



**Support for anyone affected by cancer  
- patients, family, carers or friends.**

**Someone to talk to when you need it most.**

Within our group we have many types of cancer that affect us physically in very different ways. However, the effects that our cancer has on each of us emotionally, financially, within our family relationships and our friendships can be quite similar.

Sometimes we need:

- support from someone we can open up to who is not too closely connected;
- reassurance and to know that what we are going through is normal and natural;
- someone to help us understand or suggest coping strategies;
- other information that may be useful on another day.

We are all here for very different personal reasons as the comments below from members of the group suggest:

"The group is very supportive and I feel that I belong to an extended family."

"The Support Group has helped me and my family through my dad's illness. He is now in remission. They showed me compassion and welcomed me with open arms. Even though I am the youngest member at 25, I never feel out of place."

"It is only a small group but very friendly and support is there when you need it."

"I have had a lot of support when I needed it. It also gets me out of the house for a time."

"I have a lot of help and a night out with friends."

"It gives me a better understanding of how cancer affects extended families."

"The group has helped me to understand and comes to terms with the effects cancer has had on all of my family."

Whatever your reason for needing support we are here for you too!

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The Iron Will Group meets on the last Tuesday of every month from 7.30pm until 9.30pm at the Lindsey Lodge Day Unit, Burringham Road, Scunthorpe.

Macmillan Nurses and Hospice Staff also attend if you need specific advice or information.