



“I felt like I was stuck in a bubble both on the outside looking in and on the inside looking out”

Chatterbox is an informal get-together group of cancer patients for cancer patients. We talk, share experiences and information, have a whinge, a moan and a giggle together, make new friends and have fun in a safe place.

Anybody with cancer is welcome.

Dont hesitate to contact us:
chatterboxcancergroup.co.uk
07505 904565

A few emotional tips from our experiences

- Find an outlet for your emotions. It is more than ok to cry, scream, shout, rage. Maybe find an isolated place to do so if you can. If not, that is fine too as long as you can let it all out again and again whenever needed.
- It is tricky how to tell people about your diagnosis. It is important to set boundaries from the beginning. You can't control the cancer, but you can control what you want to say, to whom and when or if you want to talk about it. Don't be afraid to tell people if you don't want to talk about your cancer.
- Keep in mind that everybody's cancer and everybody's treatment is different and therefore patient's experiences differ greatly.
- Some people said that it helped them to talk about their cancer to people who were not emotionally attached to them (complete strangers).
- Find a safe place and support - there are support groups around i.e. chatterbox. We giggle a lot in our get-togethers but of course we all share similar experiences and it feels good to be able to talk to others knowing they all understand because they've been there or are going through it right now. It's a place where you don't have to worry about feelings you might trigger in other people i.e. we often find it a tad exhausting sharing our worries/anxiety with our family/friends because we don't want to upset our loved ones by talking about it and upsetting them further.
- Now that you are a cancer patient it doesn't mean that the old 'you' has gone. You are still you and you are still there!
- You are not alone. There are so many people out there living with cancer - different cancers, different stages, different treatments.
- You may not be in control of your cancer, but you are in control of how to support your body and to help your mind as best as you can - be gentle with yourself. Be your own very best friend!

CHATTERBOX