

" I was diagnosed with cancer and was absolutely devastated, I didn't know what to do and how I was going to cope. I contacted the Listening Ear Service and met with one of the volunteers.

He allowed me to talk about everything that I was experiencing and helped me to make sense of it.

Contacting Listening Ear was a really positive move for me. I feel I can move forward now.



Action Cancer Provides...

Early Detection

Early detection services can save lives. Action Cancer is the only charity in Northern Ireland to offer a clinic for men concerned about testicular or prostate cancer and a breast screening service for women.

Cancer Research

Action Cancer provides support for Northern Ireland researchers working in the field of cancer. We fund research studentships and provide grants to researchers in local universities.

Support Services

Therapeutic and information services are provided for patients and those close to them. We provide leaflets and information on cancer detection, prevention and treatments. We also provide complementary therapies, counselling and support to enhance quality of life.

Action Cancer is Northern Ireland's local cancer charity. All of the services we provide are confidential. We depend on public support to keep our services going.



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Listening Ear Service



A confidential service
for those people dealing
with cancer

What is the Listening Ear Service ?

The Listening Ear Service is a strictly confidential service offering emotional and practical support to people dealing with a diagnosis of cancer. It is the chance to meet face to face with a trained volunteer in an informal setting to explore how cancer is impacting on your life. The Listening Ear volunteer will also be able to give you information on other services that are available within Action Cancer and also in the wider community.

What are the benefits of the Listening Ear Service ?

Cancer can be devastating, not only to the person who has the disease but also to the important people in their lives: including friends, family etc. Each cancer journey is unique and personal with different stages.

Many people coping with cancer do not have a support network. Even those who do, may need the help and support of someone who is "detached" from the situation.

Who provides the Listening Ear Service ?

The Listening Ear Service is provided by a team of volunteers who have undergone a strict recruitment procedure and also an accredited training programme.

This means the volunteers have been carefully chosen and are fully trained to help meet your needs.



How do I make an appointment ?

The Listening Ear Service is provided throughout Northern Ireland. Volunteers are based in a number of community group settings. If you feel this service would help, call in person or phone Action Cancer House directly on the free phone no 0800 1070 585. A time and date will be arranged for you to meet with the volunteer.

How much does it cost ?

All services provided by Action Cancer are free of charge. However as a charity, we rely heavily on donations and fundraising to continue offering our life saving and support services each year. If you wish to make a donation you can place money in our hallway boxes or speak to your volunteer. Abbey's Community Partnership kindly made a donation to start the project.

How can I help ?

The Listening Ear Service is provided by volunteers and we are currently looking for people from throughout Northern Ireland to get involved.

If you would like to make a difference to the lives of people living with cancer and receive excellent training, support and supervision please contact the Volunteer Development Officer on 9080 3351 for more information and an application form.

Client Quote

"When my husband was diagnosed with cancer I was devastated and very frightened. I really needed someone to talk to but couldn't talk to my friends or family because I didn't want to worry them. I felt I needed to be strong for everybody else especially my husband.

The Listening Ear Service allowed me to say how I was really feeling face to face with someone in a confidential setting.

The volunteer was so supportive and understanding and gave me loads of information about other and practical advice which was really helpful."

There are over 40,000 people living with cancer in Northern Ireland. The Listening Ear Service can provide help and support to these people, their family and friends.