

CONTACT US

To find out more
or to join the group
please contact Penny

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or visit

www.occtopus.org.uk/support

OXFORDSHIRE BOWEL CANCER SUPPORT SELF-HELP GROUP

New for 2020

occtopus
OXFORD COLON CANCER TRUST

Registered Charity 1104702
www.occtopus.org.uk

WHY THE GROUP?

Having a diagnosis of bowel or colorectal cancer can come as a bit of a shock! You may feel isolated and think you have no-one to talk to who could possibly understand the way you feel. Or you may just want to meet other people who are in the same position as you.

The Group, set up by cancer patients, is supported by OCCTOPUS – the Oxford Colon Cancer Trust, based at the Churchill Hospital.

The aim is to provide an enabling atmosphere where patients, and a family member, partner or friend can meet and share experiences and problems, and you can come along for as long as you feel the need.

Any shared personal or contact information will remain entirely confidential within the Group.

WHEN AND WHERE

We hope the Group will meet one afternoon each month, mostly in non-hospital settings which are accessible by public transport and which have available car parking. We are looking at venues initially in Oxford, Witney and Abingdon.

In line with other support groups we may have speakers, or cover topics of medical or non-medical interest, depending on how members feel – and on what focus is most relevant at the time to members. Membership is free.

The Group will liaise with the OUH colorectal nursing team and OCCTOPUS, the Oxford charity based at the Churchill Hospital, to share any ideas that will benefit the patient experience.

The Group can also call upon the local Macmillan Cancer Support and Maggie's staff when sharing therapies and techniques which may be helpful.

HOW WE CAN HELP EACH OTHER

An explanatory leaflet from the hospital can be helpful for some, and specialist nurses can always give advice.

But being listened to, and being given time to listen oneself to fellow patients, can be a great benefit. Any operation can be scary and radiotherapy or chemotherapy can be challenging.

Within a group you might

- hear about or share various stages along a cancer journey
- find out where to go to for help and what sort of questions to ask medical staff
- learn how to deal with fears and insecurities, and how to make informed decisions about the course to follow.

Or - you might just want some friendly company with people who understand your situation.