

WHO ARE WE?

Involve are an infrastructure charity delivering a range of services and projects throughout Bracknell Forest and Wokingham to support the voluntary, community and faith sectors.

Involve offers support via training, funding advice, development and support work, assisting start-up organisations, instigating community projects and volunteering.

The Cancer Support Network has been established as a community project by Involve to reach out to people affected by cancer in the Wokingham borough.

The Cancer Support Network is supported under the umbrella of Involve through the **Community Navigator scheme**, one of the projects delivered by Involve. Community navigation provides additional non-medical help and support to give a better sense of wellbeing, social inclusion and independence.

The Community Navigation service is free and available on the phone or online.

With Community Navigation we can talk through and signpost you to helpful services, support, hard to find information and explore what is available to support you.

We work alongside other resources bringing together a range of services to enable people in the local community to find the support they need in one place.

The service is delivered through the Community Navigation Scheme as the main contact point from **Monday – Friday, 9.30am – 4pm**. Alternatively there is an online resource via Facebook and Twitter:

f @CancerSupportWBC **t @NetworkCancer**



CANCER CHAMPIONS

Wokingham Cancer Support Network

www.involve.community/cancer/
reception@involve.community
01344 304404

f @CancerSupportWBC
t @NetworkCancer
@cancer_support_wbc

involve
MAKING A DIFFERENCE LOCALLY
IN BRACKNELL FOREST & WOKINGHAM BOROUGH

Have you been
affected by **cancer**?

We are here to help.



CANCER CHAMPIONS

Wokingham Cancer Support Network

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The Wokingham Cancer Support Network has been established to support people living in and around the Wokingham borough that are affected by cancer.

Meeting other people with similar experiences can be invaluable. Self-help and support groups offer a chance for people to talk to others and come together to share experiences and concerns.

HOW DOES THE SCHEME WORK?

The aim of this project is to support people in a range of ways, including direct peer-to-peer voluntary support, monthly group meet-ups, an online chat facility and an information/signposting hub.

HOW DO I ACCESS THE NETWORK?

If you are newly diagnosed, living with cancer or have recently left treatment then we can help. If you are caring for someone with cancer, we can help.

People can access the service through a referral. This is a simple process and will only require sharing some contact details and some background information to help us support you.

A referral may come to us through a GP, health professional, family member or by making a self-referral. Simply contact the office by telephone or email, alternatively you can access the website to find out more.



MEET-UPS

Group support is available so that people can come together on a regular basis in a friendly, informal, safe setting to share experiences and support each other on their journey.

PEER-TO-PEER

Cancer Champion Volunteers are recruited and trained to deliver direct support in the home or where needed. They will be able to lend a listening ear as well as help with some tasks such as shopping, light gardening, driving to appointments or anything that is needed for a short time. Volunteers will commit to supporting you weekly for a few hours over an agreed time period.

ONLINE SUPPORT

Social media support will be encouraged, this will be delivered through Facebook and overseen by trained volunteers/champions. A closed group forum will be available, creating a safe space for those looking for support online and outside normal working hours.

SIGNPOSTING

Have you got something you're worried about but don't know who to ask? As long as it's not a specific medical question we can support you by signposting you to services that may be able to help through our information hub in partnership with the Community Navigator scheme.

VOLUNTEERING

We want to reach out to as many people as we can to offer a range of ways to support those affected by cancer.

We are recruiting volunteers to help us deliver a range of support. Tasks and responsibilities will vary depending on how you would like to get involved. We have a number of options.

Cancer Champion Volunteer

Peer-to-Peer support will offer direct support to someone who is receiving medical treatment or has completed treatment and left hospital recently. As a volunteer you will receive professional training to support you in your role. You will be asked to make a regular commitment to help a person you will be matched with. This will vary around discussions and the needs of the person being supported.

Network Volunteer

We are asking for volunteers to support the scheme by helping out at the monthly meet-ups. This will involve being part of the volunteer team but on a less formal basis. Opportunities may vary and as workshops are introduced could involve further tasks.

Online Volunteer

We are looking for volunteers to help us with our online community. This opportunity may develop but at this stage we may have an admin support role as well as roles monitoring and interacting with people accessing the closed discussion group.

If you are interested in any of these roles please get in touch.

**[www.involve.community/cancer/](http://www.involve.community/cancer/reception@involve.community)
reception@involve.community
01344 304404**