

REHABILITATION ATLAS

An inventory of
**CANCER REHABILITATION
PROGRAMMES AND ACTIVITIES**
used by cancer leagues
across Europe



About The ECL Patient Support Working Group

Since 2007, the ECL Patient Support Working Group (PSWG) connects cancer care experts who share knowledge and work together on developing best practice guides and informational materials to raise awareness and improve the quality of cancer care in Europe. The PSWG focuses on a wide range of issues, including access to insurance and financial services, return to work, caregiver support, sexuality and relationships issues, cancer rehabilitation and palliative care. PSWG members strive to make patients' voices heard in national and European decision-making.

About the Atlas

Improving daily function and quality of life for the increasingly high number of cancer patients and survivors across Europe requires new, customised programmes to address a wide range of symptoms and diagnoses for each cancer type. This Rehabilitation Atlas provides an overview of 61 different rehabilitation programmes, ordered by category of activity, which were reported by cancer leagues within the ECL membership via a survey conducted in 2019. Without claiming to be exhaustive, this inventory intends to provide basic information about recent programmes and activities supporting the physical and psycho-social rehabilitation of patients and caregivers, which may inspire other cancer leagues, healthcare professionals and stakeholders. For each activity, a contact point is listed to enable readers to request further information. We hope the Rehabilitation Atlas can help promote new rehabilitation options for cancer patients in Europe – it is much needed.

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- Catalan Federation Against Cancer
- Cyprus Association of Cancer Patients and Friends
- Cyprus Anti-Cancer Society
- League Against Cancer Prague
- Danish Cancer Society
- Cancer Society of Finland
- French League Against Cancer
- Hungarian League Against Cancer
- Icelandic Cancer Society
- Irish Cancer Society
- Israel Cancer Association
- Cancer Foundation Luxembourg
- Portuguese League Against Cancer
- League Against Cancer Slovakia
- Swiss Cancer League

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Introduction

More than 4 million people in Europe are diagnosed with cancer each year and it is projected that this number will grow to 5.2 million by 2040.¹ Due to better treatment and care, cancer survival is increasing, and about two out of three cancer patients will survive more than 5 years. This is a very positive development. However, the disease trajectory, and especially the treatment itself, has several negative effects, including late effect for cancer survivors. About 40% of cancer survivors will experience depression or anxiety² and many cancer survivors experience fatigue and physical ailments such as pain, lymphedema, sexual problems, cognitive problems, etc.³ Therefore, cancer survivors need help for rehabilitation and return to normal life, including their employment. According to the WHO, rehabilitation is “a set of interventions needed when a person is experiencing or is likely to experience limitations in everyday functioning due to ageing or a health condition, including chronic diseases or disorders, injuries or traumas. Examples of limitations in functioning include difficulties in thinking, seeing, hearing, communicating, moving around, having relationships, or keeping a job. Rehabilitation enables individuals of all ages to maintain or return to their daily life activities, fulfil meaningful life roles and maximize their wellbeing”⁴.

Thus, rehabilitation activities directed towards cancer survivors will address several physical, psychological, and social needs related to cancer survivorship, and cancer rehabilitation activities will take a variety of approaches to address the specific needs of cancer survivors. Cancer rehabilitation is a rather new but growing field in cancer care. Cancer leagues play an important role in cancer rehabilitation activities in Europe. Therefore, in 2019, ECL sent a questionnaire to member leagues asking them to report on cancer rehabilitation activities in their country in which the leagues played a major role. This Rehabilitation Atlas document 61 different rehabilitation programmes reported by cancer societies. The description of the programmes is in no way exhaustive. Rather, it is an inventory of activities in which cancer leagues, healthcare professionals and others can find inspiration for new activities. For each activity, a contact point is listed to enable readers to request further information. We hope the Rehabilitation Atlas can help promote new rehabilitation possibilities for cancer patients in Europe – it is much needed.

This atlas divides the different European rehabilitation activities/programmes in 13 categories, listed hereafter.

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- 1 GCO IARC (2018) Cancer Tomorrow. Data for WHO Europe Region. Available at: <http://gco.iarc.fr/tomorrow/home>
 - 2 Mitchell A.J. et al. (2011) 'Prevalence of depression, anxiety, and adjustment disorder in oncological, hematological, and palliative-care settings: a meta-analysis of 94 interview-based studies'. *Lancet Oncology*, 12(2),160-74. Available at: <https://pubmed.ncbi.nlm.nih.gov/21251875/>
 - 3 Jacobs L.A., Shulman L.N. (2017) 'Follow-up care of cancer survivors: challenges and solutions'. *Lancet Oncology*, 18: e19–29. Available at: <https://pubmed.ncbi.nlm.nih.gov/28049574/>
 - 4 WHO (2019) Rehabilitation fact sheet. Available at: <https://www.who.int/news-room/fact-sheets/detail/rehabilitation>

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Mental Health: Anti-Stress, Mediation, Mindfulness

#1 Strengthen your mental resources

Resilience is the ability to manage the stressful consequences of having cancer. In this group intervention, cancer patients are offered six weekly sessions followed by a booster session aimed at training their coping abilities and increasing their resilience. The sessions are based on cognitive and meta-cognitive theory and exercises.

Name of Organisation:
Danish Cancer Society
Services Website:
<https://www.cancer.dk/international/patient-support/>
Contact Information:
info@cancer.dk

#2 Relaxation techniques and stress management

We offer Patient Groups Mindfulness-based stress reduction (MBSR), Sophrologie for stress management and Yoga lessons. The goal of these practices is to decrease patients' stress level and enable them to feel calm. These methods may improve patients' quality of life. MBSR and Sophrologie are offered as group therapy sessions (7-10 sessions) or as an individual psycho-oncological counselling. Yoga is offered only in groups (continuity of sessions throughout the year). Patients may benefit from these activities during and after treatment.

Name of Organisation:
Cancer Foundation Luxembourg
Services Website:
<https://www.cancer.lu/fr/se-relaxer>
Contact Information:
fondation@cancer.lu

#3 Psycho-oncological and social counselling / psychotherapy

We offer counselling and psychotherapy services to cancer patient to help them coping with the disease and the therapy. Psychotherapy supports patients in dealing with common psychic comorbidities such as depression, acceptance of the illness and anxiety. The programme entails coaching sessions to help patients reintegrate back into their professional life.

Name of Organisation:
Cancer Foundation Luxembourg
Services Website:
<https://www.cancer.lu/fr/les-consultations-psychologiques>
Contact Information:
fondation@cancer.lu

#4 Psychological support

More than 80 local leagues across the country offer psychological support through individual or group therapies to patients and caregivers during and/or after treatment. Group therapies last from 3 to 6 months. The number of sessions depends on patients' needs and on the guidelines of each local league. The goal is to support the overall psycho-social rehabilitation of a cancer patient and their caregivers, increasing their life quality and rebuilding their self-confidence and self-esteem.

Name of Organisation:
French League Against Cancer Services
Website: https://www.ligue-cancer.net/article/33114_des-services-adaptes-aux-personnes-malades-et-leurs-proches
Contact Information: <https://www.ligue-cancer.net/pages/contact>

#5 Relaxation activities

More than 65 local leagues across the country offer relaxation services such as sophrology and meditation to patients during and after treatment. The number of sessions depends on patients' needs and on the guidelines of each local league. The goal is to support the overall psycho-social rehabilitation of a cancer patient.

Name of Organisation:
French League Against Cancer Services
Website: https://www.ligue-cancer.net/article/33114_des-services-adaptes-aux-personnes-malades-et-leurs-proches
Contact Information: <https://www.ligue-cancer.net/pages/contact>

#6 Mindfulness for young adults who have lost next of kin from cancer

Mindfulness Based Cognitive Therapy (MBCT) was developed as a prophylactic intervention for people with recurrent depression. It is based upon Mindfulness-Based Stress Reduction (MBSR), a programme designed to treat groups of people suffering of chronic pain and illnesses. The Counselling and Patient Support Centre in the Icelandic Cancer Society offers MBCT to young people who experienced the loss of a loved one. The goal is to provide them with skills to cope with the pain of their loss. It is a standardised 8-week programme offered in groups of 5 to 10 young people aged 17 to 25 years old. The group meets once a week for a 1,5-hour session. The programme is designed as a preventive therapy for people with recurrent depressive episodes. It encourages experiential approaches and teaches ways to respond in an adaptive and helpful way to the challenges they face during a time of grieving and change.

Name of Organisation:
Icelandic Cancer Society
Website: <https://www.krabb.is/fraedsla-forvarnir/fraedsluefni/hladvarp/nuvitund-fyrir-ungmenni-sem-hafamisst-astvin>
Contact Information: radgjof@krabb.is

#7 Clubs and programmes for mental health

We offer group and individual programmes to improve the mental wellbeing of cancer patients. Group programmes entail 6 to 8 sessions addressing topics such as non-violent communication, stress relief, self-knowledge training, somatic-drama, effective lifestyle changes, meditation, mindfulness based cognitive therapy, group communication, etc. The number of participants in the groups ranges between 5 to 30 people. Cancer patients can also access an array of individual services such as:

- 'Rocking Love', an activity which makes the patient discover and use his/her self-healing abilities.
- A small library operated by volunteers at the National Institute of Oncology where patients can read a book or enjoy a good conversation with the personnel or other visitors.
- An anonymous helpline operated by volunteers. Operators offer support, advice and help with coping with grief to cancer patients or relatives.
- One-to-ones in person or written conversation for patients seeking support or advice. In person meetings are offered in several places across the country.

Name of Organisation:

Hungarian League Against Cancer

Services Website:

<https://rakliga.hu/hogyan-segitunk/klubjaink/>

Contact Information:

lelkisegely@rakliga.hu

#8 Mindfulness - self compassion

A 5-week programme offered to patients in remission, participants are taught not to be critical throughout their remission pathway, to have patience, and not to yearn for a return to their previous life but rather accept their situation as it gradually evolves. The programme is based on Mindfulness-based Cognitive Therapy (MBCT), which targets people who suffer from chronic pain, illnesses or depression. It encourages experimental approaches and teaches ways to respond to the challenges they face during their remission in an adaptive and helpful manner. Sessions are held once a week and are led by a psychologist.

Name of Organisation:

Icelandic Cancer Society

Services Website:

<https://www.krabb.is/radgjof-studningur/namskeid/>

Contact Information:

radgjof@krabb.is

#9 Cognitive behaviour therapy for sleep disorder

The therapy entails workshops, lectures and home-working based on cognitive behavioural therapy. The programme was developed by Dr. Erla Björnsdóttir (psychologist) and aims at tackling sleeping disorders. It is delivered over five weeks to groups of 12 to 14 people. Each session lasts for 90 minutes. Patients are asked about their sleeping patterns before and after the therapy. Most participants have experienced improvements in their sleeping patterns.

Name of Organisation:
Icelandic Cancer Society
Services Website:
<https://www.krabb.is/radgjof-studningur/namskeid/>
Contact Information:
radgjof@krabb.is

#10 Network of onco-psychologists

The League finances psychological support services provided by psychologists in the oncology departments of hospitals and in private ambulatory care outside of the hospitals. Psychologists are available in 22 towns across the country. This network of professionals maintains contact with patients during their stay in hospitals and continue to support them on their journey following their treatment. We organise regular training, lectures and follow-up meetings for all psychologists involved in the programme. The service is free of charge.

Name of Organisation:
League Against Cancer Slovakia
Services Website:
<https://www.lpr.sk/siet-onkopsychologov/>
Contact Information:
lpr@lpr.sk

#11 Vacation for Families where One of the Parents is Affected by Cancer

This unique project for families was first set up in 2016. Its aim is to relieve families from the stress inflicted by having a close family member affected by cancer. Parents and children are offered a one-week vacation with plenty of fun activities. The holiday can be attended by 33 families with children accompanied by a medical doctor, a psychologist, a social worker and student volunteers. Organisers plan day-trips, events, performances, art workshops and meetings with the psychologist. Patients enjoy each other's company, talk with each other, share their experiences, and bring forward new ideas for future. The vacation is free of charge.

Name of Organisation:
League Against Cancer in Slovakia
Services Website:
<https://www.lpr.sk/pobyty-pre-rodiny-s-detmi/>
Contact Information:
klincova@lpr.sk

#12 Bereavement group meetings

The meetings are organised to gather people whose close family member or friend passed away due to cancer. The aim is to create a safe environment where people can grieve, share their pain and say goodbye. Participants are offered professional support to process the difficult experience of loss. Groups are led by a psychologist and are free of charge.

Name of Organisation:
League Against Cancer in Slovakia
Services Website: www.lpr.sk & <https://www.lpr.sk/pomoc-pribuznym/>
Contact Information:
klincova@lpr.sk

#13 Support group meetings for next of kin of cancer patients

These are monthly meetings for people whose family member suffers from cancer (usually their spouse, parent, child, or a close friend). A cancer diagnosis is a burden not only for the patients but also for their families and friends. Cancer causes a great amount of stress and pressure on family members, who rarely see their burden recognised. The aim of this service is to create a safe space for people to share their struggles, worries and challenges that come when a close relative is diagnosed with cancer. The group is led by a psychologist, is free of charge and available to anyone in need.

Name of Organisation:
League Against Cancer in Slovakia
Services Website: www.lpr.sk & <https://www.lpr.sk/pomoc-pribuznym/>
Contact Information:
klincova@lpr.sk

#14 Psychological support to patients and family members

The League offers individual therapy, couple therapy or family therapy to cancer patients, survivors, and their relatives. Psychological therapy is offered by trained therapists in centres located across the entire country.

Name of Organisation:
Portuguese League Against Cancer
Services Website:
<https://www.ligacontracancro.pt/servicos/detalhe/url/apoio-psicologico/>
Contact Information:
psico-oncologia@ligacontracancro.pt
nucleoacores@ligacontracancro.pt
psico-oncologia.nrc@ligacontracancro.pt
psico-oncologia.nrm@ligacontracancro.pt
psico-oncologia.nrs@ligacontracancro.pt

Physical Activity

#15 Body and Cancer

The Society offers a physical training programme to cancer patients that are undergoing chemotherapy. Training sessions are held twice per week for a duration of two months. The sessions take place in the counselling centre of the Danish Cancer Society and are led by hospital physiotherapists.

Name of Organisation:
Danish Cancer Society
Services Website:
<https://www.cancer.dk/international/patient-support/>
Contact Information:
info@cancer.dk

#16 Exercise and joy

This is a 5-day physical training course organised in a rehabilitation centre. The aim is to support participants' overall wellbeing and to inspire participants to find joy from exercising. This course provides information about physical activity and nutrition, insights on different forms of exercises and ideas for recreational activities and peer support. During the course, participants get to experience a variety of sports and recreation activities led by professionals. The course also includes expert presentations, group exercises and collective conversations on the themes of wellbeing, exercising and finding joy in life.

Name of Organisation:
Cancer Society of Finland
Services Website:
<https://www.cancersociety.fi/activities/rehabilitation/>
Contact Information:
tiedotus@cancer.fi

#17 Physical Activities Program

In more than 75 local leagues located across the entire country, specialised professionals offer adapted physical activities programmes to patients during and/or after treatment. The aim is to help them withstand the treatment programme, increase their quality of life and reduce the risk of cancer recurrence. Activities include soft gymnastic, walking, yoga, qigong, aqua gym, etc. Frequency and duration of the sessions are 1 or 2 session(s) per week for 3 to 12 months. The overall objective is to enable patient rehabilitation, increase the quality of life of cancer patients, reducing some side effects and the risk of cancer recurrence.

Name of Organisation:
French League Against Cancer
Services Website:
https://www.ligue-cancer.net/article/33114_des-services-adaptes-aux-personnes-malades-et-leurs-proches
Contact Information:
<https://www.ligue-cancer.net/pages/contact>

#18 Physical activity

The League offers physical activity programmes to groups of 5 to 25 people during the entire year. These programmes include: physiotherapy, gymnastics, aqua fitness, hiking, cycling, walking, Nordic walking, sacral round dance club, Hawaiian dance club, rebirth rehabilitation dance club, senior joy dance, running club, walking clubs, 3-1-2 meridian exercise clubs, hiking and culture club, and lymphedema gymnastics. The League also organises a special event for prostate cancer patients (“10,000 steps”) and a running event to improve health and promote physical activity among cancer patients (“Keep moving”).

Name of Organisation:
Hungarian League Against Cancer
Services Website:
<https://rakliga.hu/hogyan-segitunk/>
Contact Information:
lelkisegely@rakliga.hu

#19 Physical activity groups

On a weekly basis, physical activity programmes are offered to small groups of cancer patients. This includes Zumba, gymnastics, and fencing classes. Sessions last for between 1 to 2 hours and are led by coaches with special knowledge in the physical training of cancer patients.

Name of Organisation:
Cancer Foundation Luxembourg
Services Website:
<https://www.cancer.lu/fr/activites-pour-patients>
Contact Information:
fondation@cancer.lu

#20 Strides for Life based on the Murphy Cardiovascular programme

Strides for Life based on the METs Cardiovascular Programme is a 15-week walking programme for cancer survivors. It aims at empowering cancer survivors to become more active and improving their overall health and wellbeing by reducing the risk of recurrence of certain cancer types. Strides for Life guides participants through a structured walking programme that gradually increases their fitness level. The programme aims at training individuals so that they can reduce their risk of recurrence and improve their health and quality of life. The walking plan is individualised for each participant's fitness level and schedule, and gradually increases the workload during the 15 weeks of the programme.

Name of Organisation:
Irish Cancer Society
Services Website: **<https://www.cancer.ie/cancer-information-and-support/cancer-support>**
Contact Information:
<https://www.cancer.ie/cancer-information-and-support/cancer-support/find-support/cancer-nurseline/enquiry-form>

#21 The 'Steps to a Healthy Life'[®] project

The Israel Cancer Association's (ICA) national 'Steps to a Healthy Life' project has been operating since 2007. This initiative aims at introducing adults and children coping with cancer, as well as their caregivers, to the health advantages of being physically active. It encourages them to create time in their schedule for planned, structured physical activity and to make it become part of their daily routine. Additionally, the project offers consultation and professional guidance to patients who wish to join the programme. The project entails a group training session delivered by physiotherapists. Each participant receives a training booklet and a tension band to practice with at home. The programme is run in 19 medical centres in oncology and haemato-oncology departments as well as in some of gynaeco-oncology and radiotherapy departments.

Name of Organisation:
Israel Cancer Association
Services Website:
https://en.cancer.org.il/template_e/publications.aspx?maincat=64
Contact Information:
https://en.cancer.org.il/template_e/publications.aspx?maincat=40

#22 OnkoFit

During the rehabilitation phase, cancer patients can participate in physical training sessions. The objective of the sessions is to improve the physical wellbeing of the patient, reduce the fatigue related to the illness and the treatment and reduce functional limitations that can emerge during the cancer pathway. In addition, the training sessions bring benefits at the psychological and metabolic levels, helping patients to fight co-morbidities. After the rehabilitation phase, the patient can become a member of a sport group. The objective of the group is to continue to practice physical activity in an effective and safe way and, above all, to enable patients to become autonomous in this field so that they can integrate physical activity into their daily lives.

Name of Organisation:
Swiss Cancer League
Services Website:
<https://www.krebsliga.ch/beratung-unterstuetzung/selbsthilfe/>
Contact Information:
helpline@krebsliga.ch

#23 Resistentes, football team

Resistentes is a football team composed of children who suffer or suffered from oncological diseases. The aim of the team is to promote sport among children affected by cancer. The team members and their families organise trips and fun activities around the country. When necessary, the programme provides social support to families in need.

Name of Organisation:
Portuguese League Against Cancer
Services Website:
<https://www.ligacontracancro.pt/resistentes/>
Contact Information:
voluntariado.nrnorte@ligacontracancro.pt

Programmes with Several Focal Points

#24 Convalescent Stays

The League offers two week-long convalescent stays for oncological patients. During the stay, the League provides a complete set of care that targets both the physical and the psychological wellbeing of patients. Each year, 14 to 15 stays are organised in three different destinations.

Name of Organisation:
League Against Cancer Prague
Services Website:
<https://www.lpr.cz/akce-a-projekty/rekondicni-pobyty>
Contact Information:
lpr@lpr.cz

#25 Patient Navigator

In this programme, socially vulnerable cancer patients (e.g., patients living alone, patients with low levels of education, and patients suffering from co-morbidities) are paired with a volunteer navigator. The volunteer supports the patient throughout the treatment and the convalescence. The navigator will take part in hospital meetings and follow-up with useful information for the patient, providing them with emotional support.

Name of Organisation:
Danish Cancer Society
Services Website:
<https://www.cancer.dk/international/patient-support/>
Contact Information:
info@cancer.dk

#26 'Your life'

'Your life' is a training and educational programme focused on the promotion of self-care for patients and their relatives. The programme entails 5-weekly sessions dedicated to sleep, diet, physical activity, and mental resources.

Name of Organisation:
Danish Cancer Society
Services Website:
<https://www.cancer.dk/international/patient-support/>
Contact Information:
info@cancer.dk

#27 Kids' rehabilitation programme

This programme offers children with cancer or who are in remission an array of rehabilitation services including physical activity, learning support, and recreational activities. These activities are offered throughout the year. The aim is to provide children with a comprehensive rehabilitation programme.

Name of Organisation:
Catalan Federation Against Cancer
Services Website:
<https://www.juntscontraelcancer.cat/suport-serveis/serveis-pacients-i-familiars-de-cancer/>
Contact Information:
federacio@juntscontraelcancer.cat

#28 Clubs by Patient Groups

The League organises regular monthly meetings for different patient groups, such as breast cancer patients, melanoma patients, prostate cancer patients, and young cancer patients, etc. The group meetings may include lectures by medical doctors, healthcare professionals or other experts followed by question-and-answer sessions. The topics of the presentations vary, covering: prevention, screening, early detection, treatment methods, alternative therapies, new opportunities, and methods for treating cancer,, etc. Patients that have had their larynx removed have weekly meetings where they learn to speak under the guidance of a phonetic specialist. Groups also go on daytrips or visit interesting places in their cities. The number of participants ranges from 5 to 30 people.

Name of Organisation:
Hungarian League Against Cancer
Services Website:
<https://rakliga.hu/hogyan-segitunk/>
Contact Information:
lelkisegely@rakliga.hu

#29 Living Life Programme

The Living Life Psychosocial Education Programme is a programme that was developed by the Irish Cancer Society (ICS) for people living with secondary or advanced cancer. The programme takes place across 8 group sessions.

The aim of the group sessions is to provide people who have recently had a diagnosis of secondary disease with information, support, and an opportunity to meet other people who have had a similar diagnosis.

- Group Focus and Structure:
 - Entry is through an interview and applicants must have had a diagnosis of secondary disease within the last 12 months.
 - Each session has 2 elements:
 - The opportunity to share experiences and support one another; and
 - Structured information and personal development sessions.
- Information and development sessions:
 - Dealing with the psychological response to a secondary diagnosis – dealing with grief and loss of expected future.
 - Communication skills – learning how to talk about your illness to friends, family, children, employers, colleagues, and the medical team.
 - Knowledge of treatments that are available and where to go for more information.
 - Dealing with ongoing support needs – developing self-care skills including relaxation, meditation, mindfulness, diet, and exercise.
 - Life/work balance.
 - Benefits and insurance.
 - Complementary therapies.
 - ICS support services, national support services, counselling services.
 - Physical activity.
 - 'Living Life Group' and 'Survivor Supporting Survivor' training.

Name of Organisation:

Irish Cancer Society

Services Website:

<https://www.cancer.ie/cancer-information-and-support/>

[cancer-support#patients](https://www.cancer.ie/cancer-information-and-support/#patients)

Contact Information:

<https://www.cancer.ie/cancer-information-and-support/cancer-support/find-support/cancer-nurseline/enquiry-form>

#30 Day Centres for cancer patients

<p>Day centres offer cancer patients the opportunity to spend time with each other while engaging in different activities such as sewing, painting, yoga, relaxation, karate, cultural tours, etc.</p>	<p>Name of Organisation: Portuguese League Against Cancer Services Website: https://www.ligacontracancro.pt/servicos/detalhe/url/apoio-ocupacional/nucleo/nucleo-regional-do-norte https://www.ligacontracancro.pt/servicos/detalhe/url/cvo/nucleo/nucleo-regional-do-centro Contact Information: centrovia.nrnorte@ligacontracancro.pt</p>
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#31 Activities in Cancer Help Centres

<p>Located in three cities of Slovakia, Bratislava (established in 2008), Košice (2009) and Martin (2010), the centres offer a wide spectrum of care and supportive services to cancer patients and their careers, all of which are free of charge. In 'Help Centres', patients and their family members can reach out for advice and counselling. A multidisciplinary team provides support and advice tailored to individual needs.</p> <p>The centres also offer physiotherapy and rehabilitation sessions for patients with trained physiotherapists (at least 10 sessions for each patient, free of charge).</p> <p>Group programmes focus on teaching techniques to reduce anxiety and helplessness, to support psychological and physical adjustment to cancer, and to create a feeling of wellbeing. The centres also offer yoga, Pilates, Nordic walking, artwork, drawing, language courses, social events, trips, and excursions.</p> <p>'Help Centres' represent safe places where patients can find help, support and guidance through their difficult journey dealing with cancer. A very important aspect is the community building amongst patients and their friends to create a place for friendship and social activity.</p>	<p>Name of Organisation: League Against Cancer Slovakia Services Website: https://www.lpr.sk/centra-pomoci/ Contact Information: lpr@lpr.sk</p>
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#32 OnkoRehab

The OnkoRehab programme focuses on 5 areas: 1) counselling and supporting providers; 2) creating tools (e.g., implementation guide); 3) networking with stakeholders; 4) sharing knowledge via supporting applied research projects; and 5) implementing and supporting the evaluation of existing programmes.

There are currently 26 outpatient and 14 in-patient programmes in Switzerland. There is not yet a “unity of doctrine” and they vary in terms of duration, content, and format. However, there are also commonalities such as the multidisciplinary approach. Similarly, official quality criteria do not exist yet. However, in partnership with the main players in the field, criteria have been defined during a workshop as part of the national study on out-patient rehabilitation.

Outpatient programmes are divided into standardised programmes and modular programmes. Their mean duration is 12 weeks. In addition to the various therapies, which are mainly covered by basic health insurance, the financing of additional services, such as programme coordination, has not yet been established.

Name of Organisation:

Swiss Cancer League

Services Website:

<https://www.krebsliga.ch/ueber-krebs/rehabilitation/>

Swiss League Against Cancer
Zurich:

<https://zuerich.krebsliga.ch/beratung-therapie/zentrum-fuer-psychoonkologie-und-ambulante-onko-reha/ambulante-onkologische-rehabilitation/>

Contact Information:

helpline@krebsliga.ch

zentrum@krebsligazuerich.ch

#33 Reconditioning stays for cancer patients

The objective of the reconditioning stays (organised and financed by the League against Cancer Slovakia) is to give cancer patients respite from the tension of the treatment and the opportunity to meet fellow patients in a relaxing and supportive atmosphere. Participants are accommodated in various spa resorts across Slovakia where they can attend sessions of physiotherapy, art therapy, sport activities, wellness as well as enjoying social events. A psychologist is present to support participants during the one-week stay. The overall purpose is to help patients to return to active life, find social support, and regain physical and psychological energy. Stays are typically organised on 3-4 occasions for approximately, 80-100 patients each time.

Name of Organisation:

**League Against Cancer
Slovakia**

Services Website:

www.lpr.sk

<https://www.lpr.sk/relaxacne-pobyty/>

Contact Information:

klincova@lpr.sk

Information/Training Activities Regarding Physical After-Effects

#34 Lymphedema Programme

Cancer patients who have undergone surgery where lymph nodes are removed or have undergone radiation therapy that has damaged the surrounding lymphatic system may often suffer from Lymphedema, a condition that refers to the build-up of lymph fluid in the tissues under the skin that results in swelling, discomfort, and pain. This is a common condition for breast cancer patients. The Cyprus Anticancer Society provides patients lymphedema treatments to alleviate the pain and swelling. Treatments are offered to patients according to their specific needs. Treatments include a series of sessions for manual lymphatic drainage (MLD) massage, the use of compression garments or sleeves and specific exercises to stimulate lymphatic drainage.

Name of Organisation:
Cyprus Anticancer Society
Services Website:
<https://www.anticancersociety.org.cy/en/page/services>
Contact Information:
info@anticancersociety.org.cy

#35 Rehabilitation Programme for Laryngectomized Patients

This rehabilitation programme helps laryngectomy patients to regain speech and communication skills through oesophageal speech techniques. This programme is organised in daily group sessions, over a 10-month period. The aim of the programme is to work on a specific aspect of rehabilitation other than physical rehabilitation.

Name of Organisation:
Catalan Federation Against Cancer
Services Website:
<https://www.juntscontraelcancer.cat/suport-serveis/serveis-pacients-i-familiars-de-cancer/>
Contact Information: **federacio@juntscontraelcancer.cat**

#36 Fatigue

The programme combines lectures from a psychologist, a physical therapist, and an occupational therapist on cancer-caused fatigue. Participants learn about fatigue and its effects, explore the different causes of fatigue and possible ways to manage it.

Name of Organisation:
Icelandic Cancer Society
Services Website: **<https://www.krabb.is/radgjof-studningur/studningur>**
Contact Information:
radgjof@krabb.is

#37 Concentration and memory

Participants learn about how concentration and memory can be affected by cancer diagnosis and therapy. People are also taught ways to improve their memory by using memory aids and brain training programmes.

Name of Organisation:
Icelandic Cancer Society
Services Website: <https://www.krabb.is/radgjof-studningur/studningur>
Contact Information:
radgjof@krabb.is

Returning to Work

#38 Keys to occupational well-being and coping with workload (online course)

This activity is a remote rehabilitation course for cancer patients and survivors. People who wish to attend can apply through an online form. The aim of this course is to support patients in returning to work after a cancer diagnosis and to develop coping mechanisms to facilitate this reintegration. Participants develop mechanisms to safeguard their personal wellbeing at work and share these with others who are in the same situation.

The course lasts for 5 weeks in total. Each week, the course covers a different theme concerning occupational wellbeing and coping with life at work. Participants address these themes through online exercises, self-study materials and online conversations with experts and other participants.

The course is available online nationwide. Participants require a computer, tablet or smartphone and an internet connection.

Name of Organisation:
Cancer Society of Finland
Services Website:
<https://www.cancersociety.fi/activities/rehabilitation/>
Contact Information:
tiedotus@cancer.fi

#39 Return to work assistance

In 25 local leagues across the country, trained coaches offer individual appointments and workshops to patients who need support in returning to work. The number of appointments and workshops is decided based on patients' needs and on the guidelines of each local leagues. The objective is to support the overall rehabilitation of cancer patients by improving their quality of life, rebuilding their self-confidence and self-esteem, and to help them returning to work.

Name of Organisation:
French League Against Cancer
Services Website:
https://www.ligue-cancer.net/article/33114_des-services-adaptes-aux-personnes-malades-et-leurs-proches
Contact Information:
<https://www.ligue-cancer.net/pages/contact>

#40 Return to work programme

The aim of this programme is to help patients in returning to work after cancer. The programme offers the support for patients who are not able to return to their job by helping them to find a new possibility, including voluntary positions.

Name of Organisation:
Portuguese League Against Cancer
Services Website:
<https://www.ligacontracancro.pt/servicos/detalhe/url/apoio-social/>
<https://www.ligacontracancro.pt/servicos/detalhe/url/apoio-psicologico/>
<https://www.ligacontracancro.pt/servicos/detalhe/url/apoio-emocional/>
Contact Information:
info@ligacontracancro.pt

#41 Allezi

Allezi is an initiative of the Foundation against Cancer and the Majin Foundation, which brings together certified coaches who guide people during and after their cancer treatment. If a person with cancer is looking for support in their daily life and in returning to work, the initiative offers the support of a certified coach who develops tailor-made support programmes. This way patients are sure to get qualified support.

As a federation of professionally trained coaches in cancer and work, the initiative gives our members a voice in the social debate and build a close network throughout Belgium. Allezi is a point of contact for coaches, people with cancer as well as employers and other stakeholders in the work environment.

The network supports its coaches by offering them professional training with a quality label.

Name of Organisation:
Foundation Against Cancer Belgium
Services Website:
<https://www.cancer.be/aide-aux-patients/la-fondation-votre-service>
Contact Information:
<https://www.cancer.be/votre-question-notre-service-cancerinfo>

Returning to a 'Normal Life'

#42 ICA 'Survivors towards a Healthy Life'[®]

This workshop aims to help cancer survivors to cope with the aftermath of the disease, enhance their quality of life, provide them with tips on how to lead a healthy life, and encourage them to return to their normal personal routine and active community life. Participants take part in a series of professionally moderated meetings which address various topics: returning to one's normal life and family routine including sexuality and intimacy; post-treatment health challenges and coping with side effects; engaging in physical activity tailored specifically to the needs of cancer survivors; developing a customised nutrition plan during the disease and thereafter, and complementary medicine for cancer patients and survivors. Dozens of workshops are held throughout the year at ICA Support and Activity Centres and branches across the country.

Name of Organisation:
Israel Cancer Association
Services Website:
https://en.cancer.org.il/template_e/publications.aspx?maincat=64
Contact Information:
https://en.cancer.org.il/template_e/publications.aspx?maincat=40

#43 Young Adults Embarking on Life'[®] Group

The ICA's 'Young Adults Embarking on Life'[®] programme hold meetings and activities at ICA headquarters. The programme targets young single adults aged between 20 and 40 years old who developed cancer at a very sensitive point in life. It is a source of inspiration, strength, and support, which are crucial elements for returning to a 'normal' life for young people who have been diagnosed with cancer. The group consists of some 60 new members who join each year, meeting once a week for support meetings with social workers at the "Strong Together" TM Centre at the ICA's headquarter in Givatayim. Training sessions and social activities as parties, trips, etc., are also frequently held.

Name of Organisation:
Israel Cancer Association
Services Website:
https://en.cancer.org.il/template_e/publications.aspx?maincat=64
Contact Information:
https://en.cancer.org.il/template_e/publications.aspx?maincat=40

#44 "Afetiria" (Starting Point) Rehabilitation program for Cancer Survivors

'Afetiria' was founded in May of 2017 by PASYKAF. The centre is based in Limassol's mountain area within a lovely forest environment that can make anyone feel regenerated. Being the first of its kind in Cyprus, it focuses on cancer survivors with specific types of cancer, such as breast, colon, thyroid, prostate, etc.

Through the specialised programmes, survivors can explore themselves and believe in a new beginning that perfectly encompasses the philosophy behind the name 'Afetiria', which means 'starting point'. Through scientifically designed five-day programmes organised by health professionals, the centre aims at assisting and supporting individuals to improve their quality of life. Our multidisciplinary team consists of social workers, psychologists, physiotherapists, nurses, dieticians, and art therapists trained in oncological sciences. All the programmes and services are free of charge.

Name of Organisation:

Cyprus Association of Cancer Patients and Friends

Services Website:

<https://pasykaf.org/en/afetiria-post-therapy-support-center/>

Contact Information:

info@pasykaf.org

Social Support/Breaking Isolation

#45 Social Participation Groups

Social Participation Groups are organised in each region of the island with the aim of helping patients to improve their overall emotional wellbeing and social inclusion. The programme consists of weekly sessions running from October until the end of May on a yearly basis. A variety of activities are organised, according to the capabilities and needs of the patients in each group. Some of the activities include handicraft lessons, exercises, and excursions.

Name of Organisation:
Cyprus Anticancer Society
Services Website:
<https://www.anticancersociety.org.cy/en/page/services>
Contact Information:
info@anticancersociety.org.cy

#46 Life here and now - cancer and the change in life

This is an open group course, which aims to provide psychosocial support to cancer patients and their loved ones. Participants learn about the short and long-term effects that cancer can have on life. They gather new insights into their situations and how to continue their life with the disease. Participants can get peer support from other participants, but they can also talk openly with nursing professionals.

The group meets 6 times for 3-hour sessions. Each session covers different topics such as the effects of cancer and adapting to change. The sessions include presentations from professionals, exercises, and collective conversations. Participants also get homework to complete between sessions.

Name of Organisation:
Cancer Society of Finland
Services Website:
<https://www.cancersociety.fi/activities/rehabilitation/>
Contact Information:
tiedotus@cancer.fi

#47 Social support

In around 20 local leagues across the country, cancer patients can have individual appointments with a social worker. The number of appointments depends on patients' needs and on the guidelines of each local league. The objective is to increase the overall quality of life of cancer patients.

Name of Organisation:
French League Against Cancer
Services Website:
https://www.ligue-cancer.net/article/33114_des-services-adaptes-aux-personnes-malades-et-leurs-proches
Contact Information: <https://www.ligue-cancer.net/pages/contact>

#48 Peer groups

In around 50 local leagues across the country, the League organises peer groups that meet monthly to allow cancer patients to share a moment of relaxation, speak freely and break their isolation with other people who are experiencing a similar challenge. The objective is to increase the overall quality of life of cancer patients.

Name of Organisation:
French League Against Cancer
Services Website:
https://www.ligue-cancer.net/article/33114_des-services-adaptes-aux-personnes-malades-et-leurs-proches
Contact Information: <https://www.ligue-cancer.net/pages/contact>

#49 Volunteers visiting patients

As part of this programme, volunteers visit patients at hospitals or at their homes to break their isolation by offering them some company and allowing them to have open conversations with the volunteers. The objective is to increase the overall quality of life of cancer patients.

Name of Organisation:
French League Against Cancer
Services Website:
https://www.ligue-cancer.net/article/33114_des-services-adaptes-aux-personnes-malades-et-leurs-proches
Contact Information: <https://www.ligue-cancer.net/pages/contact>

#50 Social Support Offices

Across the country, social support offices provide financial and legal support to cancer patients, survivors, and their families. The aim is to ensure that patients' rights are respected, and that cancer patients and families are given the necessary financial support.

Name of Organisation:

Portuguese League Against Cancer

Services Website:

<https://www.ligacontracancro.pt/servicos/detalhe/url/apoio-social/>

Contact Information:

ssocial.nrc@ligacontracancro.pt

apoiosocial.nrm@ligacontracancro.pt

apoiosocial.nrnorte@ligacontracancro.pt

nucleosul.nrnorte@ligacontracancro.pt

nucleoacores@ligacontracancro.pt

Physiotherapy

#51 InPatient Physiotherapy Services

The society offers inpatient physiotherapy services at the Palliative Care Centre in Nicosia. All patients are assessed for their specific needs and a physiotherapy plan is laid out to address the issues they face. During the patients' stay at the Centre, they are offered physiotherapy sessions to manage symptoms such as pain and fatigue, or to help them gain physical strength and mobility. These sessions may continue if required after discharge from the Centre and upon their return home.

Name of Organisation:
Cyprus Anticancer Society
Services Website:
<https://www.anticancersociety.org.cy/en/page/services>
Contact Information:
info@anticancersociety.org.cy

#52 Outpatient Physiotherapy Service

Physiotherapy can assist cancer patients to deal with the physical and functional impairments they may face due to their treatment. It also alleviates pain and provides help to regain strength and improving patients' ability to perform daily activities, thereby improving their quality of life. Physiotherapy sessions are provided as outpatient services in all regional centres and at patients' homes if they are immobile. A physiotherapy plan is developed in coordination with medical doctors to alleviate the symptoms faced by patients.

Name of Organisation:
Cyprus Anticancer Society
Services Website:
<https://www.anticancersociety.org.cy/en/page/services>
Contact Information:
info@anticancersociety.org.cy

Nutrition

#53 Nutrition counselling

In around 50 local leagues across the country, the League organises individual and group culinary workshops with a dietician for patients and caregivers during and/or after treatment. The number of appointments and workshops depends on patients' needs and on the guidelines of local leagues. The objective is to improve the overall quality of life of patients, reducing side effects and limiting the risk of cancer recurrence.

Name of Organisation:

French League Against Cancer

Services Website:

https://www.ligue-cancer.net/article/33114_des-services-adaptes-aux-personnes-malades-et-leurs-proches

Contact Information:

<https://www.ligue-cancer.net/pages/contact>

Beauty Treatment

#54 Beauty care

In more than 75 local leagues across the country, individual and group workshops with socio-aestheticians are organised for patients during and/or after treatment. The number of appointments and workshops depends on patient need and on the guidelines of each local league. The objective is to improve the overall quality of life of patients, reducing side effects of certain treatments on the skin, rebuilding self-confidence and self-esteem.

Name of Organisation:
French League Against Cancer Services
Website:
https://www.ligue-cancer.net/article/33114_des-services-adaptes-aux-personnes-malades-et-leurs-proches
Contact Information:
<https://www.ligue-cancer.net/pages/contact>

#55 Beauty Grants

For many years, the Foundation against Cancer (FCC) recruited, trained, and supported volunteers to administer beauty treatments for cancer patients in hospitals. This initiative pioneered this type of support in Belgium and has been a great success. To reach more patients and make it a durable part of the patient's pathway the FCC stopped our own service and financed hospitals to offer this type of services to patients with the goal of making it a standard service. Currently, the FCC supports 26 hospitals for a total of € 1 261 424.

Name of Organisation:
Foundation Against Cancer Belgium
Services Website:
<https://www.cancer.be/aide-aux-patients/la-fondation-votre-service/cancer-conseils-bien-etre-et-beaute>
Contact Information:
<https://www.cancer.be/votre-question-notre-service-cancerinfo>

Creative Activities

#56 Artistic and creative activities

In more than 55 local leagues across the country, the League organises art therapy courses and sewing workshops for patients during and after treatment. The number of appointments and workshops depends on patients' needs and on the guidelines of each local league. The objective is to improve patients' quality of life.

Name of Organisation:
French League Against Cancer
Services Website:
https://www.ligue-cancer.net/article/33114_des-services-adaptes-aux-personnes-malades-et-leurs-proches
Contact Information:
<https://www.ligue-cancer.net/pages/contact>

#57 Art therapy, creative and cooking clubs

This group of activities includes the following programmes: literary therapy, film club, improvisational theatre, folk tales for spiritual healing, art therapy, silk painting, icon painting, ecumenical bible circle, "Blue Ball" concert series (i.e., concerts at the National Institute of Oncology for patients and employees), craft therapy and creative clubs (in 4 towns), cooking clubs and healthy diet (in 3 towns). These programmes are usually held monthly. The number of participants ranges from 5 to 20 people.

Name of Organisation:
Hungarian League Against Cancer
Services Website:
<https://rakliga.hu/hogyan-segitunk/>
Contact Information:
lelkisegely@rakliga.hu

Activities for Men

#58 Prostate Cancer Support Programme

The Prostate Cancer Psychosocial Education Programme was developed by the Irish Cancer Society for prostate cancer survivors. The six-session programme aims to enhance the physical and psychosocial wellbeing and quality of life for prostate cancer survivors by identifying and responding to supportive care needs, developing healthy coping strategies, and managing lifestyle changes. The programme provides opportunities for participants to share their experiences and concerns, increase their understanding of the prostate cancer experience and its consequences, explore their attitudes towards prostate cancer and develop their skills in coping with and surviving prostate cancer.

The evaluation report on the delivery of the pilot phase of the programme indicates that participants felt that they benefitted from the programme in terms of having a more positive outlook, better coping skills and increased awareness of how to improve their physical and emotional wellbeing.

The programme is facilitator-led using an adult learning approach building on the knowledge skills and experiences of the participants, negotiating a group contract around programme topics, group discussion and inputs. Drawing on the consensus-based guidelines, the core topic areas include:

- physical health and wellbeing.
- sexual functioning, issues, and concerns.
- psychological/ emotional health and stress management.
- information/ practical needs.
- social needs related to involvement in relationships.
- spiritual needs related to hope, belonging, meaning and purpose in life.

The topics are subject to mediation by the participants using an expectations questionnaire. The overall programme is assessed in terms of content methods satisfaction and self-reported benefits to the participants at the end of session 6. This programme is run in several cancer support centres affiliated to the Irish Cancer Society nationwide.

Name of Organisation:

Irish Cancer Society

Services Website:

<https://www.cancer.ie/cancer-information-and-support/cancer-support#patients>

Contact Information:

<https://www.cancer.ie/cancer-information-and-support/cancer-support/find-support/cancer-nurseline/enquiry-form>

#59 Man and the Balls (golf balls)

The Man and the Balls programme is an event held once a year during which men can gather and play golf. Alongside the game participants get information on healthy lifestyle and a golf lesson in company of peers. This is a one-day programme.

Name of Organisation:

Irish Cancer Society

Services Website: <https://www.cancer.ie/cancer-information-and-support/cancer-support>

Contact Information:

<https://www.cancer.ie/cancer-information-and-support/cancer-support/find-support/cancer-nurseline/enquiry-form>

Activities for Women

#60 Mín leið (Moving Forward)

This course is designed for women who were diagnosed with breast cancer, underwent treatment and are moving forward. The programme develops on the example of Breast Cancer Care in UK. It tackles signs and symptoms of recurrence, for example, fatigue and lymphedema. It also offers practical solutions and sources of further support. Sessions are held once a week, for a period of 4 weeks and last 3 hours each. An evaluation is run before and after the course.

Name of Organisation:
Icelandic Cancer Society
Services Website:
<https://www.krabb.is/radgjof-studningur/hvad-er-i-bodi/vidburdalisti/>
Contact Information:
radgjof@krabb.is

#61 Casting for Recovery

Once a year, a group of 14 women with breast cancer can go fly fishing. This programme is an opportunity for women to find inspiration, discover renewed energy for life, and experience healing connections with other women and nature after breast cancer. The society offers this programme since 2010 and is based on a model that comes from USA.

Name of Organisation:
Icelandic Cancer Society
Services Website:
<https://www.krabb.is/radgjof-studningur/verkefni/kastad-til-bata/>
Contact Information:
radgjof@krabb.is

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