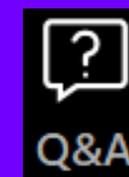


Pancreatic cancer and emotional wellbeing

Lea Booth, Simon Walker & Tara White
3rd February 2026

Housekeeping

- **Follow up:** the recording from this session will be shared with you in the next couple of days via email, along with links to useful resources.
- **Q&A:** please send your questions in via the Q&A box at the bottom of your screen
- **Captions:** select 'show captions' in the bottom of your screen for live captions.
- **Feedback:** at the end of the event, we'll share a link to a 3-minute feedback form. We'd really appreciate any feedback you can give to help us improve future sessions.



Welcome and introductions

Lea Booth and Simon Walker
Nurse Specialists at Pancreatic Cancer UK

Tara White, Centre Head, Maggie's

Getting to know you...

What areas of your life have been impacted by pancreatic cancer?

- Emotional
- Physical
- Spiritual
- Mental
- Financial
- Other

Have you accessed any support for your wellbeing so far?

- Yes, I have
- No, I haven't

**Are you in touch with
anyone else going through
something similar?**

- Yes
- No

**How does pancreatic cancer
tend to affect people's
wellbeing?**

How does pancreatic cancer tend to affect people's wellbeing?

Pancreatic cancer can affect all areas of your wellbeing, and these areas can all impact each other.



What emotions do people affected by pancreatic cancer tend to experience?

What emotions do people affected by pancreatic cancer tend to experience?

You may go through **lots of different emotions** when living with pancreatic cancer or supporting someone. The **emotions you feel may change over time.**

Common emotions to experience include:

- Loneliness or isolation
- Anxiety or fear
- Upset, distress or anger
- Confusion or overwhelm
- Hopelessness
- Loss of control

What are some ways to boost wellbeing?

What are some actions that can help to boost wellbeing?

Different things work for everyone, and you may already be taking small actions to boost your wellbeing, without knowing it.

- **Physical wellbeing**

- A warm bath
- Gentle exercise
- Small acts of self-care

- **Emotional and mental wellbeing**

- Naming and accepting emotions
- Talking and listening
- Journalling
- Talking to others and sharing your experience, e.g. joining Circles

- **Spiritual wellbeing**

- Connecting with your spiritual beliefs
- Talking to a spiritual leader

- **Financial wellbeing**

- Contacting a service for support and advice
 - Pancreatic Cancer UK Support Line
 - Maggie's
 - Citizens Advice Bureau

Grounding exercise –

5-4-3-2-1

5: things you can see

4: things you can touch

3: things you can hear

2: things you can smell

1: thing you can taste



Who can you contact for support?

Pancreatic Cancer UK

Specialist Nurse Support Line

Monday – Friday, 9am-4pm
(10am-4pm on Wednesdays)

- Call 0808 801 0707
- Email nurse@pancreaticcancer.org.uk
- WhatsApp 07418 304789

Find and download **free information**
on our website:
www.pancreaticcancer.org.uk

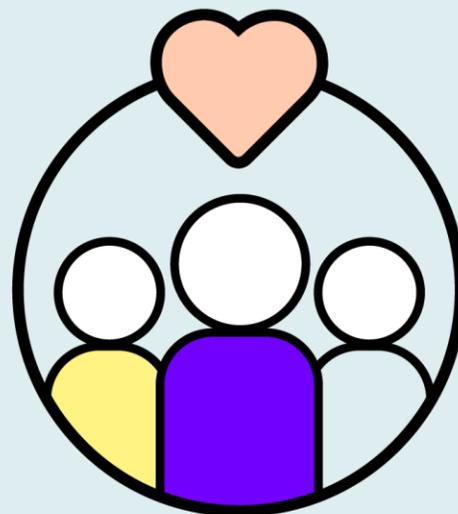


Support from Maggie's

- **Main helpline:** Call 0300 123 1801 (Mon-Fri, 9am-5pm) for general support and to arrange callbacks.
- **Email support:** enquiries@maggies.org.
- **Online resources:** Find information on cancer types, treatment, mental health, and bereavement through their website.
- **Benefits advice:** Request a call from a Benefits Adviser via their website or local centres.
- **Centre locator:** Find your nearest centre for more local, in-person or virtual support



Talking to others and finding community



CIRCLES



What is Circles?

Circles are peer to peer support groups, for people like you to connect with others sharing similar experiences.



Are the groups online?

Yes, you'll have the option to join a dedicated WhatsApp group for people from today's session. If you would prefer to join a group on Facebook, let us know.



Who is in the group with me?

After this webinar, you will be able to join a group with those who signed up for today's event, so you can connect with others and share your experiences.

This will be people living with pancreatic cancer or supporting their loved one.

**Want to
chat to
others who
'just get it'?**



*“I was scared when I was diagnosed but **Circles helped me find support from people who are experiencing similar emotions.**”*

“It is just so good to know there are people there for you”

**What questions do you have
for us?**

