

BACK TO LIFE CANCER SUPPORT

Support for anyone affected by cancer



SAMANTHA HOLT Cancer Support Coach

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The role of a Cancer Support Coach



A what??



A Cancer Coach? What's that?



Who is Sam Holt?



What qualifications do I have?

What experience do I have?

What knowledge do I have?

What makes me a good Cancer Support Coach?



Who is Sam Holt - NHS



Nuclear Medicine & PET imaging

What is Nuclear Medicine?

- Nuclear medicine is a safe and painless technique which provides medical images of the body. Nuclear medicine imaging procedures often closely resemble those used in the diagnosis of disease, sometimes further problems are apparent with other diagnostic tests.
- Nuclear medicine uses small amounts of radioactive materials (radioisotopes) to help in the diagnosis of disease. The radioisotope is taken up by the body and is called a "tracer" or "probe". It provides information about the way the body is working by looking at the pattern of the uptake.
- Radioisotopes are kept in the body for a short time, usually a few hours, before being excreted.

What does the scan involve?

- During most nuclear medicine examinations, you will be asked to lie on a scanning couch.
- The area being scanned is then placed under the camera's head. They will come close but they will not touch you and you should not feel anything from them.
- The camera head will move around you in a circular motion or scan your body with the camera head and move slowly, other than that you will not feel anything from them.
- You will not be asked to lie on the couch for long.
- You will be with us for the scan at all times.

What are the common tests performed?

- To analyse kidney function and drainage.
- To image blood flow and function of the heart.
- To scan lungs for blood flow and other respiratory disorders.
- To scan bones for fractures, infections, arthritis, etc.
- Bone scanning.
- To locate the presence of infection by white cell scanning.
- To measure thyroid function to detect or monitor thyroid gland.
- To measure kidney function for accurate chemotherapy doses.

Nuclear medicine treatments

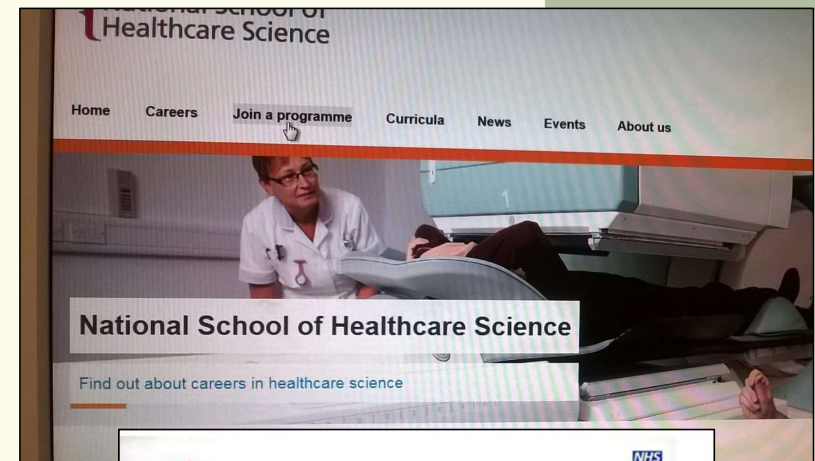
- Thyroid disorders.
- Bone pain.
- Bone pain relief and swelling.

How do I get the results of the scan?

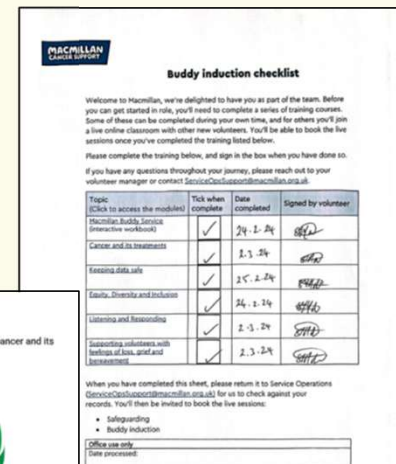
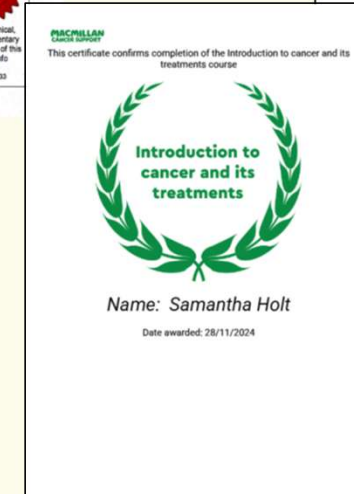
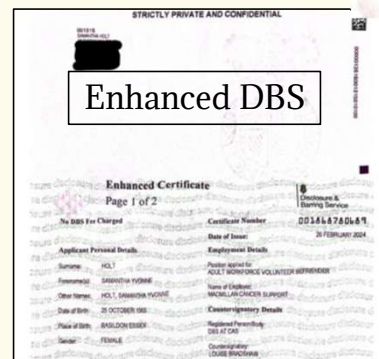
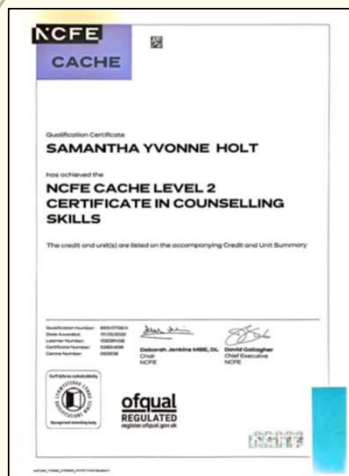
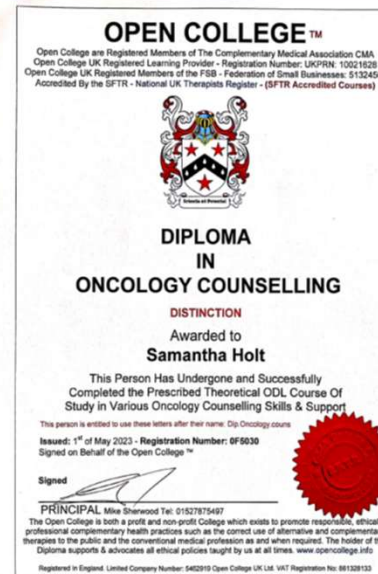
- The images taken are reported on by a radiologist.
- The results are then sent to the consultant who ordered the scan.
- The results will then be sent to the consultant who ordered the scan.
- Your hospital consultant will get involved to give you the results of the scan at your next clinic appointment.

Image of scanner used in nuclear medicine procedure

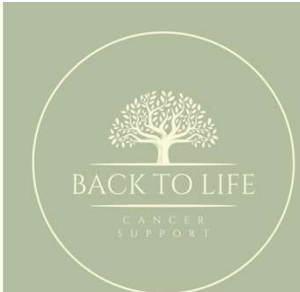
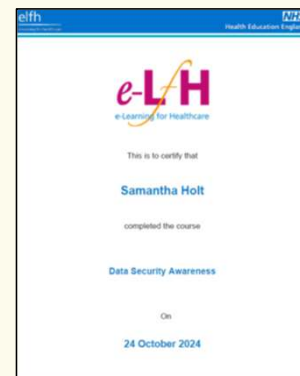
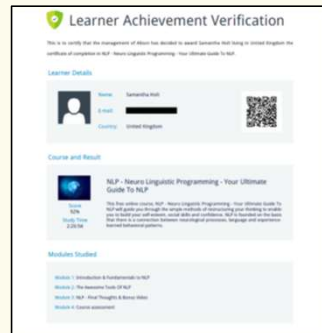
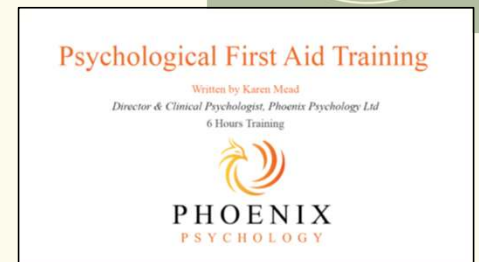
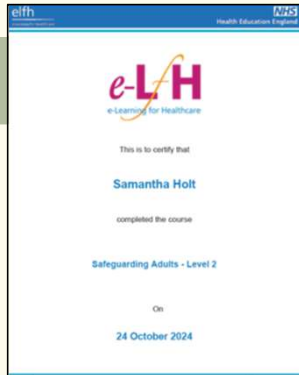
Some common scans are shown on this image



Who is Sam Holt – Cancer Support Coach




Who is Sam Holt - CPD



Who is Sam Holt – Local cancer support group



Back To Life Cancer Support
Support for anyone affected by cancer



**FIND SUPPORT
FIND COMMUNITY**

**You don't have to go
through cancer alone**

Join us at our next support group!
We offer tea / coffee, chat and support.
Sunday 7th September at 10:30am

Worcester Therapy Space
19 Foregate Street
WR1 1DS

www.backtolifecancersupport.co.uk
email: backtolifecsuk@gmail.com
phone: 07341 195741



Samantha Holt
of
Back To Life Cancer Support



Nicole Hopkins
of
Lavender Therapy

Support, Education, Awareness



Dear

Thank you for your interest in our cancer support group.

By signing up for our courses, you will receive valuable support with many aspects of living with cancer. While we understand that the NHS covers the treatment, we focus on helping you with your daily life while dealing with cancer.

Course Dates
Our support group will run over six months, with one session per month starting on 7th September 2025.
Other dates for the course are as follows:

19th October
2nd November
7th December
2 further dates to be agreed

Course Leaders
The course will be led by:
Samantha Holt - Back To Life Cancer Support
Nicole Hopkins - Lavender Therapy, Droitwich

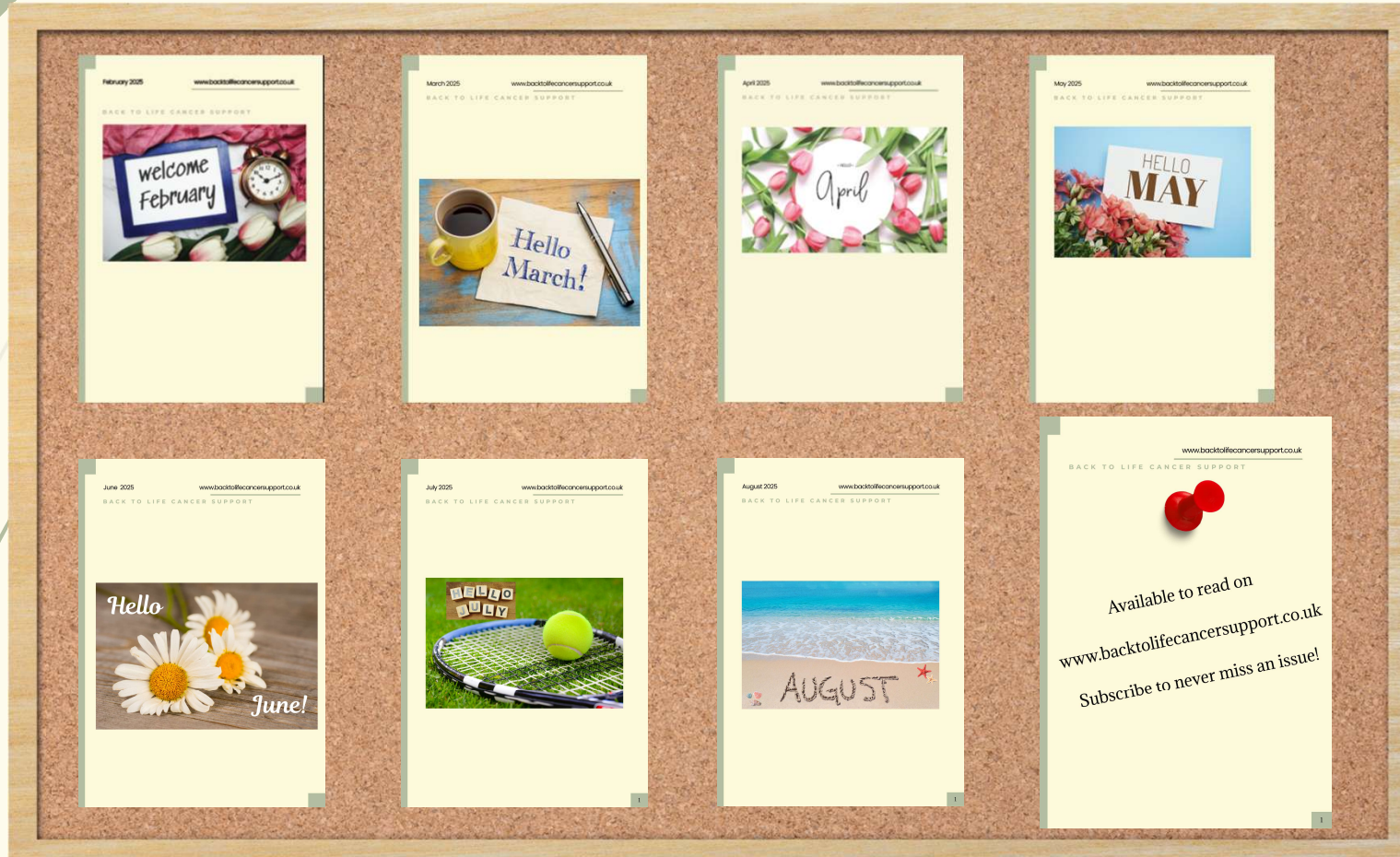
Course Content
We offer open group discussions to create a supportive community. In addition, you'll discover new mindset tools and simple tips that can help make your experience more positive.

WhatsApp
If you wish to join our WhatsApp group, please let us know your name and phone number. This group is for communication and support between sessions.

We hope you find the sessions interesting and informative. Please let us know if there is anything you would like us to cover.

Best wishes,
Sam & Nicole

Who is Sam Holt - Newsletters



Available to read on
www.backtolifecancersupport.co.uk
Subscribe to never miss an issue!

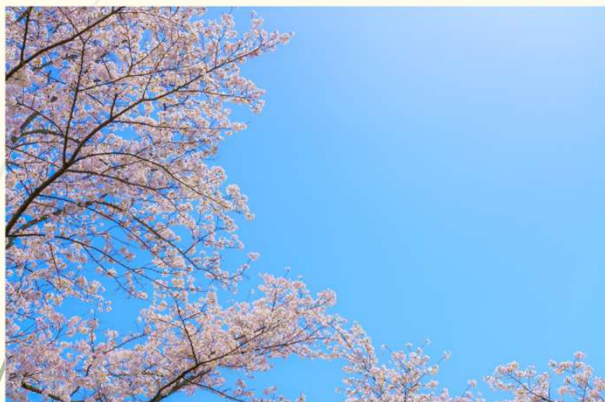
What is a Cancer Support Coach?



“A cancer support coach provides emotional and practical support to individuals who have completed cancer treatment, offering coping strategies, resilience-building techniques, and a safe space to connect with others with similar experiences. The goal is to help participants manage post-treatment anxiety, rebuild confidence, and take positive steps toward their future after cancer.”

A guide, a cheerleader, and sometimes a translator for medical jargon!

When you have just been diagnosed...



When you have just been diagnosed...



SHOCK

Cancer??

CONFUSION

Medical
jargon

OVERWHELMED

Treatment plans
Tests
Biopsies

All the above emotions and any others you feel are perfectly normal

When you have just been diagnosed...



The role of the Cancer Support Coach

- Take a breath
- Process together
 - what was the most confusing or overwhelming thing you heard?
 - Was it a medical term, a rushed explanation or simply the word cancer itself?
- Give you the time and space to take in what has been told to you
- Explain what to expect to remove the fear of the unknown

Example: a lady looking after her husband

Oncology means cancer

Going through treatment...



Maybe have a dedicated "cancer diary"

Going through treatment...



Emotional ups and downs

Loss of control



Going through treatment...



The role of the Cancer Support Coach

Support in decision making

- A coach won't decide anything for you or advise you
- Helps you clarify what matters most to you
- You will be able to weigh up the options in a supportive space
- Help you feel grounded rather than overwhelmed
- Help you with waiting room anxiety with mindset tools and breathing exercises

Example: a lady organising her life

Keep a treatment bag with you

After treatment ends...



Appointments

Tests



Scans

Looked after



After treatment ends...



Back to normal life...



After treatment ends...



The role of the Cancer Support Coach

Together, we look and explore your “new normal”

- You’ve changed
- Your values & beliefs may have changed
- What matters to you most now
- How to deal with the emotional ups and downs
 - Keep a journal



Example: a lady who likes this version of herself

After treatment ends...



The role of the Cancer Support Coach



- Together, we will plan for follow-up appointments
 - mindfulness, breathing
- Look at routines that support recovery & healing
 - Self care
- Re-engage with life – dog walk, partying?

The end of treatment is just the beginning of another stage of your life

Supporting family and friends



Reactions - anger, fear, overprotect, awkward...

- What to say and what not to say
- Be specific in help
- Just listen
- Be a steady presence

Supporting family and friends



The role of the Cancer Support Coach

Support – being strong, positive, always available

An outlet for feelings and thoughts

Feeling helpless

Taking care of yourself puts you in a better position to support others

Often, it's not the big dramatic gestures—it's the simple, steady presence.

A Cancer Support Coach? What's that?



Cancer doesn't come with a manual.

From the beginning with the cancer diagnosis, through treatment, to the end, every stage is filled with both emotional and practical challenges.

A Cancer Support Coach is there to stand in that middle ground: not your doctor, not your family, but a steady partner who will help you sort through the noise and find your next step.

A Cancer Support Coach? What's that?



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