



## Online Therapeutic Support Workshops for People Affected By Cancer

Receiving a cancer diagnosis can impact you, and those around you, in many different ways. These workshops have been designed to help you explore some of the common issues.

The workshops are open to all patients and close family members who are affected by cancer and who live in Dorset.

Workshops are facilitated by a trained counsellor and will last approximately 90 minutes.

All workshops are stand alone, so you only need to attend a workshop once, but you may attend as many subjects as you wish.

Spaces are limited to five households per group, which gives the opportunity for everyone to ask questions.

### Available Workshops

#### Anxiety Workshop

We will explore what anxiety is and the impact it has on our body. We will then learn some ways to cope with anxiety.

#### Sleep Workshop

This is probably the most common issue that arises – are you not getting to sleep, not staying asleep, not getting enough sleep? Let us look at how we can manage that.

#### Fatigue Workshop

Fatigue can be physical, mental and emotional. We will explore what you can do to ensure you have enough energy for your needs.

#### Communication and Relationships

Having a cancer diagnosis can often change the equilibrium of relationships, whether with family, friends or colleagues. We will look at relationships and ways of communicating.

#### Moving Forward After Treatment

So you have completed all your treatment and been discharged. But what is next? What does the future look like to you? Let us explore how you can move forward now.

#### Families and Carers

It can be hard when someone you care about has cancer. Here we explore changing roles, communication and support.

## Coming out of Lockdown Anxiety

For many months we have been told to be wary of Covid – been in lockdown, told to isolate/shield, to stay in and stay safe. So now that restrictions are being lifted we should feel joyful but many people are feeling anxious. We will look at why this is, and how we can cope with the easing of restrictions.

## 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 option. It is advisable to connect a few minutes before the meeting to check your audio and video are working.

We also encourage you 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
- Ask 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
- 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.

## Dates for Workshops:

### Anxiety Workshop

Monday 26<sup>th</sup> July 10am to 11.30am  
Monday 6<sup>th</sup> September 2.30pm – 4pm

### Fatigue Workshop

Monday 9<sup>th</sup> August 10.30am to 12pm  
Monday 20<sup>th</sup> September 2.30pm to 4pm

### Moving Forward After Treatment Workshop

Monday 23<sup>rd</sup> August 10am – 11.30am  
Monday 27<sup>th</sup> September 2pm – 3.30pm

### Families and Carers Workshop

Monday 2<sup>nd</sup> August 10am – 11.30am  
Monday 27<sup>th</sup> September 10am – 11.30am

### Coming out of Lockdown Anxiety

Monday 12<sup>th</sup> July 2.30pm – 4pm  
Monday 23<sup>rd</sup> August 3pm – 4.30pm

### Sleep Workshop

Monday 19<sup>th</sup> July 3pm – 4.30pm  
Monday 20<sup>th</sup> September 10.30am to 12pm

### Communication and Relationships Workshop

Monday 26<sup>th</sup> July 2pm - 3.30pm  
Monday 6<sup>th</sup> September 10am – 11.30am

## How do I book?

To book your space on any of the current or proposed sessions, you can send an email to Sylvia at: [Counselling.Services@dchft.nhs.uk](mailto:Counselling.Services@dchft.nhs.uk)

Or phone: 07787223190

Once your place is confirmed, you will be sent the necessary link for Microsoft Teams.

### About this leaflet:

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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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