

Peer and support services in 2021

Lymphoma
action 

Inform | Support | Connect

Our support services are available for anyone affected by lymphoma whether they have lymphoma themselves or they are a family member, friend or carer. Our services include a helpline, online support meetings, closed Facebook group and a Buddy Service. Below is their impact and reach in 2021.

1,755

Helpline
Service
interactions

2,491

Closed
Facebook group
members

280

online
support
meetings

46

Buddy
links
made

Online support meetings



280

online
support
meetings

1,715

attendees
at meetings

198

new people
joined
meetings

3

Special Focus
Meetings held
(topic-specific
meetings)

75

people
attended
special focus
meetings

Top 5 impacts of the helpline



Individuals:

felt grateful for the contact



were able to safely express their emotions



felt that they were given time to talk



found the interaction helpful



were able to develop their own plan of action

Buddy Service

51

Buddy
requests

80

Active
buddies

'I feel less alone in going through everything when I talk to others in the group.'

Online support meeting attendee



'I've found being in this group enormously helpful in the short time I've been here - even just knowing I'm not the only one facing this has helped.'

Closed Facebook group member



'Thank you so, so, so much for your help. I feel like I have been able to find my voice, thank you.'

Helpline Service user



Closed Facebook Group

7,190 Posts

111,000 Comments

8 Coffee mornings **160** attendees

36 individuals receive 'check in & chat' calls from volunteers each month



Lymphoma Action is a charity that has been providing information and support to people affected by lymphoma for over 35 years. Together we can make sure no one faces lymphoma alone.

www.lymphoma-action.org.uk