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### **Website Introduction**

Hello, my name is Olinda Santin and I'm a Lecturer and Researcher in the School of Nursing & Midwifery in Queen's University Belfast. Here in Queen's, we've conducted research which has showed us that, if you care for someone who's affected by cancer, be that a family member of a friend, then your health can also be affected. You might experience a range of needs: the need for information, the need for support and care yourself. As a result of this research, a group of people who've been affected by cancer have developed a website to share with you their views and experiences of what worked for them. If a loved one is diagnosed with cancer, you can experience a range of emotions: you can feel confusion, anger, sadness, and you can feel like your whole world has been turned upside down. What's important is that you look after yourself. So, by clicking on the relevant links on this website, you can hear other people's experience on what worked for them.