



Sandville
Self Help Foundation

Cancer Support

If you, a family member or a friend have been diagnosed with cancer...

Come and join our support group

Where?

The Sandville Self Help Foundation

When?

1st Wednesday of Every Month
6:00pm - 7:30pm

No appointment needed!

The team at the Sandville Self Help Foundation aim to:

- Provide individuals and family members with an opportunity to meet and give mutual support around a cancer diagnosis and treatment.
- Give people an opportunity to talk openly about their experience with cancer knowing that others are listening and have been through experiences that are similar.
- Share practical information and signpost to other support services.
- Enable people to build new friendships and support each other.



“

I felt lost and alone even though I had great support from my family and friends.

I needed to find people who felt the same as me and to stop feeling so alone since my cancer diagnosis and treatment.

I felt that nobody understood how I felt until I came here and met people who had the same feelings of being alone and lost.

”

Emma age 43



Sandville
Self Help Foundation

Cymorth Cancer

os ydych chi, aelod o'ch teulu neu ffrind
wedi cael diagnosis o ganser...

Ymunwch â'n grwp cymorth

Ble? 

Sefydliad Hunangymorth Sandville

Pryd? 

Y dydd Mercher 1af o Bob Mis
6:00pm - 7:30pm

Nid oes angen apwyntiad arnoch!

Mae'r tîm ar Sefydliad Hunangymorth
Sandville yn anelu at:

- Rhoi'r cyfle i unigolion ac aelodau teulu i gyfarfod a rhoi cymorth i'w gilydd ynghylch diagnosis a thriniaeth cancer.
- Rhoi'r cyfle i bobl siarad yn agored am eu profiadau â chanser gan wybod bod eraill yn gwrandao ac wedi bod drwy brofiadau tebyg.
- Rhannu gwybodaeth ymarferol a chyfeirio'r bobl i wasanaethau cymorth eraill.
- Galluogi pobl i feithrin cyfeillgarwch newydd ac i gefnogi ei gilydd.

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Roeddwn i'n teimlo ar goll ac yn unig er fy mod yn cael cymorth gwych gan fy nheulu a'm ffrindiau.

Roedd angen i mi ddod o hyd i bobl roedd yn teimlo'r un fath â fi ac i stopio teimlo mor unig ers fy niagnosis a thriniaeth cancer.

Roeddwn i'n teimlo nad oedd neb yn deall sut roeddwn i'n teimlo nes i mi ddod yma a chyfarfod pobl a oedd yn profi'r un teimladau o unigrwydd a bod ar goll.

”

Emma 43 oed

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@SandvilleSelfHelpFoundation