

If you have any concerns about cancer you can talk to one of our specialist nurses on the Cancer Focus NI **FREE** information and support Nurse Line

0800 783 3339

Monday, Wednesday and Friday 9am - 1pm.
Calls are **free** and **confidential** from a landline.
nurseline@cancerfocusni.org



Myeloma Support Group

If you would like to know more about this service, please contact:

T: 028 9066 3281

E: care@cancerfocusni.org

www.cancerfocusni.org

Cancer Focus Northern Ireland
40-44 Eglantine Avenue
Belfast BT9 6DX

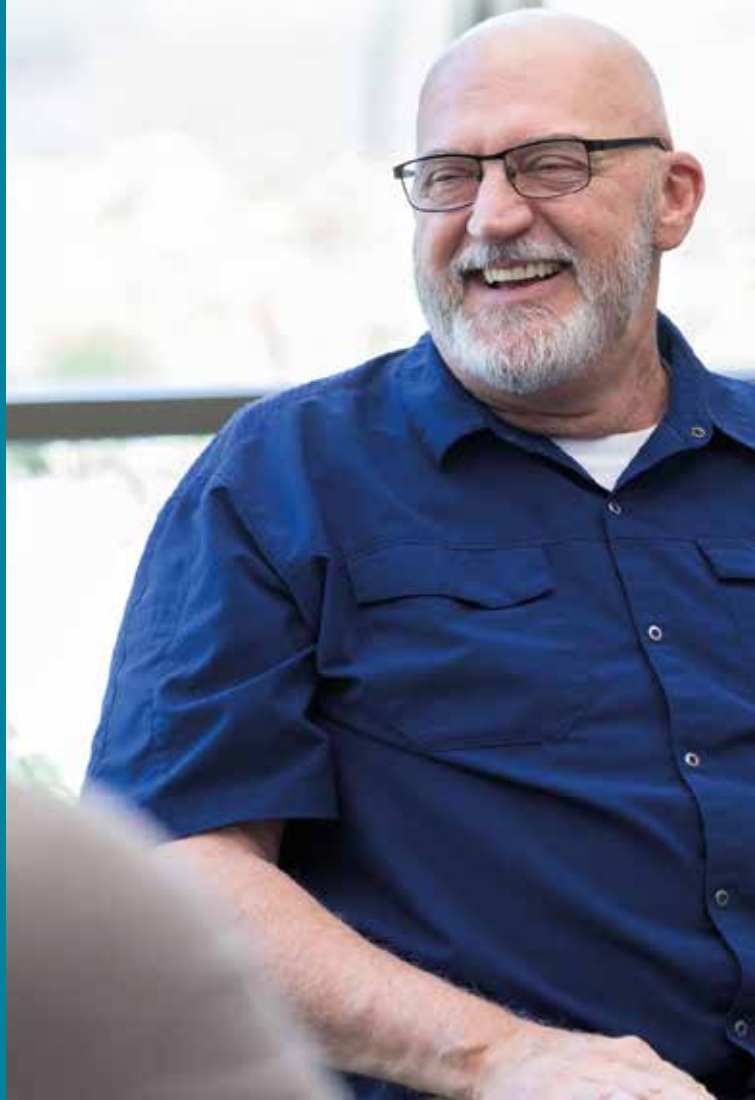


Charity No: NIC 101307



Myeloma

Support Group



When someone is diagnosed with cancer, they may experience feelings of shock, anger, or confusion. Even the most supportive family members, friends, or employers cannot understand exactly how it feels to go through a cancer journey.

A cancer support group is one way for individuals to interact with other people in similar circumstances.

What to expect?

A safe and welcoming space for local people to get to know each other and get the support they need. Meetings are designed to provide peer support for people who have had a diagnosis of myeloma. They also provide up-to-date medical information and current good practice for living well with blood cancer.

Support provided:

- Peer encouragement
- Social isolation
- Information about cancer services and treatment
- Fun, friendship, and mindfulness.

About the service

This service is for people with a myeloma diagnosis.

Run by an experienced Group Work facilitator working alongside health care professionals, this support group meets in a variety of locations across Northern Ireland.

It is because of generous donations that we can continue to deliver vital complimentary cancer support services to local people and families. To donate to or support our charity, please email fundraising@cancerfocusni.org

“Sharing your story in a safe space with others in similar circumstances can help someone living with a myeloma diagnosis to process emotions around their diagnosis and treatment.”

Caroline Hart
Group Work Coordinator

