

I'd like to come to one of the groups - what do I do now?

You don't need to be specially invited - you can just turn up. You can come to one, a few or all of the sessions. Please phone the following numbers to make sure the group is running that week or to check on that week's topic:

01483 783440

or

01483 783410

Tea and coffee available

The Beacon is your local specialist service which provides a positive approach to living with cancer and other life changing illnesses.

Expert health care professionals provide support and information within the friendly and relaxing atmosphere of The Beacon Centre and at home.

The Beacon can help you and your family to cope at any point during your treatment or illness, from the time of diagnosis onwards.

The Beacon

Specialist Community Supportive & Palliative Care Service

**The Beacon Centre
Gill Avenue
Guildford
Surrey GU2 7WW**

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Looking after your emotional well-being

Information & discussion groups for people affected by cancer & other life changing progressive illnesses

The Beacon

Specialist Community Supportive & Palliative Care Service

August 2012

Looking after your emotional well-being

The discussion groups are part of the programme of activities at The Beacon Centre and are led by The Beacon Clinical Psychologist, Nigel Sage.

The purpose of these groups is to help you:

- ◆ Remain psychologically well
- ◆ Improve understanding of emotional upheavals caused by major physical illness
- ◆ Develop and maintain healthy ways of coping
- ◆ Have an opportunity to chat to other people with similar experiences

Who are the groups for?

People with cancer or other life changing progressive illnesses, their family and friends.

Do the groups run to a plan?

Yes. Every Wednesday afternoon at the Beacon Centre at 13.30. A programme of fourteen topics is repeated throughout the year. Each session will last 1 hour.

It is a good idea to phone before your first visit to check the group is running and the topic for that day.

Do I have to talk about my feelings?

Not if you don't want to! In these meetings we will not pry into your personal affairs. We intend to provide a stimulating and enjoyable session.

What topics are covered?

1. Adjustment and Adaptation

- ◆ Ill health as an emotional challenge - its effects on our priorities
- ◆ Coping with change
- ◆ Resilience
- ◆ Being ill - does it change who we are?
- ◆ Body image - physical changes and how we feel about ourselves
- ◆ Self esteem

2. Communication

- ◆ Communicating effectively
- ◆ Talking to healthcare professionals
- ◆ Being assertive
- ◆ Stiff upper lip or heart on your sleeve?
Talking with family and friends

3. Coping with depression, anxiety, worry and similar

- ◆ Controlling irritability and anger
- ◆ Handling worry
- ◆ Work, rest and play - getting started, keeping going and winding down
- ◆ Making decisions
- ◆ Is it better to be optimistic or pessimistic ?
- ◆ Developing a positive approach