

Project to Establish Professional-led tumour site specific cancer support groups in South East London Cancer Network December 2006 - November 2009

Breast Cancer Group

Prostate Cancer Group

Melanoma Group

Upper & Lower GI Cancers Group

Aims

- Scope existing sector (completed April 2007, 9 groups, plus generic groups in voluntary sector)
- Set up groups, plus support and clinical supervision (8 in years 1 & 2 and 4 planned)
- Design and deliver facilitator training (30 completed in year 2, badged by Kings College London)

'Being able to talk to others and ask questions has helped me feel less angry and helpless'

Evaluation Aims

- Assess user satisfaction
- Assess confidence in facilitation skills
- Training and supervision of facilitators can be modified as necessary
- Set guidelines and standards for good practice in running professionally led cancer Support Groups

'Being taught breathing techniques in the group has helped me to manage my fear by breaking it down into smaller pieces'

Why?

- To increase access to local support for cancer patients and their carers as required by:
- NICE guidance for Supportive & Palliative Care, Psycho-social needs levels 1-2. 2004
 - Cancer Reform Strategy, 2007, Survivorship agenda

'It's such a relief to know that I am not the only one struggling with these worries'

'I picked up valuable tips about diet which have helped me manage my stoma better'

Evaluation Method

- User satisfaction questionnaire; invite all group users to complete. To be offered 4 times at 3-monthly intervals
- Attendance records; name, age, gender, ethnicity, no of attendances
- Facilitator questionnaire pre and post training
- Discovery interviews for some users for greater depth qualitative assessment

'The group has been a lifeline both during and after treatment, when friends and family expected me to get back to normal , but I still felt terrible'

Preliminary Evaluation Results

30 trainees have shown an increase in confidence in most areas questioned, however some decreased scores, possibly suggesting they are more aware of complexities.
100% facilitators positive about training
100% users have reported 'Facilitators friendly and welcoming'

For further information please contact
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Lung Cancer Group

Gynae Cancers Group

Bowel Cancer Group

Brain Tumour Group