

KINGS HEATH CANCER SUPPORT GROUP

I would like to invite people that would be interested in forming a cancer support group in Kings Heath.

Everyone knows somebody who has had or living with cancer, and there is a real need for these people to share their experiences, not only with each other, but also with like minded people.

The aim of such a group would be to give support in a variety of ways to those who have cancer, have had cancer, have a relative with cancer or have been bereaved through cancer.

Before the Support Group can start to function, we shall need a body of helpers willing to give a little of their time on a regular basis.

I should like to invite people to get in touch with me. People with experience of various relaxation techniques, dietary knowledge, counselling and other therapies are particularly welcome, but we shall also need people with a capacity to listen and to undertake typing and administration.

Kings Heath needs such a group to help those people we have mentioned to break out of the feeling of isolation that is often experienced; to let them know they are not on their own and that there are many practical ways and much good information to enable a person to concentrate her or his resources to fight back.

In order for the group to start functioning and to be really effective we must first organise a dedicate army of helpers.

Any one interested can telephone **Patricia** on **7111966** .