

***“FORCE – a local charity, funded by local people for local people.”***

#### **About FORCE**

Since 1987 FORCE and its supporters have raised over £17 million.

Almost £900,000 was raised specifically to build a dedicated Cancer Support Centre, located in the grounds of the Royal Devon & Exeter Hospital, Wonford.

The Charity funds:

- FORCE Cancer Support Centre Services
- Pioneering local cancer research\*
- State of the Art equipment

Anyone treated for cancer locally is almost certain to benefit from the work of FORCE.

#### **Open**

Monday, Tuesday, Wednesday, Thursday and Friday:

9.30 am to 4.30 pm

Late evenings on Wednesdays:

9.30am to 6.30 pm

Closed on bank holidays.

\*Research that does not involve animals or animal testing

Force Cancer Support Centre  
Corner House  
Barrack Road  
Exeter EX2 5DW

**Tel: (enquiries) 01392 406151**

**Tel: (charity office) 01392 402875**

**Tel: (charity shop) 01392 271652**

Email: [forcefr@forcecancercharity.co.uk](mailto:forcefr@forcecancercharity.co.uk)

[www.forcecancercharity.co.uk](http://www.forcecancercharity.co.uk)

#### **FORCE Support Services are FREE and include:**

- A warm welcome
- Somewhere to wait before a hospital appointment
- An information Library
- Oncology Support Nurse
- Oncology Support Specialists – for emotional and psychological support
- A range of complementary therapies
- A range of support groups
- A wig fitting service
- Stocks of scarves and other head ware (for sale)
- Relaxation Classes (and CDs for sale)
- Look Good Feel Better Workshops

To run these services FORCE continues to rely on:

- Voluntary Donations
- Friends of FORCE fund-raising groups
- Fund-raisers/sponsors
- The Award Winning FORCE Charity Shop, Heavitree



Registered Charity No. 1140676

***working locally to support anyone affected by cancer ~ face to face***

# ***local support groups***

***“it’s good to chat to others – you know you’re not alone”***



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## local support groups

Cancer brings about change in people's lives. Hearing that you have cancer can be a distressing experience. A diagnosis is often accompanied by a range of different emotions which can prove challenging to face alone.

Through shared experiences and mutual understanding, support groups can: Help reduce isolation & strengthen your abilities to cope  
Groups are either self-help (run by patients and carers themselves with occasional input from healthcare professionals) or run by healthcare professionals for patients and/or carers. Some groups are for people with a specific cancer.

### Site-Specific Support Groups

#### Brain Tumour Support Group

This group is for patients and carers and is held on the 1st Friday of the month 1.00pm–2.30pm. For details call David Haq ☎ 07711 597165

#### Gynaecological Support Group

This group meets monthly and is for patients only. For details call Nurse Specialists Gail or Jackie ☎ 01392 406552

#### Head and Neck Cancer Support Group

Meets on the 1st Thursday of the month. 10am–12pm.

For details contact Joy Higgs ☎ 01392 402215

#### Laryngectomy Support Group

This group is held quarterly and is for patients only. For further details call Claire Higgins ☎ 01392 402489

#### Oesophageal Patients and Carers Support Group

The local Exeter support group meets on the last Friday of the month at 1.00pm. For further details call Nurse Specialist Frances Robinson

☎ 01392 402775

#### Pancreatic Cancer Support Group

This group is held bi-monthly on Tuesdays 12.30pm–2pm.

For details contact Frances Robinson ☎ 01392 402775

**All groups meet at the FORCE Cancer Support Centre.**

### Breast Cancer Support Groups

As breast cancer is currently the most commonly diagnosed cancer in women, we provide various support groups which can offer a chance to meet others. These groups are all facilitated by healthcare professionals.

**For further information call the Breast Care Nurses ☎ 01392 402707 or Sarah Delfont, Oncology Support Specialist ☎ 01392 406169**

#### Younger Women's Breast Support Group

As breast cancer is less common in the under 55's there are specific issues like fertility and younger families and for this reason we offer a group for women under 55. This drop-in group is held on the 2<sup>nd</sup> Wednesday in the month. 1.30pm–3pm. For further information please call Stella King ☎ 01392 406168

#### Secondary Breast Cancer Support Group

This drop-in group is specifically for any woman who has received a diagnosis of secondary breast cancer. It will offer an opportunity to discuss the issues and challenges that you may be facing in a supportive environment. This group is held on the 4<sup>th</sup> Wednesday of the month between 1.30pm and 3.30pm.

#### BRCA 1 & 2 Gene Carriers Support Group

We are offering a regular support group for women who have been identified as carrying the BRCA 1 or 2 gene fault.

Receiving a result which confirms that you carry a BRCA 1 or 2 gene fault can raise some very challenging personal and family issues and the group provides a safe environment in which to discuss these.

The group is held quarterly. **This is NOT a drop-in group.**

**For further information telephone Anne Searle ☎ 01392 405731**

**Please note that a Drop-in Group means that if you do not have to pre book and can simply come to one session or every session. Please try to come at the start of the session and stay until the end. This enables the group to feel safe and confidential.**