

Head and Neck Cancer Support

Members of our group have already been there, worn the T-shirt and are making the Journey from diagnosis, through treatment and on into recovery. Most are leading normal and fulfilled lives again.

The cancer Journey is not always an easy one, but our volunteers and associated trained nurses can tell you how procedures feel, and how they coped. They can give you information and realistic expectations as you start your Journey.

Sometimes following treatment, help and support may be needed to help you cope with possible side effects.

A temporary feeding tube may be needed. Some of our members and volunteers have already dealt with this and will be able to help with any concerns you may have.

Family and friends are naturally affected too. We have members who have supported a loved one through the cancer Journey. They can tell you how they coped, and encourage and help you deal with your situation.

“Cancer is a long and hard journey, but you don’t have to walk the road alone. You will meet many good people who are there to help and guide you on the road, they will find you when you are least expecting it!”

Chris Curtis, H&N cancer survivor 2016.



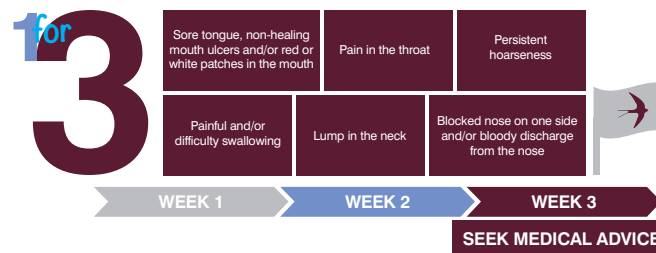
Patients & Carers

If you are reading our leaflet;

- You may just have been diagnosed.
- You may have a relative, friend or be a carer for someone with Head and Neck Cancer.
- Perhaps you know someone affected by this illness.
- You may be receiving or have recently completed treatment.
- Perhaps you would like to share your experience with others in a similar situation.

Whatever your situation, the good news is **“YOU ARE NOT ALONE”**

The charity was formed so that people with Head & Neck Cancer, their families and carers, can meet to help each other and be supported through the emotional and physical effects of the Cancer Journey, from first diagnosis, throughout treatment and life afterwards.



The Swallows

Head & Neck Cancer Support Group
Registered Charity Number : 1149794

Support for all affected by

HEAD & NECK CANCER

Patients, carers & family members



You're not alone
Please join us ...



We Support
The **FIGHT**
Against
Head & Neck Cancer

For more details contact the Welfare Office
info@theswallows.org.uk

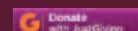
24/7 Support line:
07504 725 059

For more information call:
07779 169 833

www.theswallows.org.uk

www.facebook.com/theswallowscancersupport

@swallowsgroup



www.justgiving.com/theswallows

Blackpool Teaching Hospitals NHS
NHS Foundation Trust

WHO are 'The Swallows?'

'The Swallows' is a registered charity, formed by cancer patients to help and support fellow sufferers and their carers.

We reach out and offer support 24/7 (07504 725 059). We can offer help on a one-to-one basis or in a group situation, and can signpost to other third party services if this is required. Our Charity is run by patients, carers, family and friends, so everyone understands the problems following the diagnosis and treatment of cancer.

We are known as 'The Swallows' because of the difficulty many people have with swallowing, following treatment for Head & Neck Cancer.

New members are welcome to join us from 7pm on the second Wednesday of every month to share experiences and help in any way we can. Everyone affected by cancer is welcome.

WHAT do we do?

Help each other and anyone else who is affected, directly or indirectly, by Head & Neck Cancer

Offer one-to-one or group support

Be available in clinics or GP surgeries to help patients and carers.

Advise on locating reliable literature, information and locally available resources

Signpost links to other groups in different areas and recommend trusted websites for people at home

Raise funds for items to help patients, carers and hospitals.

24/7 help line answered by patients and carers offering a like-minded person to talk to.

Why invite Carers?

Most couples have a lot on their plate. Whether it's paying the bills or juggling work and family, it can be hard to find time for each other. But when cancer happens to one of you, things can get a whole lot harder.

Suddenly there are a million more things to do - organising care, sharing your home with nursing staff, dealing with an army of medical professionals. It's important to acknowledge that caring for the person you love can put strain on your relationship.

There is another side though. Many couples who have dealt with long-term illness will tell you how it has brought them closer and deepened their love in ways they never thought possible. But everyone is different, and much may depend on the nature of the cancer you are dealing with. The group will help you with your Journey as a carer.

Our Meetings

Meetings are held on the 2nd Wednesday of every month from 7pm. Join the Friends of the Swallows and support our charity. Full details can be found on the website or by calling **07779 169 833**.

Quote from a patient:

Dear Chris, Just a note to say that I enjoyed the meeting last night. It is always good to know that you are not alone in your experience. Everyone was so welcoming and I look forward to the next meeting.

(Patient)

What have we helped with so far?

- Purchased 24 Voice Boards for patients
- Christmas Hampers for patients
- Specialist equipment for our local hospitals
- Sent a patient to Germany for pioneering treatment
- 24/7 Support Line
- Monthly Patient & Carers meetings
- Actively campaign to get boys vaccinated against HPV

What Next?

Being part of a group gives you the opportunity to talk openly with other people affected by cancer in a supportive environment.

View our website for useful links and contact details.

We have talks and discussions by professionals and others with an interest in the support and treatment of this type of cancer.

It's an opportunity to meet like-minded people and get to know new friends in an informal way.

Fundraising

- You can receive and wear our Charity Ribbon (Donate £1).
- Donate directly to the group.
- Donate raffle prizes for our fundraising events.
- Volunteer to help at fundraising events.
- Why not take on a team or personal challenge and raise funds.
- Why not ask your school or work place to nominate our charity for a 'Dress Down Day'.
- Donate clothes & furniture for our Charity shop on The Crescent in St Annes.

Why not get involved? You will have fun, meet new friends while helping the group raise the funds it needs.

For further information contact info@theswallows.org.uk

donations wanted CHARITY SHOP

WE URGENTLY REQUIRE:

- Clothing • Furniture •
- Household Items • Bric-A-Brac •

WE'RE READY FOR YOUR CALL

WE COLLECT FOR FREE AT FLEXIBLE TIMES TO SUIT YOU
MOST ITEMS ACCEPTED

The Michael Stenhouse Centre,
68-70 Waterloo Road, Blackpool FY4 1AB
01253 428 940

Head and Neck Cancer
Support

www.theswallows.org.uk

24/7 Support line:

07504 725 059