

## Dates for Sessions:

No dates for these sessions are set.

Simply register your interest and then when there are enough people to run a session, the date and time will be agreed with all those interested.

## How do I register my interest?

You can send an email to Sylvia at:

[Counselling.Services@dchft.nhs.uk](mailto:Counselling.Services@dchft.nhs.uk)

Or phone: 07787223190

## About this leaflet:

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Written: February 2021  
Approved: February 2021  
Updated: July 2021  
Review Date: As required  
Edition: v4

If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email [pals@dchft.nhs.uk](mailto:pals@dchft.nhs.uk)



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# Online Psychological Support for People Affected By Cancer



## General Support Sessions

These online cancer support sessions provide a safe space to come together with other people who have also had a cancer diagnosis to talk about any issues, concerns or difficulties that you may be facing. They offer an opportunity to talk with other people in similar circumstances, to share experiences, ask questions and support one another.

The sessions are facilitated by a trained counsellor who will support the sessions.

There is no set agenda for the sessions. Members are free to raise anything that they would like to talk about, which may well include those issues that they might find more difficult to discuss with family and friends.

Sessions will last approximately 90 minutes.

Spaces are limited to 5 per group, which gives the opportunity for everyone to be heard.

These are open to anyone with a cancer diagnosis who would like to meet others and chat about their cancer experience.

## Men Only Sessions

These sessions are for men only, who may find it easier to discuss issues man to man.

## Parents with Young Children

This is a group for anyone with children under the age of 16.

## Living with Secondary Cancer Sessions

These sessions are open to anyone who has been diagnosed with a secondary cancer.

## How will I access the sessions?

We will be using Microsoft Teams.

When you register for the session, you will be sent a link. You do not have to download the app; you can access the meeting via web browser. It is advisable to connect a few minutes before the meeting to check your audio and video are working.

You will also be encouraged to:

- Ensure that you have a confidential and private space to sit for the session, with a comfortable chair
- Use a computer rather than an iPad or phone, if possible, as this will allow you to see all participants on one screen
- Encourage others who are also using the same broadband to stay away from internet-heavy usage, like video streaming or gaming, for the duration of the session, as this is likely to interrupt your connection
- You may like to use headphones or a headset, as this will keep things more confidential and keep out external noises from wherever you are based, but it is not a requirement.