



# **Fear of Recurrence & Living with Uncertainty Group Programmes**

Supporting those living with and beyond cancer



# Beatson Cancer Charity offers two separate group programmes for those faced with the challenges of living with or beyond a cancer diagnosis: Fear of Recurrence and Living with Uncertainty.

## Fear of Recurrence

Cancer survival rates are increasing with changes in treatment options. When active treatment for cancer ends and regular contact with clinical staff decreases, this can lead to new struggles. One of these can be fear of cancer recurrence.

It is normal to experience fear of cancer returning or progressing, and these fears usually reduce as time goes on. However, for some, this fear can be:

- **Overwhelming.**
- **Significantly impact ability to find enjoyment and meaning in life.**
- **Triggered by follow-up scans, news reports and after effects of treatment, such as fatigue.**

The **Fear of Recurrence** programme is designed to help people better understand and manage these worries and feelings in their day-to-day life.

The sessions teach a range of coping skills including worry management techniques, health education, including signs and symptoms of recurrence, and when to seek medical advice.



## Living with Uncertainty

A cancer diagnosis is a traumatic and life changing experience which brings uncertainty about what the future holds. Different factors increase uncertainty, such as:

- **Receiving a rare cancer diagnosis.**
- **Living with incurable cancer.**
- **Receiving new or experimental treatment options and more.**

The uncertainty caused by a cancer diagnosis affects people differently and no two situations are the same. For some, this uncertainty can feel manageable and for others it can bring a range of difficult emotions and have a negative impact on quality of life.

The **Living with Uncertainty** programme aims to help people living with cancer develop skills to lead a full and meaningful life alongside their condition. The sessions focus on identifying important values, learning how to manage difficult thoughts, and committing to meaningful change.



**"I CERTAINLY THINK YOUR COURSE PLAYED A MAJOR PART IN MY TURNAROUND AND I WILL BE FOREVER GRATEFUL YOU WERE THERE FOR ME."**

Anna, former Fear of Recurrence group participant

## Is this support right for me?

Anyone with a diagnosis of cancer can get in touch to find out if either of these group programmes is right for them. The group programmes:

- **Use an Acceptance and Commitment Therapy approach to live well alongside the distress caused by cancer.**
- **Are 6 weeks long and participants attend a 2-hour session each week.**
- **Are a maximum of 10 participants per group.**
- **Are run either in-person or virtually via Zoom by a clinical psychologist and facilitator.**

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**“I HAVE LEARNED SO MUCH AND FEEL TRANSFORMED AND IT HAS EVEN INSPIRED ME TO MAKE RECENT RADICAL CHANGES IN MY LIFE. I WOULD LIKE TO ENCOURAGE MANY MORE PATIENTS TO ATTEND IF THEY CAN.”**

Susan, former Fear of Recurrence group participant

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## **GET IN TOUCH**

If you would like to find out more about whether these workshops would be right for you or someone you know, please visit our website or contact us by email or telephone.

**Phone 0141 212 0505**

**Email [supportservices@beatsoncancercharity.org](mailto:supportservices@beatsoncancercharity.org)  
[www.beatsoncancercharity.org](http://www.beatsoncancercharity.org)**

