

“FORCE – a local charity, funded by local people for local people.”

About FORCE

Since 1987 FORCE and its supporters have raised over £17 million.

Almost £900,000 was raised specifically to build a dedicated Cancer Support Centre, located in the grounds of the Royal Devon & Exeter Hospital, Wonford.

The Charity funds:

- FORCE Cancer Support Centre Services
- Pioneering local cancer research*
- State of the Art equipment

Anyone treated for cancer locally is almost certain to benefit from the work of FORCE.

Open

Monday, Tuesday, Wednesday, Thursday and Friday:

9.30 am to 4.30 pm

Late evenings on Wednesdays:

9.30am to 6.30 pm

Closed on bank holidays.

*Research that does not involve animals or animal testing

Force Cancer Support Centre
Corner House
Barrack Road
Exeter EX2 5DW

Tel: (enquiries) 01392 406151

Tel: (charity office) 01392 402875

Tel: (charity shop) 01392 271652

Email: forcefr@forcecancercharity.co.uk

www.forcecancercharity.co.uk

FORCE Support Services are FREE and include:

- A warm welcome
- Somewhere to wait before a hospital appointment
- An information Library
- Oncology Support Nurse
- Oncology Support Specialists – for emotional and psychological support
- A range of complementary therapies
- A range of support groups
- A wig fitting service
- Stocks of scarves and other head ware (for sale)
- Relaxation Classes (and CDs for sale)
- Look Good Feel Better Workshops

To run these services FORCE continues to rely on:

- Voluntary Donations
- Friends of FORCE fund-raising groups
- Fund-raisers/sponsors
- The Award Winning FORCE Charity Shop, Heavitree



Registered Charity No. 1140676

*working locally to support anyone
affected by cancer ~ face to face*

local support groups

“it’s good to chat to others –
you know you’re not alone”



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local support groups

Cancer brings about change in people's lives. Hearing that you have cancer can be a distressing experience. A diagnosis is often accompanied by a range of different emotions which can prove challenging to face alone.

Through shared experiences and mutual understanding, support groups can: Help reduce isolation & strengthen your abilities to cope
Groups are either self-help (run by patients and carers themselves with occasional input from healthcare professionals) or run by healthcare professionals for patients and/or carers. Some groups are for people with a specific cancer.

Site-Specific Support Groups

Brain Tumour Support Group

This group is for patients and carers and is held on the 1st Friday of the month 1.00pm–2.30pm. For details call David Haq ☎ 07711 597165

Gynaecological Support Group

This group meets monthly and is for patients only. For details call Nurse Specialists Gail or Jackie ☎ 01392 406552

Head and Neck Cancer Support Group

Meets on the 1st Thursday of the month. 10am–12pm.
For details contact Joy Higgs ☎ 01392 402215

Laryngectomy Support Group

This group is held quarterly and is for patients only. For further details call Claire Higgins ☎ 01392 402489

Oesophageal Patients and Carers Support Group

The local Exeter support group meets on the last Friday of the month at 1.00pm. For further details call Nurse Specialist Frances Robinson ☎ 01392 402775

Pancreatic Cancer Support Group

This group is held bi-monthly on Tuesdays 12.30pm–2pm.
For details contact Frances Robinson ☎ 01392 402775

All groups meet at the FORCE Cancer Support Centre.

Breast Cancer Support Groups

As breast cancer is currently the most commonly diagnosed cancer in women, we provide various support groups which can offer a chance to meet others. These groups are all facilitated by healthcare professionals.
For further information call the Breast Care Nurses ☎ 01392 402707 or Sarah Delfont, Oncology Support Specialist ☎ 01392 406169

Younger Women's Breast Support Group

As breast cancer is less common in the under 50's there are specific issues like fertility and younger families and for this reason we offer a group for women under 50. This drop-in group is held on the 2nd Wednesday in the month. 1.30pm-3pm. For further information please call Stella King ☎ 01392 406168 or Mary Allen ☎ 01392 402707

Secondary Breast Cancer Support Group

This group is specifically for any woman who has received a diagnosis of secondary breast cancer. It will offer an opportunity to discuss the issues and challenges that you may be facing in a supportive environment. This group is held one Wednesday each month between 1.30pm and 3.30pm. Please contact Alex Moseley for more information ☎ 01392 406168

BRCA 1 & 2 Gene Carriers Support Group

We are offering a regular support group for women who have been identified as carrying the BRCA 1 or 2 gene fault. Receiving a result which confirms that you carry a BRCA 1 or 2 gene fault can raise some very challenging personal and family issues and the group provides a safe environment in which to discuss these. The group is held quarterly. **This is NOT a drop-in group.**
For further information telephone Anne Searle ☎ 01392 405731

Please note that a Drop-in Group means that you do not have to pre book and can simply come to one session or every session. Please try to come at the start of the session and stay until the end. This enables the group to feel safe and confidential.