Session choices

The following information is a guide to help you choose the most relevant sessions – we cannot guarantee exactly what will be covered by individual speakers.

BREAK OUT GROUPS

Adjusting / adapting to a life limiting illness
Many people find that a secondary diagnosis results in them taking time to think about their life and the things that are important to them. This may mean re-evaluating goals and adapting ambitions. For some younger women it may mean making the difficult decision not to have children. This session aims to provide a safe environment for you to discuss the impact your diagnosis has had on your plans and ambitions for the future and how this has affected you and your relationships. There will be time for group discussion and an opportunity for you to share your feelings and experiences.

Palliative care
Evidence shows that people benefit from having access to palliative and supportive care as early as possible after a diagnosis of secondary breast cancer. At the same time we know that these can be frightening words to hear and that services are widely misunderstood. This session will explain the aims of palliative and supportive care and how it can help to meet your physical, psychological, spiritual and social needs, from diagnosis onwards. There will be plenty of time to talk about your fears or concerns in a relaxed and supportive environment.

Relationships and communication
A breast cancer diagnosis can have a significant impact on relationships with friends and family. This session, facilitated by an experienced therapist, will be a chance to begin to explore how your feelings about others and your relationships with them may have changed. In this short session it won’t be possible to resolve all your issues but there will be a chance to think about what you most want to communicate and to who and some ideas that may help as well as where you can turn if you need further support.

Talking with/ supporting children
This interactive and supportive session will be shaped by your concerns and questions. It’s a chance to discuss what and how to tell your children and how to support them through the changes taking place in your family life. You may also explore how you talk with others who are involved with your children’s care and/or their futures and you’ll be signposted to further sources of support and information.

Sexuality and intimacy
This session, facilitated by an experienced therapist, will be a chance to talk about the impact of your breast cancer diagnosis and its treatment on current and potential intimate and sexual relationships. It may include suggestions on how to alleviate some of the side effects of treatment and loss of libido and will provide you with details about sources of further information and support.
WELLBEING SESSION

Laughter workshop
Laughter can help us to be healthier, happier and less stressed. In this session we will play some gentle games based on laughter and encouraging playfulness, and learn why laughter is important and how we can use it to help us in our lives. The main aim of this session is fun and there is no need to get changed.

Make up demo
Looking at tips and techniques for minimising side-effects such as skin changes, eyebrow and eyelash loss.

Physical exercise
It can be difficult to know what sort of exercise is safe and appropriate after a diagnosis of secondary breast cancer. This session will combine practical information and the chance to ask your questions with a gentle (but fun!) exercise session.