

# Patient or carer's support group

Self-help or support groups offer a chance to talk to other people who may be in a similar situation. Other people may be facing the same challenges as you. Joining a group can be helpful if you live alone. It can also be helpful if you do not feel you can talk about your feelings with the people around you. But not everyone finds talking in a group easy, so it might not be right for you. You can go and see what the group session is like before you decide.

Many groups cover all types of cancer and can also help carers, family members and friends of people with cancer. Other groups are for people with a specific type of cancer, such as a breast cancer group.

Some groups are made up of a few people who meet regularly in someone's house. Others are much bigger and might have their own premises.

Meetings can include an activity, a social event or a talk from a guest speaker. You may be able to access other services through the group including complementary therapies, counselling or bereavement support.

Not everyone finds it easy to talk in a group. It may help to go and see what the group is like, and then decide if you want to go back. You might want to take someone you know with you for extra support.

There are also support centres in different parts of the country. These may offer information, a drop-in service and other services such as counselling. Macmillan has information and support centres across the UK.

## Online support

Many people find support on the internet. You may want to join:

- online support groups, such as the Macmillan Online Community at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)
- social networking sites
- forums and chat rooms
- blog sites.

You can use these to meet other people affected by cancer, share your experiences and get support.

## Tips for finding a support group

- Search for support groups near you on Macmillan's website. Visit [macmillan.org.uk/inyourarea](https://www.macmillan.org.uk/inyourarea)
- Every group is very different. So if there is more than one group in your area, it may be helpful to see which one suits you best.
- You may want to start your own support group. Self Help UK is an organisation that can give you advice and support about setting up a group.
- Search online for local support groups, or ask in your local library.
- Ask your GP, Macmillan nurse or specialist nurse about support groups in your area.

**Local resources:**

Resource	Contact details

**National resources:**

Resource	Contact details
<ul style="list-style-type: none"> <li>• Macmillan Cancer Support – find a support group near you</li> <li>• Self Help UK</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="http://www.macmillan.org.uk/inyourarea">www.macmillan.org.uk/inyourarea</a></li> <li>• <a href="http://www.selfhelp.org.uk">www.selfhelp.org.uk</a> Tel 0115 911 1662</li> </ul>

**Further information**

[www.macmillan.org.uk/information-and-support/coping/getting-support/find-groups-and-talks-near-you](http://www.macmillan.org.uk/information-and-support/coping/getting-support/find-groups-and-talks-near-you)

Our booklets and leaflets are available to order free on [be.macmillan.org.uk](http://be.macmillan.org.uk)

- **The cancer guide**
- **Your feelings after cancer treatment**

**More information and support**

If you have more questions or would like to talk to someone, call the Macmillan Support Line free on **0808 808 00 00**, 7 days a week, 8am to 8pm, or visit [macmillan.org.uk](http://macmillan.org.uk)

Deaf or hard of hearing? Call using NGT (Text Relay) on **18001 0808 808 00 00**, or use the NGT Lite app. Speak another language? Telephone interpreters are available. Please tell us in English the language you would like to use.

We produce information in a range of formats and languages. To order these visit [macmillan.org.uk/otherformats](http://macmillan.org.uk/otherformats) or call our support line.