

**A LUNG CANCER  
DIAGNOSIS CAN LEAVE  
YOU FEELING ANXIOUS,  
UNINFORMED AND  
ALONE.**



ROY CASTLE  
LUNG CANCER  
FOUNDATION

**WE'RE HERE TO HELP.**

# WE'RE HERE FOR YOU - WHENEVER YOU NEED US - HOWEVER LONG YOU NEED US FOR.

## ONLINE SUPPORT SESSIONS

Whether you're a lung cancer patient, supporting someone or have been affected in any way by lung cancer, join us and meet people in similar situations.

Our sessions are run by experienced facilitators who provide a relaxed and confidential space to share, offload, learn and laugh.

Sessions are fortnightly and you can join as many as you please.

Some of the topics we cover include:

- Managing during treatment (mutation driven, surgery and immunotherapy sessions)
- Living with lung cancer
- Caring for someone with lung cancer
- Body breathing: supportive breath work
- Managing during & after surgery.

## KEEP IN TOUCH SERVICE

We provide a Keep in Touch service, by phone and online, where we'll keep in touch fortnightly or once a month (your preference!) and be there for as long as you need us with impartial advice and emotional support.



ROY CASTLE  
LUNG CANCER  
FOUNDATION

Reg. charity number Eng. and Wales 1046854  
Scotland SC037596 - Isle of Man: 1277

Call us now on:

**0800 358 7200** (option 2)

(UK only): Monday – Thursday 9am – 5pm / Friday 9am – 4pm

or email: [lungcancerconnect@roycastle.org](mailto:lungcancerconnect@roycastle.org)