO 11 - JOANNA’S ANTHONY NOLAN STORY](#)**

If you still have questions, please don't hesitate to get in touch! Email [ambassadors@anthohnolan.org](mailto:ambassadors@anthohnolan.org) and we will chat it through.