

Someone Like Me

Donna Gibbs

breast
cancer
care

Betty



Betty was the first telephone support volunteer. Here are her words from publication ***“Life, here I come!”***

“A volunteer is someone with whom a woman can identify because she has a very real understanding of a shared experience of breast cancer. Volunteers are good listeners—knowing when to talk and when to listen”

What is Someone Like Me?

Confidential telephone or email support from someone that has been in a similar position, someone who understands and has been trained to help...

- A chance to talk away from friends and family
- Emotional support and practical tips
- Sharing experiences
- Non judgemental
- Support in making decisions



NOT: befriending, counselling, medical advice.

Who is the service for?

People that have or have had primary breast cancer (including recurrence and second primary)

People who are undergoing genetic testing or who have an altered BRCA gene (with or without BC diagnosis)

Friends, partners and family members



Who does the actual support? - Trained Volunteers

We have approximately 170 volunteers of different ages and experiences.

They are trained to offer telephone and email support.

They are provided with ongoing training and support by the Someone Like Me staff team.

How the telephone service works

Referral & Assessment of needs

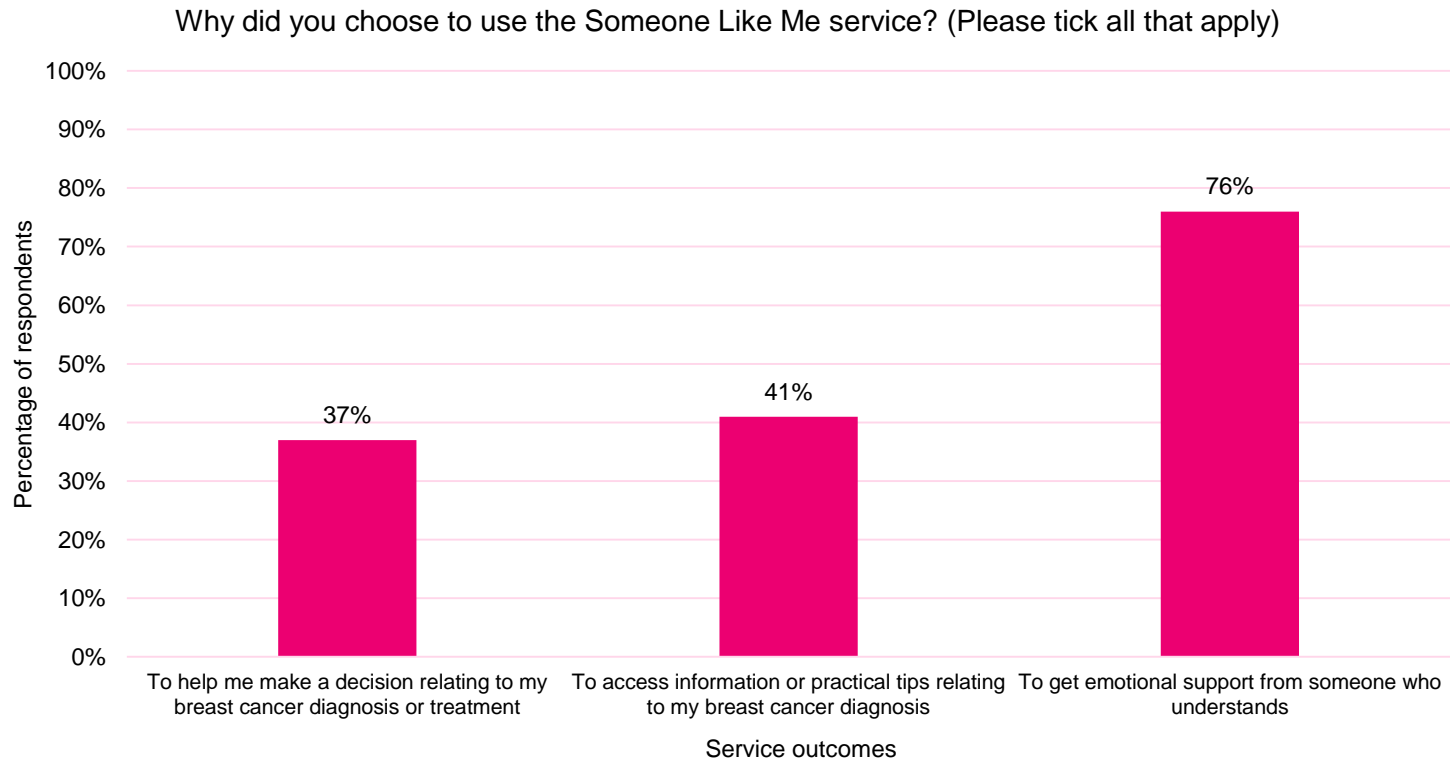


Volunteer matched & support starts



Support ends & evaluation is sent

Why do people use the service?

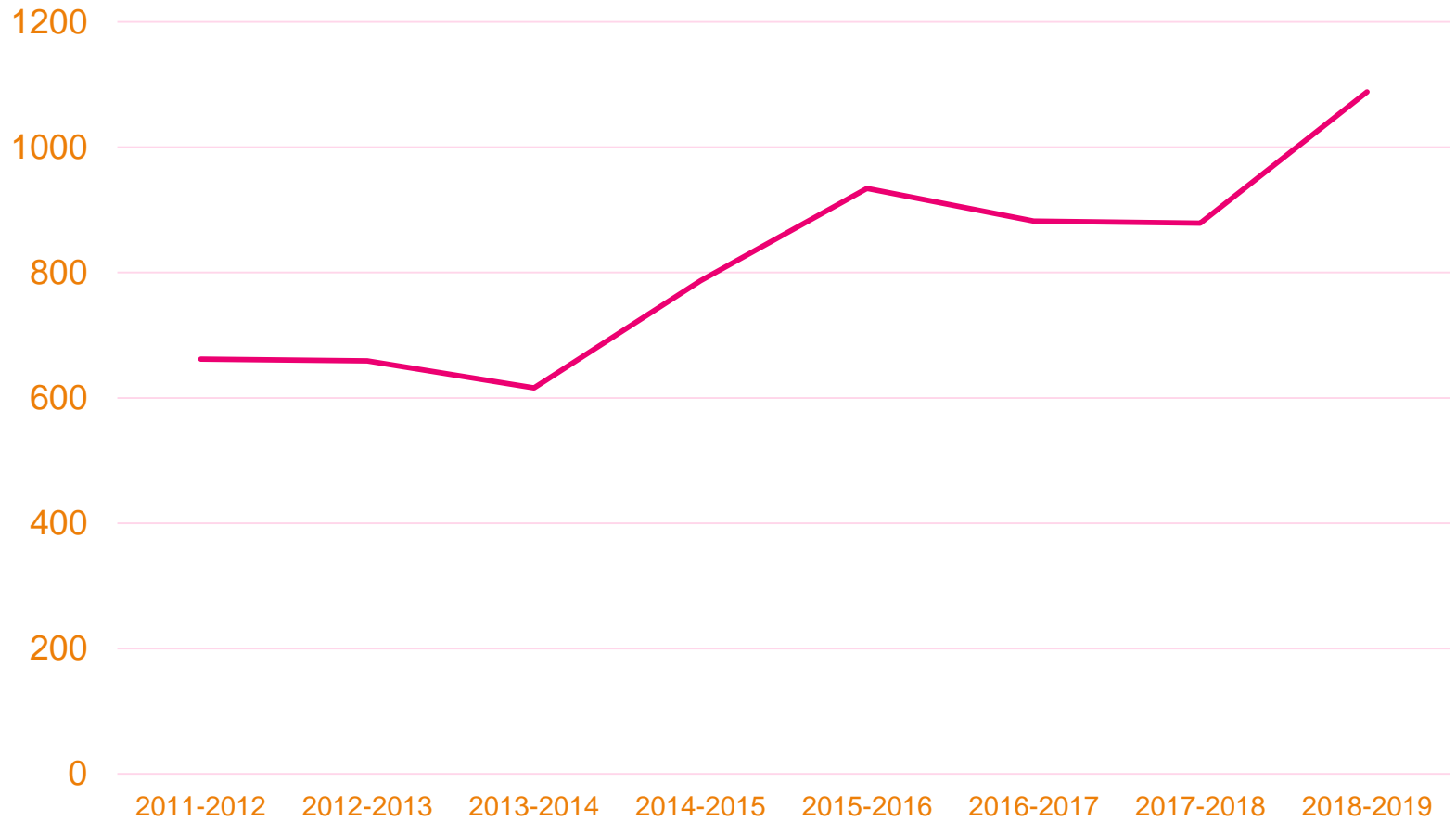


Why are they matched to their volunteer?

Reconstruction	210
Surgery	146
Diagnosis	131
Emotional Issues	79
Hormone Treatment	75
Chemotherapy	67
Moving Forward	39
Other Category	23
Caring for Children	21
Genetic Diagnosis	21

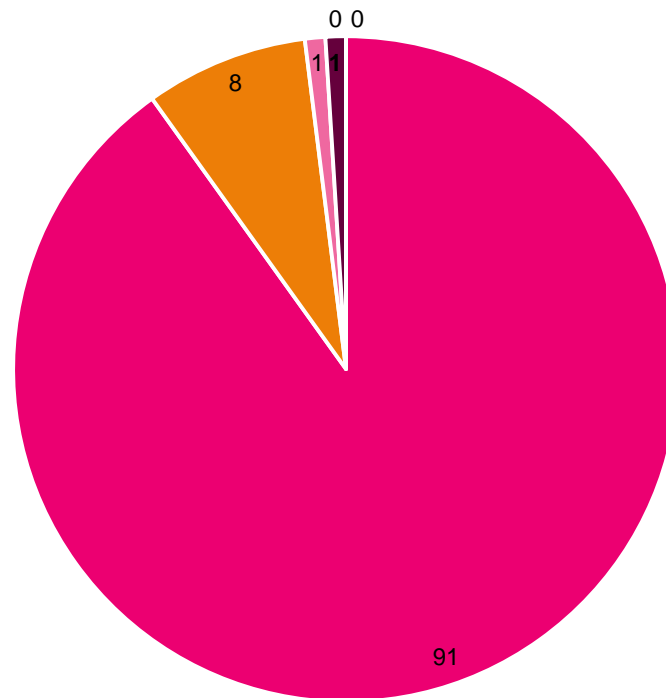
Radiotherapy	21
Herceptin	18
Treatment Choice	18
Age	14
Relationship issues	13
Employment/Financial	12
Living Alone	12
Partner/Family Member	12
Fertility	11
Lymphoedema	5
Sexuality	3

Number of Matches



How likely would you be to recommend the service to others?

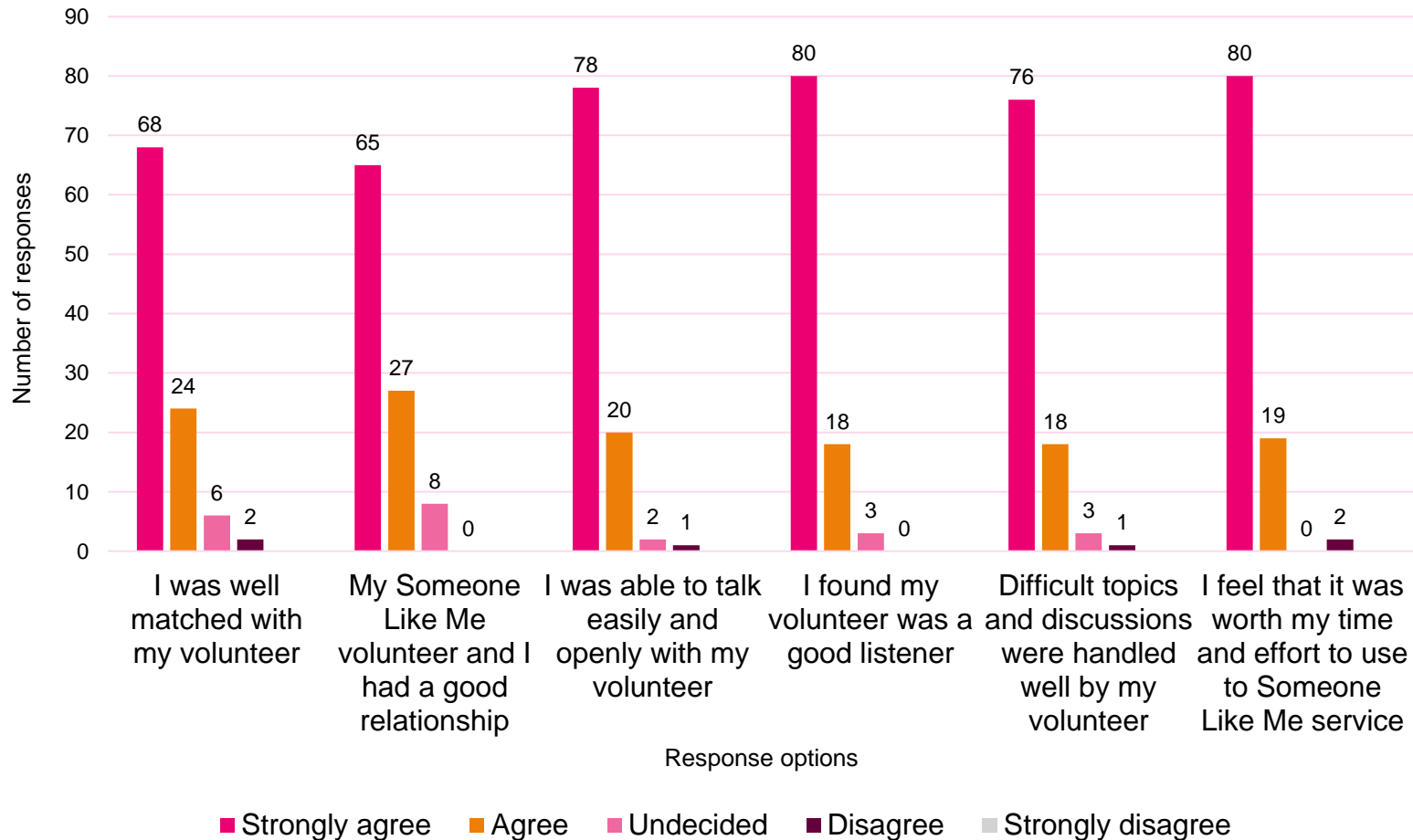
Please consider your overall experience of Someone Like Me. How likely would you be to recommend this service to other people if they needed similar care and support?



■ Extremely likely ■ Likely ■ Neither likely nor unlikely ■ Unlikely ■ Extremely unlikely ■ Don't know

Your experience of talking to a Someone Like Me volunteer

From the list of statements below, please indicate what your experience of talking to your Someone Like Me volunteer was like



What was the influence/effect of using Someone Like Me? (5 themes)

1. Impact on treatment related decision making
2. Reassurance, looking to the future
3. Help to cope emotionally and psychologically
4. Practical support
5. Knowing what to expect as a result of the volunteer's experience

Meet a Someone Like Me Volunteer

Liz Ritter

breast
cancer
care

Testimonials :

Client Feedback:

“At a time when I was most anxious and unsure about my treatment and the future I found the help and advice I received helped me through a very difficult time enabling me to feel more in control and less anxious”

“So helpful to hear the reality of a breast reconstruction from someone who has been through it. Helped to make the whole thing much easier to understand and less scary.”

“It gave me an insight into what I'd feel like coming out the other side of treatment, and she gave me lots of practical tips and advice for during treatment such as where to buy a wig & how to cope with side effects.”

Questions?

