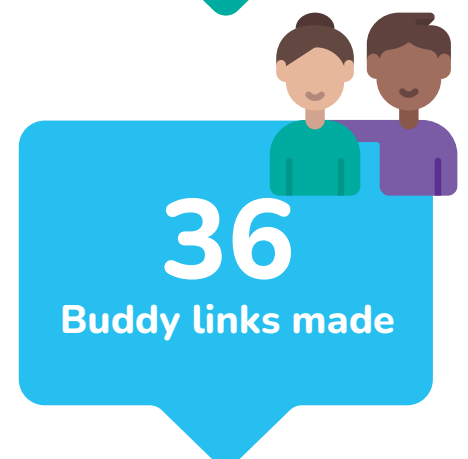
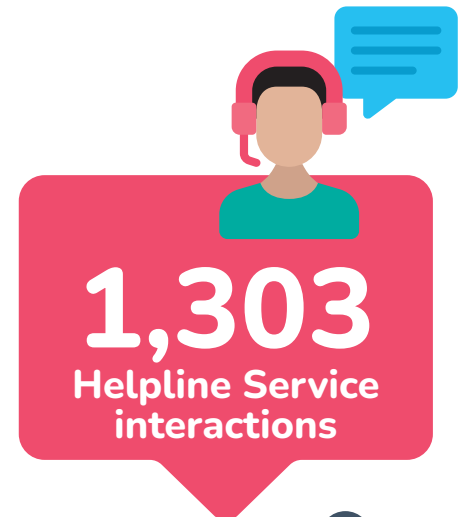
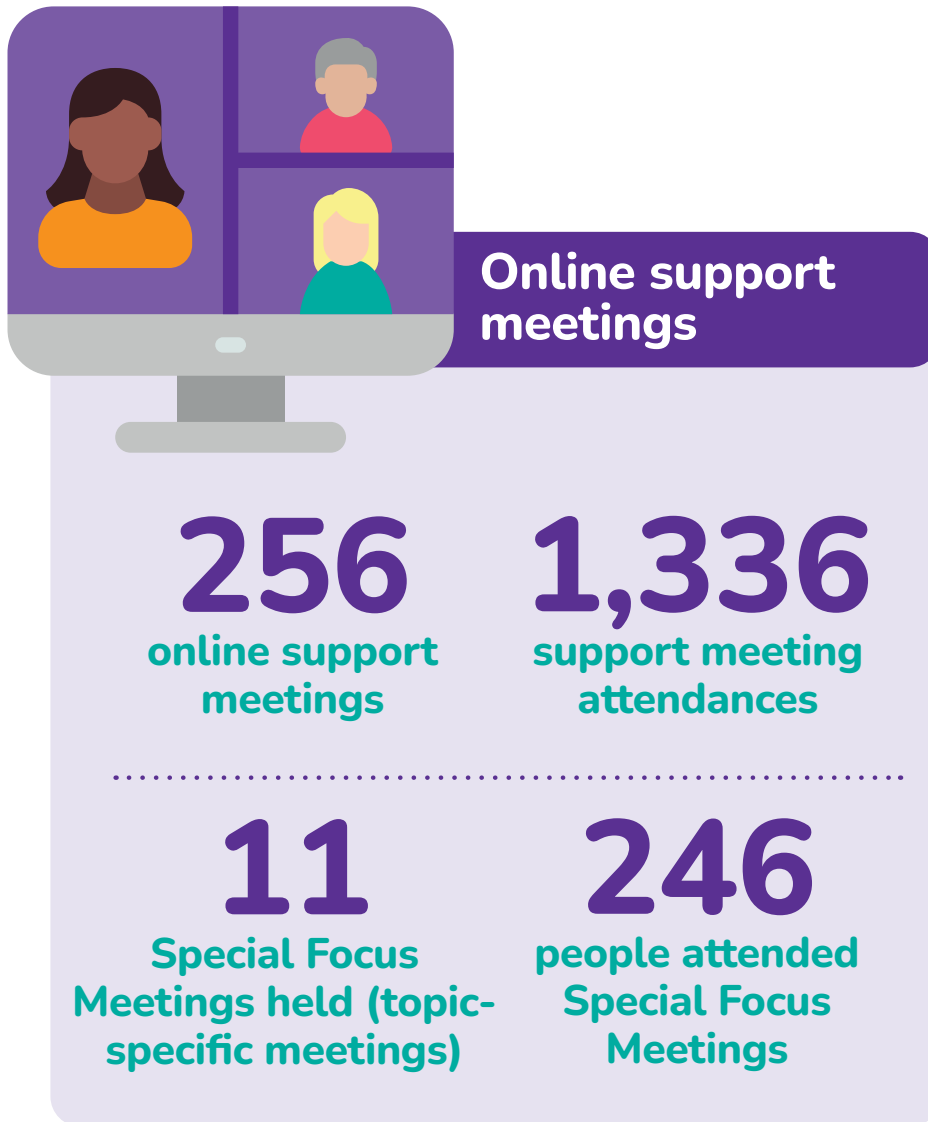


# Peer<sup>and</sup> Support Services in 2023

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 online support meetings, a closed Facebook group and Helpline and Buddy Services. Below is their impact and reach in 2023.



“ I found the meeting very helpful, thank you and will join you next time. It was helpful to hear different stories.

Online support meeting attendee

“I have been uplifted just by talking with you. It is the first time I have felt able to shed any tears.

Helpline caller



## Buddy Service

48

Buddy  
requests

19

New  
Buddies

67

Active  
Buddies



## Closed Facebook Group

842  
new members

6

coffee  
mornings

59

coffee morning  
attendees

## Top 5 impacts of the helpline



### Individuals:

Felt grateful for the contact

Found the interaction helpful

Were able to safely express  
their emotions

Felt that they were given  
time to talk

Felt that they had a plan of  
action due to the interaction

“I don't feel alone. It's as if there is a lighted room full of kind friends. Always there to listen and support.

Closed Facebook group  
member