

# Cancer Coach

Support for people living beyond cancer



At Cancer Support UK we know that cancer takes its toll not just physically, but emotionally too. Many people who have experienced cancer continue to struggle with anxiety, low mood or isolation – sometimes even for months or years after the physical treatment has ended.

Cancer Coach is there to help people through the next important stage after treatment – resuming life after cancer.

Cancer Coach is a series of six weekly peer support group sessions held via video call or telephone. Run by our own Cancer Coaches, the sessions take participants through a series of strategies, techniques and exercises, which can help them on their recovery journey.

Cancer Coach is available free of charge to anyone over the age of 18 who has completed treatment for cancer. Participants can be based anywhere in the UK.

## Cancer Coach benefits:

- **Connect and share** with others who have been through similar experiences with cancer
- **Understand negative emotions** and learn strategies to manage them
- **Build resilience**
- **Improve confidence** and build self-esteem, both during the programme and beyond
- **Take back control** of their lives and look positively towards the future
- **Tips and exercises** to use at home

Find out more at: [www.cancersupportuk.org/cancercoach](http://www.cancersupportuk.org/cancercoach)  
Email: [cancercoach@cancersupportuk.org](mailto:cancercoach@cancersupportuk.org) or call 020 3983 7616