

How Can it Help?

There is a growing body of evidence which suggests that support groups can be of benefit to people with cancer. Our support group therapy is based on Supportive Expressive Therapy

The main aims of this therapy are to develop new ways of coping, reduce distress, express emotions, and improve communication with both family and health professionals

Joining a group can also help reduce stress and anxiety levels by allowing you a confidential, supportive place to explore issues connected to your cancer that you might find more difficult to share with family and friends.

Who is it for?

Our support groups are for anyone who has a cancer diagnosis who thinks it would be helpful to get to know other people who have gone through similar experiences and can understand and share the ups and downs of the cancer journey.

Group members may be at any stage of cancer treatment e.g. newly diagnosed, undergoing treatment, living with cancer or receiving palliative care.

Support groups can also help to lessen your feelings of isolation. You can hear about how others cope and, perhaps, find better ways to support yourself and extend your support network.

How Do I Join?

When you make contact, you will be given an appointment with the person who runs the group to give you the opportunity to hear more and decide whether or not the group would best meet your needs at the present time.

The counsellors who run the groups are experienced, professionals. He/she will work with the group to ensure an atmosphere of respect, confidentiality and safety within the group meetings.

Anyone who is interested in joining a group can contact Ayrshire Cancer Support themselves (contact details on the back of this leaflet) or be referred by any member of their medical team.

Comments from clients who already attend the group...

'I found a way to cope with cancer from being part of the support group.'

'You can say whatever you like ..and it's confidential.'

'I've laughed so hard it hurt!'

'It takes pressure off families and relatives. You don't realise how much pressure they are under.'

'You get information from each other.'

'..same illness, but every story is different.'

How to get in touch with us...

Ayrshire Cancer Support

www.ayrshirecs.org

Kilmarnock Centre

16 Portland Road
Kilmarnock
KA1 2BS

01563 538008

Ayr Centre

22 Wellington Square
Ayr
KA7 1EZ

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SUPPORT GROUPS



AYRSHIRE
Cancer Support

Supporting Cancer Patients Throughout Ayrshire

www.ayrshirecs.org