

Help families feel less alone

When a child has cancer, parents and carers can feel incredibly isolated, especially in the quiet moments.

The 3am Thoughts Club is a support group for parents and carers of children receiving cancer care at The Princess Alexandra Hospital NHS Trust, run by the paediatric oncology nursing team.



Created with parents, for parents

A welcoming space to connect, share experiences and feel supported.



The group is shaped by the real experiences of families

Focused on wellbeing and giving parents time for themselves.



Donate or fundraise to support families today.

Scan the QR code or visit:

www.justgiving.com/campaign/3amthoughtsclub

The 3am Thoughts Club has been established with support from Macmillan and The Princess Alexandra Hospital (PAH) Charity.

Donations to PAH Charity will help keep it going, reach more families, and continue to grow and develop the support and experience we offer.



Fundraising and donation enquiries

Email: paht.fundraising@nhs.net | Telephone: 01279 973990

Questions about The 3am Thoughts Club

Email: tpa-tr.pahsharedcare@nhs.net