

Lymphoma Action (LA) was founded in 1986 by two patients who saw there was a need for support for people affected by lymphoma and their families.

The charity has now been providing information and support for over 35 years.



What services does your organisation offer?

Lymphoma Action said: “We aim to inform, support and connect anyone affected by lymphoma including family, friends and carers.

“Lymphoma is a complex disease, with over 60 subtypes, so we provide trusted, easy to understand information through our website, booklets, information sheets, webinars and videos. We cover every topic from diagnosis, through treatment and side effects to the practical and emotional impacts.

“Our support services include our free confidential helpline, a buddy service, online support meetings, a closed Facebook support group and Live your Life workshops for people at the end of treatment. We share lymphoma stories through our website, social media, podcast and magazine so that no one faces lymphoma alone.

“In the local area, we run two monthly online support meetings for people in Lancashire and Cumbria.”

How many people use your services every year?

Lymphoma Action said: “We have 60 people registered for the Lancashire and Cumbria support meetings.

“Annually around 2,000 people attend our online support meetings, 1,800 use our helpline services and we mail out over 75,000 copies of our Lymphoma Matters magazines.

“We have just reached 3,000 members of our Facebook support group and our website had over 1.6 million users in 2021.”

Can you tell us about any future projects?

Lymphoma Action said: “We are always looking to develop our services and reach more people affected by lymphoma.

“Our current focus is improving the accessibility of our services and information and offering more specialised online support meetings for specific groups or topics.”



Feedback from service users:

“Very helpful to talk and listen to others with similar experiences. It's supportive, refreshing, reassuring and informative every time,” Online support meeting attendee.

“Thank you once again for your time and for taking the time to listen and talk to me. We really appreciate it,” Helpline user.

“The members of this group do not judge. They understand and offer support and help if they can. You can say what you feel and know someone will have your back. Joining this amazing group was the best thing I've done since being diagnosed,” Facebook group member.

“The Lymphoma Action webinars are very helpful. Often at clinic it's hard to have everything explained, take it all in and ask questions - helpful to be able to learn more at your own pace and time,” Webinar attendee.

Are there any opportunities to get involved?

Lymphoma Action said: “We love people to get involved and support our vital work – whether that's through volunteering, sharing your lymphoma story, taking on a fundraising challenge, raising awareness or bringing together your local community.”

Find out more at lymphoma-action.org.uk/get-involved