

# ICA Community Catch Up

## What to Expect Guide



**ICA Community Catch Ups** are casual, supported spaces for anyone affected by inherited cancer risk, including family, loved ones, and supporters, to connect, listen, and share at their own pace.

People come with different experiences, questions, and decisions. Some feel ready to talk. Some prefer to listen. Many are somewhere in between. There is space for all of that here.

### How people usually take part

We meet in a relaxed, social setting, often around a table, with food and drinks, where conversations can happen naturally.

You might:

- join a conversation
- listen in for a while
- move between groups, if there are a few conversations happening
- take a break when you need

Some people arrive ready to talk. Others take their time. Both are completely okay.

### On the day

- The venue or table is usually booked under **Inherited Cancers Australia**. We will share booking details once you complete registration.
- Look out for **signage with our logo and Community Catch Up**. If you cannot find us, you can call 02 8084 2288.
- ICA team members will be there to welcome you and help you settle in. They will be wearing ICA name tags so you can easily find them if you need anything.
- You will be invited to write your name on a name tag.
- You are welcome to grab a drink, find a spot that feels comfortable, and take things at your own pace.

### Stories, shared with care

Stories can be powerful in this space. When someone shares an experience with care, it can help another person feel recognised, find clarity, or see what might be possible for them.



There is no expectation to share your story. Some people choose to share. Others prefer to listen. Both are equally valuable.

Before coming along, it may help to think about what would make you feel comfortable on the day, including what you feel okay sharing and what you would prefer to keep private.

Because this is a shared space, we encourage everyone to share in a way that feels manageable for themselves and respectful of others. If something feels very recent, raw, or overwhelming, it may be better supported in a one-to-one conversation with the ICA team or through our support services.

## **Boundaries help keep this space safe**

This is a shared community space, and everyone contributes to keeping it respectful and safe.

In this space, we:

- respect each other's boundaries
- make space for different experiences and perspectives
- share in a way that feels safe for ourselves and for others

If it helps, you might use simple phrases like:

- "I'm still figuring that out"
- "I'd rather not talk about that part today"
- "I'm okay to listen, but not share much today"

At any point, if you feel like taking a break or stepping away for a moment, feel free to take your time, or reach out to the ICA team for support.

## **Looking after yourself after the event**

It is not unusual for conversations to stay with you after you leave. You might want to take some time to rest, reflect, or talk things through with someone you trust.

Sometimes it can help to talk things through with someone who understands, or to get a clearer sense of what comes next.

You might find it helpful to:

- speak with a **peer support mentor**
- connect with our genetic counsellor through the **Inherited Cancer Support Service**