

PATCHATT

What is the point of a support group?

A life-limiting illness can lead individuals to feel disconnected, both from their former self and from family and friends.

It can be good to get together with others who have similar issues, who understand what it is like to live with a long-term illness.

How is a PATCHATT group different?

A PATCHATT (Patients Changing Things Together) group gives participants the opportunity to meet online for six, 45 minute sessions, to listen to one another and offer support. Participants' carers can attend if needed.

Participants have told us that they want something more than this however. They want an opportunity to make a small, do-able change, for themselves and for others in a similar situation.

PATCHATT facilitators therefore encourage participants to support one another to share something they feel strongly about, to plan what they want to do about it and to take action to bring about a change.

What sort of change?

Participants have brought various concerns to the group such as:

"My family won't talk to me about my illness and it's upsetting me".

"I'm sick of repeating the same information every time I go to an appointment".

"I want to give each member of my family something to remember me by but I'm too tired to sort it all out".

The planned change can be big or small - it is up to each individual and what matters to them.

Who are the facilitators?

PATCHATT facilitators are volunteer members of the PATCHATT Community Group who believe that, with a little peer support, we can all change our lives for the better, no matter where on life's journey we are. Some of us have our own experience of life-limiting illness. We do not offer advice. Instead we support group members to find their own way forward.

If you would like further information about PATCHATT support groups, currently free to participants, please contact us for a chat:

patchattcommunitygroup@gmail.com

PATCHATT

Supporting one another
to make a do-able
change



Sounds interesting?