

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

**0800 783 3339**

Monday, Wednesday and Friday 9am - 1pm.  
Calls are **free** and **confidential** from a landline.  
[nurseline@cancerfocusni.org](mailto:nurseline@cancerfocusni.org)



### **Cancer Positive Living Programme Zest for Life**

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

**T: 028 9066 3281**

**E: [care@cancerfocusni.org](mailto:care@cancerfocusni.org)**

**[www.cancerfocusni.org](http://www.cancerfocusni.org)**

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



**Charity No: NIC 101307**



# **Cancer Positive Living Programme**

## **Zest for Life**



**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 programme like this is one way for individuals to interact with other people in similar circumstances.

### **What to expect?**

When your treatment has ended or has been paused, it is not unusual to feel alone and even a little unanchored. This programme will help you to reflect on where you are now and how you might move forward in a more positive way. You will learn and practice some tools and techniques to help manage your thoughts and feelings as you move on and hopefully reinvigorate your Zest for Life.

#### **Support provided:**

- Goal setting
- Understanding and managing stress
- Developing 'way forward' strategies
- Using techniques to encourage positive thinking
- Relaxation techniques.

### **About the service**

This programme is designed for people who are on a recovery period in their cancer journey.

Run by an experienced Group Work facilitator, the support group meets over a six week timeframe and is delivered in a variety of locations throughout 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](mailto:fundraising@cancerfocusni.org)**

**“I felt encouraged to live in the moment and to get out and about and try new experiences.”**

**Past Participant**

