

the award winning...

# exposure<sup>®</sup>

www.exposure.org.uk

Hi from Exposure, north London's multi-award winning youth media charity, giving young people a voice, with help from our friends at the Ham & High. We wanted to say a big thank you to the customers of Waitrose in Crouch End who nominated Exposure to receive £100. It's heart-warming to know the community values our work. The next issue of Exposure magazine will be out in mid-February. Don't miss it!



**The world famous home of Exposure... and, whatever happens, we're not moving to Stratford!**

## a voice for young people

Interested? Download Exposure magazine at [www.exposure.org.uk](http://www.exposure.org.uk) call 020 8883 0260 or email [editor@exposure.org.uk](mailto:editor@exposure.org.uk) to find out more or get involved.



# A life with cancer

Pedro De Freitas 16, on coping with terminal illness

"You've got cancer." Three horrifying words that nobody wants to hear, especially a teenager. Yet, according to the Teenage Cancer Trust, six young people in the UK learn that they have this horrible illness every day. I am one of those young people.

This is the third time I've had to battle cancer. I've been fighting it on and off since I was two-years-old. I've been through chemotherapy and radiotherapy, which are both intense and aggressive ways to treat the disease. They make you feel awful.

As well as having to cope with the treatments and strong medication, I've lost my hair, I'm rarely hungry, and I frequently have low blood levels due to the treatment. Dealing with all that and the stresses of trying to be a normal teenager is difficult. Even though I have cancer I still have to complete coursework, meet deadlines, get good GCSE grades, and keep my social life up-to-date.

I have found not being able to attend school every day the hardest thing to cope with. I love going in, and it hasn't been easy accepting that I have to stay at home when I'm feeling poorly. It doesn't feel right for me to be at home or in hospital when I should be studying for my GCSE courses.

As you might imagine, the problems I have to deal with are difficult to handle, and I struggle sometimes. However, many people have helped me through my difficulties, especially my family, a few close friends and some charities. I am very grateful and thankful for their support; they have cared for me, especially through the more difficult times in my life.

While many people have helped me, there are a few who continue to disregard my illness, and have turned their backs on my family and I. However I don't dwell on this or let it get me down. It makes it easier



Pedro de Freitas

to appreciate those who do care.

During my life, I've also had to deal with the stigma of being ill, and at times I've encountered prejudice. It was worst when you couldn't tell by looking at me that I had a disability. I think people were suspicious of my needs and why I needed a disabled badge.

I started noticing comments and remarks; I used to get very shy and upset that my mum was questioned about my condition. As I grew older that shyness turned to anger, and I would just shout out, 'I've got cancer!' in frustration.

Suffering with cancer has obviously been very hard and

challenging. Living with cancer is difficult. But I believe in looking forward to and embracing the positive things in life, even when times are less favourable. I look back on my problematic experiences with positivity and I believe it has made me a better and stronger person, both physically and mentally.

This article is dedicated to the memory of the people that I had the privilege to meet during my journey with cancer: Drew, Jack, Amy, Hannah and Parys.

**Pedro De Freitas passed away on 1st January 2011 aged 16. RIP Pedro, we'll miss you.**

## Snap happy!

Caught on camera... Exposure's new bank job by Kristina Volchkova 18



Abdul Aroun

Samantha Brunton

We at Exposure don't restrict ourselves only to producing award-winning youth media products for the love of it. No. That's why we've joined forces with the Bank of Cyprus UK for our first ever-commercial contract.

We've been commissioned to produce creative images of local green spaces, which will be used in promotional material by the Bank.

We think it's great that the Bank is involving local young people in work that would usually be reserved for professionals. That's not to say the photographs we take won't be professional! The experience of working

with a company as prestigious as Bank of Cyprus UK is a brilliant opportunity for the young people of Exposure. We're unlikely to get many chances to work within the corporate world before we get much older; we're looking forward to getting started.

Richard Simon, Products & Marketing Manager for Bank of Cyprus UK said, "The Bank already supports creative young people, showcasing the artwork of students from local schools throughout our offices - so working with Exposure is a natural extension of this and we look forward to seeing the results."