

CANCERVIVE

If you would like to get in contact with us, please use the details below. We are here to help.

**telephone:** 0845 438 6418

We will be available to answer your calls

**Mondays 7pm - 9pm and**

**Thursdays 8pm - 10pm.**

Messages can be left outside of these hours.

**email:** [info@cancervive.org.uk](mailto:info@cancervive.org.uk)

**website:** [www.cancervive.org.uk](http://www.cancervive.org.uk)

**address:** 41 Western Road  
Hurstpierpoint  
West Sussex  
BN6 9SU

Our meetings are held at The Triangle Healing Centre in Cuckfield. Triangle Health Centre is situated adjacent to the Old Chapel on the Old Hospital site in Cuckfield.

Registered Charity No. 1125809



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Offering help from personal experience for family, friends and colleagues of cancer patients

## We are a self-help group for family, friends and colleagues of cancer patients.

"Personal experience showed me that there was a huge gap in the service, support and advice available to people who are themselves closely involved with supporting others with cancer. So if you are a carer, friend, colleague or know someone who has cancer and you need someone to talk to then we are the people to contact. We can offer you help and support from personal experience."

**Paul Huggett - Founder**



## Getting support

**Group 1** - is for anyone who knows someone who has been diagnosed with cancer, or who has undergone treatment and not yet recovered.

**Group 2** - is for those whose loved one's treatment has not proved to be successful and who are having to come to terms with the difficult outcome.

**Group 3** - is for those who are dealing with bereavement due to cancer.

At each meeting there is the opportunity to express thoughts and feelings in a supportive and caring atmosphere.



## Meet us

**Paul** - My first wife Pam had cancer for four years and my second wife Bridget had cancer for six years. The day a loved one is told they have cancer is a day you will never forget. To me it felt like my worst nightmare was just beginning. Instead of facing the nightmare and looking after your loved one alone, having nobody to talk to who understands your deepest thoughts, why not come to us? We are non-medical ordinary people who have been where you are now. [paul@cancervive.org.uk](mailto:paul@cancervive.org.uk)



**Rebecca** - Cancervive has been set up in memory of my mum, Pam and my step-mum, Bridget whom I miss every day. I hope that by setting up Cancervive we can help others get through a hard time, as the Family, friends and colleagues are often the ones who are forgotten yet suffering just as much but in a different way. [rebecca@cancervive.org.uk](mailto:rebecca@cancervive.org.uk)

**Charles** - I have known Paul for just over two years and knew Bridget for just over a year, having discussed the aims of the charity I was very pleased to be able to join in this very worthwhile undertaking, I really think we can make a difference. [charles@cancervive.org.uk](mailto:charles@cancervive.org.uk)



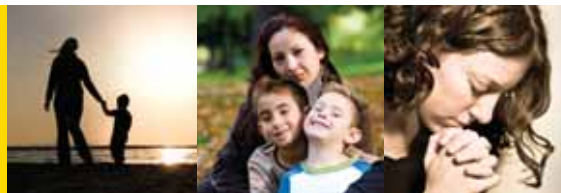
**Maggie** - I had lost my mother to cancer in 2006 and have also had friends with cancer, so I have a little understanding of the thoughts and feelings that can arise when someone we know or love is diagnosed. My hope is, that by being part of this organisation, I can simply be a listening ear. [maggie@cancervive.org.uk](mailto:maggie@cancervive.org.uk)



**Terri** - Paul's plans seemed an ideal opportunity for me to test out my new counselling skills and seeing his enthusiasm I volunteered to join the group. [terri@cancervive.org.uk](mailto:terri@cancervive.org.uk)



You're not alone - We offer help from personal experience.



## We run support groups and help is available on the phone.

We see the Zinnia flower as a symbol of the numerous people cancer can affect. The centre being the cancer patient and the petals around the edge being the people it affects.



Each group meets once every three weeks at the Triangle Healing Centre in Cuckfield.

Please contact us for details of dates and times.

At every meeting there will be at least two representatives from Cancervive, one of whom will have been in a similar situation to yours.