



## **Cancer Services**

# **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.

### **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 what you need.

### **How will I access the sessions?**

All sessions are delivered virtually, in the comfort of your own home. We will be using Microsoft Teams.

When you register for the session, you will be sent a link and I will connect with you from the virtual waiting room. 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.

## Dates for Workshops

Workshops are offered on a rolling monthly basis, and you will be placed on the waiting list for the next available workshop. Invitations to workshops will be sent approximately a week before.

## 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

## 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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