

Medway & Swale (West)

Breast Family Support Group

Do you need

Someone to talk to?

Someone who has been there?

Someone who understands?

Then come to our support group.

We meet:

The first Tuesday of each month

Offering Support and Friendship

We hold meetings the first Tuesday in
each month in:

**Area 7 at Medway Maritime
Hospital.**

The group is friendly and supportive to
you and your family, welcome any new
faces and are open to any ideas or
suggestions for events or changes.

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Dear Friend

"When I was told I had breast cancer the doctors, specialists and nurses were all very kind, but what I needed most of all was to talk to other women who had gone through what I was experiencing."

That is how we felt when our breast cancer was diagnosed and we know that other women feel the same. So we decided to do something about it and formed the Breast Family Support Group.

We come in all shapes and sizes, ages and backgrounds and many of us have had different types of breast cancer and different treatments - lumpectomy, radiotherapy, chemotherapy, mastectomy and breast reconstruction.

However, although we may have had varying treatments, we have all been through the same emotions - disbelief, sometimes denial, depression, anger, fear, uncertainty, not knowing what to do for the best. We have all had to deal not only with our own emotions, but also with the reactions of family friends and work colleagues.

We cannot give you medical advice although at most of our meetings we have a Macmillan nurse in attendance. We can however share our experiences with you and offer you caring support and the opportunity to talk about anything that worries or concerns you, no matter how small.

We know how important it is to have someone to see and talk to or someone to just pick up the phone and call when you are feeling lonely or miserable. We also have different speakers and social evenings.

So, whatever you need - a shoulder to cry on, people to make you smile again, advice about the practical issues, someone to ask "what did that treatment feel like?" or "what should I expect?" - whatever you want we are here for you.

We get together on the first Tuesday each month between 7.00 - 9.00 pm in Area 7, Level 2, Green Zone at Medway Hospital. You can come by yourself or with a member of your family, a partner or friend.

We are just as happy to talk on the phone at any time. Our meetings are kept small, informal and confidential. You may prefer a 'one-to-one' discussion, which can be easily arranged.

We really hope you will be in touch. We've been there, we know how you are feeling and we care.

If you need a listening ear and would like to talk to a patient volunteer please contact:

Pauline Ingram - 01634 328949
(Pauline has completed the Breast Cancer Care Voluntary Counselling Course)

With best wishes

The Breast Family Support Group