

## Managing difficult conversations: Family, intimacy and sense of self

### - Resource Hub

#### Supporting Children

- Cancer Research UK – Guidance on talking to children about a cancer diagnosis: <https://www.cancerresearchuk.org/about-cancer/coping/mental-health-cancer/talking-children>
- Macmillan Cancer Support – Information and advice on discussing cancer with children: <https://orders.macmillan.org.uk/search?type=product&q=talking+to+children>
- Cancer Fund for Children – Support for children and young people in NI and ROI affected by cancer: <http://www.cancerfundforchildren.com/>
- Fruit Fly Collective – Helpful information and tools for families: <https://fruitflycollective.com/>
  - Parenting With Cancer Coaching Programme: <https://www.fruitflycollective.com/coaching>
  - Support for Parents Talking to Children: <https://www.fruitflycollective.com/talking>
  - Family Toolkits and Booklets: <https://www.fruitflycollective.com/toolkitsandbooklets>
- Hope Support Services – Support for young people aged 11–25 with a family member who is seriously ill: <http://www.hopesupport.org.uk/>
- The Osborne Trust – Emotional and practical support for children and young people: <https://theosbornetrust.com/>
- Winston's Wish – Support for children with a parent who has a serious illness or who are bereaved: <http://www.winstonswish.org.uk/>
- Ruth Strauss Foundation – Supporting families facing an incurable cancer diagnosis: <https://ruthstraussfoundation.com/>

#### Spiritual Support

- Opening the Spiritual Gate – <https://www.openingthespiritualgate.net/>
- Below are a series of workshop videos filmed through a collaboration between Kingston Hospital NHS Foundation Trust's Chaplaincy, Pastoral and Spiritual Support Services, and the North Central London Cancer Alliance, North East London Cancer Alliance, and South East

London Cancer Alliance, exploring the spiritual aspect of cancer from the patient's point of view and for staff and volunteers involved with cancer care.

- Exploring Spiritual Wellbeing – Patient workshop exploring meaning and experiences:  
<https://www.youtube.com/watch?v=fL8xJzaw5DM>
- Wellbeing and Personal Resilience – Staff workshop on resilience and compassionate care:  
<https://www.youtube.com/watch?v=StByxhj7JA8>
- Spiritual Wellbeing and Holistic Care – Approaches to supporting spirituality in holistic cancer care:  
[https://www.youtube.com/watch?v=8hrc000\\_T\\_M](https://www.youtube.com/watch?v=8hrc000_T_M)

### **Bereavement Support for Children and Young Adults**

- Grief Encounter – Support for children and young adults, including helpline: <https://www.griefencounter.org.uk/>
- Young Minds – Information for young people on grief: <https://youngminds.org.uk/find-help/feelings-and-symptoms/grief-and-loss/>
- Winston's Wish – Bereavement resources for children: <https://www.winstonswish.org/>
- The Good Grief Trust – Information and support for young people: <http://www.thegoodgrieftrust.org/>
- Child Bereavement UK – Resources and helpline for grieving families: <https://www.childbereavementuk.org/>
- NSPCC – Guidance on supporting children through grief: <https://www.nspcc.org.uk/advice-for-families/family-bereavement-how-to-support-children-through-grief-and-loss/>
- Cruse Bereavement Support – Information for young people dealing with grief: <https://www.cruse.org.uk/get-support/supporting-children-and-young-people/>

### **Support for Healthcare Professionals**

- Macmillan – Difficult Conversations guidance for HCPs: <https://www.macmillan.org.uk/coronavirus/healthcare-professionals/difficult-conversations>
- Ulster University's work on Family-centred Cancer Care: <https://www.ulster.ac.uk/research/topic/nursing-and-health/caring-for-people-with-complex-needs/cancer/family-centred-cancer-care>
- Royal College of Nursing (RCN) – Self-care information: <https://www.rcn.org.uk/employment-and-pay/Health-safety-and-wellbeing/Self-care>

- Shiny Mind – Wellbeing app co-created with the NHS:  
<https://shinymind.co.uk/>
- Headspace – Meditation and mindfulness app (NHS discount):  
<https://www.headspace.com/>
- Unmind – Wellbeing platform (free to NHS staff until 30/06/2026):  
<https://unmind.com/>
- NHS Staff Mental Health & Wellbeing – Text SHOUT to 85258 for support.
- Macmillan Support Line – Emotional support for staff (0808 808 0000).
- ESMO Resilience Task Force – Recommendations for reducing burnout:  
<https://www.esmo.org/about-esmo/organisational-structure/esmo-task-forces/resilience-task-force>
- OncoLink : Self-Care Series for Oncology Professionals:  
<https://www.oncolink.org/healthcare-professionals/o-pro-portal/articles-about-cancer-treatment-and-medications/self-care-series-for-oncology-professionals>
- Sternberg’s Theory of Love – A theory uniquely describing love as based on 3 interconnecting scales: intimacy, passion and commitment.

### **How to find support for your patients**

- Cancer care map – an online resource to help you find cancer support services in your local area: <https://www.cancercaremap.org/>
- Working with cancer – Support for employees, employers, the self-employed, job seekers and carers to manage cancer and work:  
<https://workingwithcancer.co.uk/>
- Circles – Peer support groups hosted via WhatsApp and Facebook, run by Pancreatic Cancer UK to help patients and their loved ones connect with others: <https://www.pancreaticcancer.org.uk/support-for-you/circles/>