

# Welcome to the SOS Support Group

## Stomach, Oesophageal Support including Liver and Pancreatic Cancers.

Welcome to the support group for Lancaster and the surrounding area. We welcome anyone diagnosed with, recovering from, or having recovered from oesophageal, stomach, liver and pancreatic cancer. Whatever your circumstances, we are here to offer support, and we hope you will consider joining us at our next group meeting. Our objective is to provide support to those on a cancer journey by providing easy access to specialist information, support and comfort. We meet on the second Thursday of every month, you can find details of our meetings below.

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## Meeting Schedule Updated 15th July 2016

Date	Time	Details
Thursday 11th August 2016	14:00 - 16:00	Cancer Care, Slynedales, Lancaster LA2 6ST
Thursday 8th September 2016	14:00 - 16:00	Cancer Care, Slynedales, Lancaster LA2 6ST
Thursday 13th October 2016	14:00 - 16:00	Cancer Care, Slynedales, Lancaster LA2 6ST
Thursday 10th November 2016	14:00 - 16:00	Cancer Care, Slynedales, Lancaster LA2 6ST

## Meeting Venue

SOS Cancer Support Group  
C/O Cancer Care  
Slynedales  
Slyne Road  
Lancaster  
LA2 6ST



## About us

### Who we are:

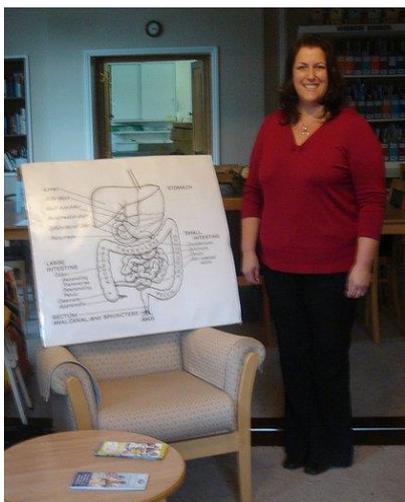
The SOS support group is made up of a mixture of current and former patients, their carers and close family members and friends. Patients may be at any stage of treatment, from an individual who has only been diagnosed recently through to someone who underwent surgery several years (or indeed decades) ago. Our group members (both male and female) come from a wide range of backgrounds and occupations, and all have very different stories to tell. We all have one thing in common however, and that is we all aim to help and support each other, - 'former patients helping current patients'.

### Our aim

We aim to help patients (and their families) pre and post treatment by offering support and guidance from those who have been in a similar situation themselves. We also aim to inform GPs concerning the symptoms of the disease and the nature of postoperative care required. We believe anyone living with cancer should be able to do so with dignity, free from unnecessary fear, and with access to support, information and companionship at all times.

## Meeting Structure

Our meetings are very informal and take place at Cancer Care, Slynedales. Each meeting typically lasts for 2 hours and gives attendees an opportunity to hear the latest news, share their experiences, and learn from others. There is no obligation for anyone to speak publicly (your level of participation is completely up to you). Going forward, we also hope to be able to offer inspiring and engaging presentations on a wide range of topics, by a number of carefully selected guest speakers. After the main meeting has ended, you are welcome to stay and talk to other patients (either in groups, or on a one to one basis ).



Elaine Stephenson RGN speaks about progress & affects of food on the body

### **How do I know when the next meeting is taking place?**

Details of forthcoming meetings will be displayed on this page and will be posted or E-mailed to a mailing list of group members by our Secretary. If you would like to be added to this list, please contact us at the address at the bottom of this page. Where possible (to save on postage and administration costs) we would prefer to contact members by E-mail.

### **Can anyone attend?**

Yes absolutely. We also welcome visitors from further afield, including representatives from other support groups. You do not have to be a patient to attend (you may be a partner, carer, friend or close family member for example). In fact we positively encourage non-patients to attend. Feedback from attendees suggests that carers (usually spouses or partners) looking after their loved ones can often learn a great deal from other carers (answers to questions such as "Is this symptom normal?" for example). We would also encourage GPs and medical professionals of all levels to attend.

### **How much does it cost?**

Our meetings are absolutely free to attend and there are no 'membership' fees, although we do ask attendees for a small (voluntary) donation to cover the cost of tea/coffee & biscuits and venue hire (where applicable). Any additional leisure activities organised by the group may incur an additional charge, however we will notify attendees of any costs prior to organising an event, and participation is optional.

### **What if I don't feel well enough to attend?**

As former patients, we fully understand the difficulties you may be undergoing as a patient... be they physical, psychological or both. Whilst you might not feel like talking about cancer, wherever possible, we would encourage you to attend, as we are confident you will find our meetings both supportive and informative. From gaining tips on treatments or diet, to knowing how to deal with some of the symptoms, you may be surprised at what you can learn by talking to another patient. You can also take comfort knowing that you are not going through the experience alone and that there are others who you can turn to for help, guidance and support. If you are too unwell to attend in person, please feel free to send someone else on your behalf (e.g spouse, friend, or family member).

## **Getting in touch**

If you would like to attend one of our meetings, would like to be added to our mailing list, or have an enquiry specific to the SOS Group, please contact Phil Carey (Vice Chairman) on 01524 761693 or on the SOS mobile 07926 047519. Email - [Ian@sos-cancersupport.uk](mailto:Ian@sos-cancersupport.uk).

**SOS Website** : [www.sos-cancersupport.uk](http://www.sos-cancersupport.uk)

If you would like to write to us, please do so at:

SOS Cancer Support Group  
19, Meadow Ave  
Preesall  
Poulton-le-fylde  
Lancs  
FY6 0HA.

## **Feedback**

We positively encourage feedback at meetings and are always interested to hear your suggestions (e.g. meeting venues, guest speakers etc). If you would like to discuss a specific idea, please do not hesitate to contact us.



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