

Joanne's Story

My name is Joanne, and I am currently receiving treatment for breast cancer. I was diagnosed in July. It's not actually the first time that we've had cancer in our family. We've had cancer twice before, with one sister who passed away in 2009, and another sister who had lymphoma 20 years ago.

I would say, for anyone facing cancer or any member of the family, the first thing to do is to look outside the family, to go to just someone not involved. Charis has been amazing. I came here, initially, for a reflexology appointment, and the therapist suggested that I go to counselling because it wasn't something that I was considering at that time because I was just really quite low. So, I took her advice and I started going to see the counsellor here, who I have found to be amazing. It's helped me a lot to come to terms with things.

I think it's just the same benefits for a carer because it takes you outside of your...of your family. It takes you outside of all the emotion.

Coming from the two viewpoints of being a carer for a cancer patient and also being a cancer sufferer, if you're carer and you try and avail of support, it takes a lot of pressure off the cancer sufferer because they think that you're actually taking care of yourself in some way.