

## Websites and sarcoma information

[www.sarcoma-uk.org](http://www.sarcoma-uk.org)

[www.cancerhelp.org.uk](http://www.cancerhelp.org.uk)

[www.gistsupport.co.uk](http://www.gistsupport.co.uk)

[www.cancerbackup.org.uk](http://www.cancerbackup.org.uk)

[www.rarercancers.org.uk](http://www.rarercancers.org.uk)

## Freephone telephone help services

CancerBACKUP 0808 8001234

Macmillan Cancer Support  
0808 80812020

## Written information

CancerBACKUP publishes information about sarcoma. Its leaflets can be obtained free of charge from 020 7696 9003

Sarcoma UK publishes leaflets explaining the issues of living with sarcoma and a twice yearly newsletter which are all free to patients. Contact:

Sarcoma UK,  
PO Box 128,  
Ludlow, Shropshire SY8 1YL

Email: [info@sarcoma-uk.org](mailto:info@sarcoma-uk.org)



## Sarcoma Support Group Information

This photo of sarcoma patients was taken at a Sarcoma UK meeting in London in 2007. For some it was the first time that they had met other sarcoma patients

Sarcoma UK operates a support email list using the mailtalk facility of the UK's universities. This is a private list for registered subscribers only. Registration is free. To register visit

[www.mailtalk.ac.uk/lists/sarcoma.htm](http://www.mailtalk.ac.uk/lists/sarcoma.htm)  
Contact for more information:



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## Sarcoma Support South UK



Are you living with sarcoma?

Is someone close to you affected by sarcoma?

Come along and join us at our friendly support group.

## What is Sarcoma?

Sarcomas are cancers of connective tissue – bones, muscle, fatty tissue, cartilage, nerves etc. The three main types of sarcoma are:

- Bone Sarcomas – osteosarcoma can affect children and teenagers and Ewings sarcoma can affect teenagers
- Soft Tissue Sarcomas – can be found almost anywhere in the body. Among the many different kinds are liposarcoma which arise from fatty tissue, leiomyosarcoma from smooth or involuntary muscle and synovial sarcoma from tendons and joints.
- Gastrointestinal Stromal tumour (or GIST), a sarcoma of the stomach or intestines.

Sarcomas are a large group of rare cancers and together account for about 1% of all cancers diagnosed – about 2400 a year in the UK.

## Support Group Information

We are a small number of sarcoma patients who have got together to make friends and support each other. Sarcoma is rare so it is difficult to meet others in the same position. This can be isolating for patients and carers and we want to improve that situation.

The group is based in Southampton as we are living all around the south

We meet on the 2<sup>nd</sup> Wednesday every other month from 2.30 – 4.30pm

The next meeting is on

12<sup>th</sup> November 2008 at the Wessex Cancer Trust

Bellis House,  
11 Westwood Rd  
Southampton SO17 1DL  
[www.wessexcancer.org](http://www.wessexcancer.org)  
023806722200

## Dates for 2009

14<sup>th</sup> January  
11<sup>th</sup> March  
13<sup>th</sup> May  
8<sup>th</sup> July  
9<sup>th</sup> September  
11<sup>th</sup> November

Venues to be confirmed

Contact for more information:

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[sarcomasupportsouthuk@hotmail.co.uk](mailto:sarcomasupportsouthuk@hotmail.co.uk)

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