

# Majorca gets English-speaking Cancer support group

● Reverend Robert Ellis and Dr. Michael Stoma have both been very enthusiastic about the idea.

As well as wanting to hear from recovered and current cancer patients, Briton also needs to find a place where the group can hold regular meetings.

by STAFF REPORTER

*Palma.*— For many years scores of Majorca's foreign residents have had nowhere to turn for support and advice when they hear the dreaded words, "you have cancer". Now a group of past and present cancer sufferers are trying to ensure that the disease no longer has to be suffered in silence.

British qualified counsellor, Krista Hyer, was recently approached by an English lady currently undergoing chemotherapy treatment at Palma's Son Espases, "it would be so helpful to have something like the Macmillan support centres they have in the UK," she said, "there are so many questions I have that other patients might be able to answer, for example, what's the best product available in Spain for the itchy scalp you get when your hair falls out? The care in Majorca is second to none but there are other aspects to this disease too." Krista didn't

hesitate to log on to the Macmillan web site where she discovered that the organisation actively helps people to start their own self-help and support groups, and provides new groups with training, information and advice. Brooke Quinteros, a Macmillan speech and language therapist for people with head and neck cancer, said "I could never adequately describe the benefits a support group gives to patients, carers and professionals alike," she went on to explain that "a friendly, informal, supportive atmosphere really helps to boost confidence, provide insight and establish long-lasting friendships for all involved."

Rev. Robert Ellis of Palma's Anglican Church



## Cancer Support Group

Living with and after cancer

Majorca-based British carer is looking for help to help others.

and Portals-based Dr. Michael Stoma were both enthusiastic about the idea that something was finally being done to alleviate some of the trauma for patients and carers of this modern scourge.

### Sufferers

"Sufferers can experience the whole range of emotions from anger and denial to intense loneliness and hopelessness when they are diagnosed," Krista explained, "they may need information about eating well or the physical changes they are experiencing, or need advice for financial or relationship problems they are suffering as a result of their condition, the Cancer Support Group will be ready to listen and help as

much as possible." As well as wanting to hear from recovered and current cancer patients, Krista also needs to find a place where the group can hold regular meetings. Calvia Town Hall have been approached and were eager to aid the new group and they are looking into providing a free room. However, there is a feeling that a cosy back room in a bar or restaurant where group members could buy coffee and snacks might provide a kinder atmosphere in which to meet. Anyone who is interested in finding out more about the group or who could offer a suitable venue should contact Krista on 661 080 101 or email [krista-hyer@gmail.com](mailto:krista-hyer@gmail.com) or get in touch through Facebook.