

# SUPPORT GROUPS

- **New Breast Cancer Patients**
- **Breast Cancer Survivors**

# My EXPERIENCE

- Struggling with how to deal with having my life turned upside down
- Friendship between other ladies & staff was immense
- Helps to talk to other people dealing with cancer
- Supporting each other
- Positive focus, something to look forward to.

# WHAT KIND of SUPPORT ?

- Emotional Support
  - Fear
  - Anxiety
  - Sadness
  - Despair

# Communication

- Uncomfortable/ awkward initially
- Not alone, Huge relief
- Others are facing the same difficulties
- Start opening up
- Discuss own feelings

# Sharing

- Everyone Can Talk Openly About Feelings
- Sharing Your Experiences
- New Friendships
- Sharing Useful Practical Information

# SAFE ENVIROMENT

- Not worrying about crying
- Your Appearance
- No need to put on a brave face.
- Can say it as it is!

# FEEDBACK - Professionals

- Surgeons are busy and only have time to do their job
- Attitudes of the nurses made a huge difference
- Some patients feel like a commodity

# FEEDBACK Group

- After diagnosis patients often felt “raw”
- “Lack of support from husband”
- Good meeting as was small and intimate so could talk freely to each other.
- Wonderful Opportunity to Share Thoughts
- Learn from each others experiences



# POSITIVE OUTCOMES

- Support and strength helps you to move on
- “Better than any medication”
- Felt weight was lifted after the meeting
- Wanted to be more involved/raise breast cancer awareness