

An extended study of certain cancer patients by Dr David Spiegel and colleagues¹ found those patients who had been in a support group, on average, lived twice as long as the patients in the control group.

“There was a dose/effect relationship. The more support you got, the longer you lived, on average.”²

Further research has been undertaken by others with respect to different types of cancer.

1. *The Lancet*, October 14, 1989, p. 888

2. *Living Beyond Limits*, David Spiegel MD, Vermilion Press,

pp. 80-81

Contact us

Phone: 1800 10 11 20

Meetings are held every
Wednesday
from 9:30 am–12:30 pm
(except public holidays)
at
Uniting Church Family Centre,
52 Merthyr Road, New Farm.

Postal address
PO Box 606, Ashgrove
Qld 4060

Cancer Self-Help Group

Incorporated

**“I knew talking
about myself
and my cancer
would be
beneficial.”**

— Cancer Self-Help Group member



cancer self-help group

www.pubdata.com.au/csh

This group provides

- freecall phone information service
- access to counselling
- group meetings for people with cancer or their carers.

At meetings you can...

- be heard
- ask questions
- gain information
- share what is happening to you
- receive encouragement and support
- buy books through our bookshop
- communicate your feelings
- meet with others in similar situations
- use our library of books and tapes.

At each session...

we have time for sharing, being with one another, morning tea and a meditation. Sometimes we have a specific topic to discuss, or a guest speaker.

Our facilitators...

have each had a personal experience with cancer and with being a carer. They know the benefit of learning to help themselves and invite you to share that opportunity.

The Cancer Self-Help Group Inc.

This support group has met regularly since its inception in 1989. It exists to support men and women with cancer, and their carers.

There is no cost, but donations are welcome. The group is self-funded and all-volunteer; it is not dependent on external funding.

You are welcome to contact facilitators during the week between meetings.

The group is non-religious. Members respect each others' privacy, so all discussions are confidential.

Two groups can meet concurrently so that the person with cancer may share confidentially in one while their carer may share in the other.

A typical session can involve people sharing their jokes, their triumphs, their despairs, their questions, their joys and much of the important daily meaning of living.

Listening to how members work with their strengths is a wonderful source of inspiration. We find out that we, too, have more strengths, knowledge and abilities than we had imagined.

Please feel free to come to any session.

Why do people come to the Cancer Self-Help Group meetings?

“I wanted to share and be with people who were going through what I was going through.”

“Being from the country, I wanted to meet people.”

“I realise I am not the only one experiencing this. It gets me out and gives me a goal for the day.”

“It energises me. I value the laughs and the contacts.”

“I came to meet people who'd listen to a carer's view.”

“I know I need what this group gives: it varies, it's elusive and always just right for me today.”

“... genuine and unjudging support...”

“It sounded exactly what I needed to do for me.”

We aren't serious all the time.

When asked how cancer had changed her life one member, with a rod in her leg, replied laughingly, “Well, I've not done any bungy-jumping lately!”

Another member claimed, “I've got cancer, but it hasn't got me!”