

# ENRICHing Survivorship.

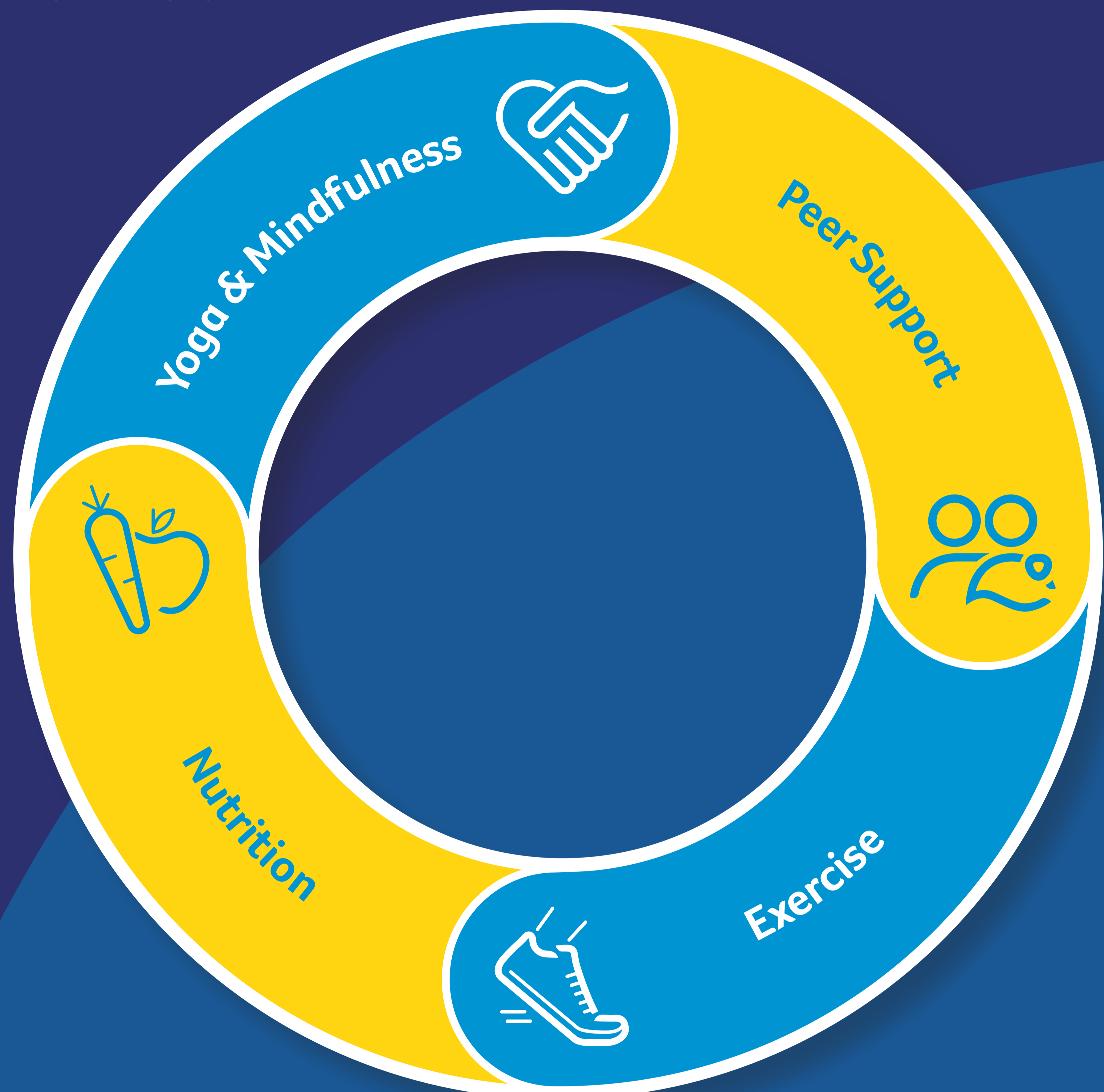
Wellness and wellbeing for the mind, body and soul

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The **ENRICH Program** was developed as an educational program and assessed the impact of health behavioural change amongst cancer survivors, their family and carers.

The initial randomised controlled trial results reported improvements in health behaviours, however the study did not assess the psychosocial benefits. Cancer Council NSW implemented a revised program, ENRICHing Survivorship, introducing two new sessions, peer support and yoga. Qualitative analysis reports improved psychosocial benefits and holistic wellbeing.

- 90% of participants agreed it was helpful to be around others who were in a similar situation to themselves.
- Participants indicated the value in hearing others' stories. They understood that whilst everyone's story was unique, there were similar concerns that they all shared. This helped to normalise the cancer experience, to give them ideas and strategies of how to cope with the 'new normal'.
- People made new friends and felt less alone in their experience.
- Self-rated improvements in psychological health were reported by most participants; 78% felt less worried and anxious, 82% felt less sad and depressed.



## Qualitative responses

- “ Cancer is a personal journey, [but] the connection with others about it, is useful. It is nice to share experiences.”
- “ It was the first real opportunity to start processing cancer as part of my life. Up until now it was all doing surgery and radiotherapy. This was the beginning of the processing of emotions.”
- “ I have genuinely looked forward to coming each week. Emotionally I feel stronger and better equipped for the coming years. I have formed friendships that I know will continue.”

A participant will share their personal reflections in their cancer experience and how the ENRICHing Survivorship program helped to improve their psychosocial wellbeing. For example, establishment of friendships, acknowledgement of emotions, improved self-esteem and confidence.