

## **Life before and after the Cancer Support Certificate**

I have been affected by cancer and have been a carer and a near miss myself. I began to support others some years ago and always had feelings of inadequacy and guilt about whether I was doing and saying the right thing. I then heard about the Macmillan Cancer support certificate and my life changed completely. I had never shared or been to the depths of myself as I did on that course. Writing my journal made me think about the way I related to what I was thinking and feeling. The tutors were amazing they helped steer us through some very turbulent waves of emotions and did I cry me a river. The course did not teach me anything that I did not know before what it did was to make me look at things in a whole new way and to understand things on a much deeper and meaningful level. The sharing of other patients and participants journey was very special, it made me re-think about some of preconceived ideas. Some of the assumptions I made about who I was and how I behaved went right out of the window and a new door opened. I changed I believe for the better. It gave me more confidence to be honest and I became more welcoming of others in a supporting situation. I then realized that this is what I had been searching for all my life and I have embarked on a new journey of studying and hope to start a Postgraduate/MA this September into Counselling and psychotherapy. I am doing things that I would never have dreamed of doing such as workshops. Catherine inspired on the course and Chele challenged me to go beyond my comfort zone, and here I am pushing and going on a wonderful journey. Thanks Macmillan for this life changing experience.

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