

the SnAGGLE TOOTH SPLAT

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the SnAGGLE TOOTH SpLAT

Talking about a brain tumour in the family can be hard. We know. This book sets out to be a friendly starting point for families to discuss a brain tumour diagnosis, what it might mean and who can help along the way.



About *little brainstrust*

We know that for around 500 families every year, the world is turned upside down when they receive a brain tumour diagnosis.

With overwhelming information and an uncertain journey ahead, we want families to be less alone, better supported and able to tackle whatever comes next head on.

We know too that the end of treatment doesn't always mean things get easier. We are here long term to ensure that families are in control and part of a community.

The *little brainstrust* service, supported by Children with Cancer UK, provides families with tailored and useful information to make things less confusing and give hope during a difficult and lonely time. The new 'little brain box' has resources, toys and tea to help families get back in control as they negotiate diagnosis, treatment and changes to family life.

little brainstrust gives families the opportunity to meet and be part of a growing community so that no family faces the journey alone. As always, our dedicated coaching-led support is available for families, by phone or email. This helps families to find clarity, gain control and move forwards in their lives.

To find out more, to access help and resources or to get in touch, visit www.brainstrust.org.uk/little-brainstrust



'Speechless'. That was my response to *brainstrust* when I first met some of the team recording their Radio 4 appeal at Broadcasting House. I was lost for words not just because of the pioneering work the charity is doing to help people affected by brain tumours but also because I learnt that brain tumours are the commonest solid tumour in children, and they can cause life-long disability in those who survive.

This is not something I should be sharing in a preface to a wonderful, positive, upbeat book, a book that sets out to help children with brain tumours understand what they might be going through, but there's no hiding from it.

In reading this book with your child, please, take away one thing. You are not alone.

In having a team of people around you, of which *brainstrust* should definitely be a part, you will be embarking on a journey that will have its ups and downs, but first and foremost, you can be confident that there will always be a friendly face to help you on your way and to make sure you've all the information you need to make the right decisions.

So put the kettle on, turn the page and set about splatting these little monsters with us.

A handwritten signature in black ink that reads "Julie Walters". The script is fluid and cursive.

Julie Walters CBE





I woke up one morning and the world seemed rather bright
The darkness seemed consuming yet it combined with piercing light

My tummy went all topsy-turvy, the room began to spin
Shooting stars and dancing spots faded in and out and in

I could feel my eyes roll to the sky
My ears were ringing, I wanted to cry

My brain was buzzing and fizzing like mad
I felt suddenly weak and incredibly bad

I sat up in bed and my head screamed, 'NO!'
I felt dizzy and sick right down to my bones

I had wobbly knees and wobbly arms
I tried to speak but it felt sooo hard

All I could do was flop on the bed
What was this noise inside my head?



'HA HA HELLO!' a booming voice bellowed
'I'VE MOVED INTO YOUR HEAD BECAUSE YOU'RE A NICE FELLOW

IT'S COMFY AND WARM AND COSY INSIDE
SO I'M GOING TO SET UP CAMP, IF YOU DON'T MIND?'

'Who ... who are you?' I timidly said
'ME? WELL, I'M THE MONSTER INSIDE YOUR HEAD!

RAH RAH ROOOOOAAAR!! I MAKE LOTS OF NOISE
AND IRRITATE AND AGGRAVATE LITTLE GIRLS AND BOYS!'

And with that the little monster started banging on his drums
Jumping up and down and wiggling his bum

He roared and he bellowed and clapped his hands
Making a right old racket, like a full brass band!

THUMP, THUMP, THUMP AND A STOMP, STOMP, STOMP!
BANG, BANG, BANG AND A ROMPETY POMP, POMP!

A constant BOOM! BOOM! BOOM! inside my head
Making visions swirl, pink and blue and red

He's jumping up and down and pushing on my brain
AAAAARGH! Won't it stop? It's driving me insane!

Silly little monster stomping in my head
I wish I had a friend to talk to instead



I cried and cried and yelled for my Mum
'There's a monster in my head banging on some drums!'

It took barely two seconds before she was there
smiling down at me, soothing, stroking my hair

Telling me calmly, 'Now there, my dear, it will be OK
We'll make the pain stop and the noise go away'

I looked up and put on my best bravest face
But the words tumbled out in a rambling race

'It's making me feel icky and sick inside
I just need a safe space, somewhere to hide

Please make it stop. It's scaring me
It's hard to stand up, to think ... even see'

Mum took me to the doctors straight away
Who knew just what to do and just what to say

'There are some lovely people I want you to meet
And a special new friend who's rather upbeat

He's a specialist in the field of monster bashing
And to be honest I think you'll find him quite dashing

His name is Mr Dot and he wears a bowler hat
He's a pink elephant, imagine that'



'Ahem, hello?' a voice softly came
'I do believe I heard my name?'

How may I help? Is there a monster around?
It's what I'm best at, you know, bringing them down'

And with a wink and a tilt of his bowler hat
The elephant in the corner stepped out and sat

He leaned in close and whispered in my ear
'I'll talk quietly to you so the monster can't hear ...

I'm Mr Dot, I'm here to help you out
Together we'll figure what this monster's all about

It's likely he's been looking for a place to call home
And he probably arrived a short while ago



You see, sometimes, for no reason, a monster will appear
Tugging at the grey matter in between your ears

He'll jump around and party without a care in the world
Not realising he's hurting you and so he must be told'

I looked straight at Mr Dot and looked him in the eye
'Can you really help, Mr Dot, I really want to try!

I feel quite scared and frightened inside
Like there's nowhere to run and nowhere to hide

I don't like the feeling this monster gives me
It's hard to stand up, to think and at times even see'

'Well, no need to fret,' Mr Dot said
'I can help you put right this pain in your head ...



I find if you smile and just ponder a while
You can quash the bite of the Carniverodile

Or raging roar from a Magrizzlerbear
Or Snaggletoothsplat with an evil stare

You see, as an elephant, I sit on the side
I'll be your friend and help you decide

Just what kind of monster we're dealing with
A Slippfetaslidey or a Squiggiddlesquig?



We've got doctors and surgeons all here to help you
We'll put the best team together with full support too

We'll be ever so careful and let you know
Every step we take and we'll be steady and slow

First things first, we'll see where he's camped
Then we'll identify this little scamp

We won't make him angry or annoy him at all
For we don't want to make things worse after all

But there are things we can do, together with you
To put you back in control and sort what's best too

We'll explore all your options and offer advice
And together we'll start the monster heist

We've got resources and aids to explain things clearly
And if you lose your way, even nearly

There are plenty of people here to get you back on track'
And then the doctor showed me the brain box pack

Full of useful info and a monster guide!
Soon this little tyke would have nowhere to hide



Over the weeks that followed after, I started to see
That there were many more children just like me

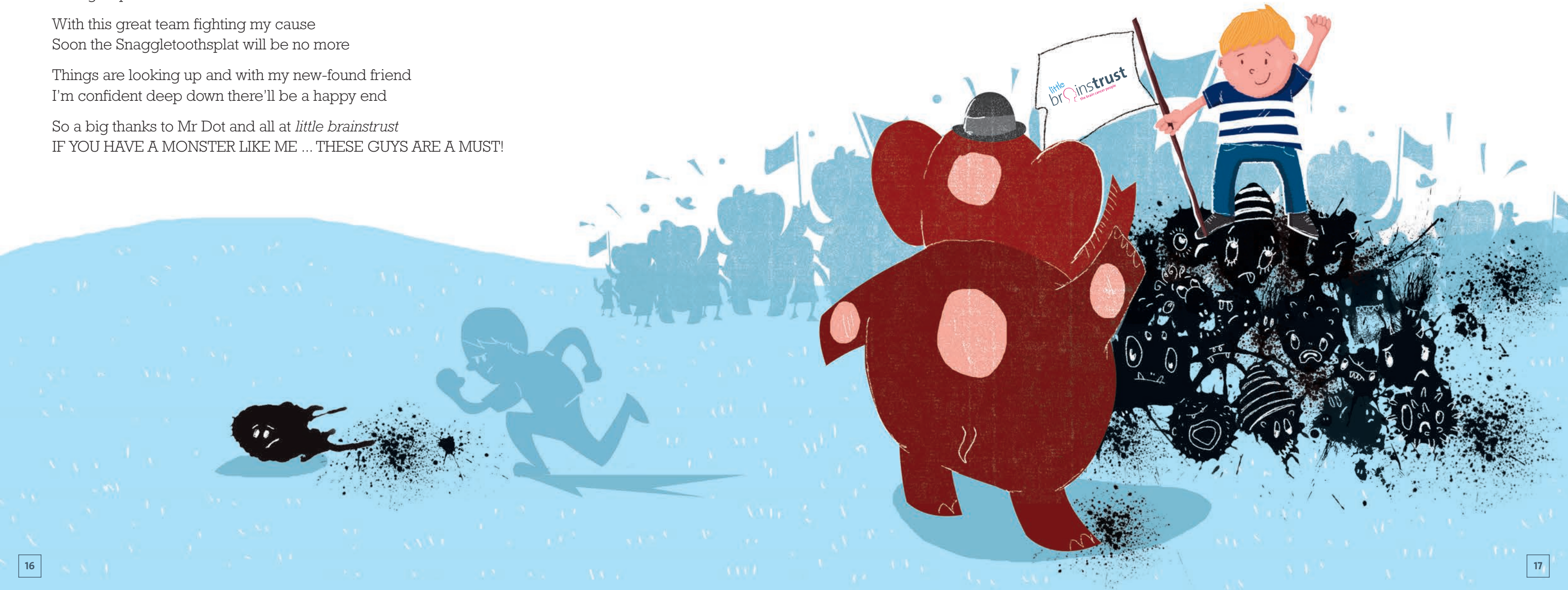
I got to meet some and we shared our stories
Of the monsters and elephants, of triumph and glory

I've still got the monster but I know in time
He'll get quieter and smaller and have nowhere to hide

With this great team fighting my cause
Soon the Snaggleteoothsplat will be no more

Things are looking up and with my new-found friend
I'm confident deep down there'll be a happy end

So a big thanks to Mr Dot and all at *little brainstrust*
IF YOU HAVE A MONSTER LIKE ME ... THESE GUYS ARE A MUST!



About *brainstrust*

brainstrust was founded in 2006 by a family who had just experienced how isolating, confusing and terrifying a brain tumour diagnosis could be.

The charity now works nationally to support thousands of patients and caregivers and has a dedicated arm for children and families called *little brainstrust*.

little brainstrust offers a coaching service via email and phone, as well as dedicated 'Meet Ups', information and advocacy to assist families with the unique challenges they face once a brain tumour has been diagnosed in a child, parent, caregiver or sibling.

To find out more, or to get help now, call **01983 292 405** or visit **www.brainstrust.org.uk/little-brainstrust**



For more information and brain tumour support and advice:

visit www.brainstrust.org.uk, email hello@brainstrust.org.uk,
if you would like to talk to someone, then feel free to give us a call at any time on **01983 292 405**,
or follow us on [x.com/brainstrust](https://twitter.com/brainstrust) and facebook.com/brainstrust

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