Left to #WatchWaitWorry

Watch and Wait is when someone has blood cancer but doesn't start treatment straight away. For many, it's a time filled with worry and uncertainty. Our WatchWaitWorry campaign shares what this feels like and calls for better support.

What is Watch and Wait?

Watch and Wait means a person has cancer, but doctors are monitoring it rather than starting treatment straight away. This is common in slow-growing blood cancers like CLL (chronic lymphocytic leukaemia). Some people stay on Watch and Wait for years. But not knowing when – or if – treatment will be needed can be hard. Around 13,300 people in the UK are currently on Watch and Wait for CLL.

Why this can feel like Watch and Worry

eing told you have cancer but won't get treatment yet is confusing. Patients often feel left in limbo, unsure what comes next. Many are not offered enough information or support and are left to cope alone. Some feel their symptoms are dismissed or that no one is listening.

> I rarely saw the same consultant twice and felt my concerns over fatigue were being dismissed.
>
> — *Anton, 53*

What the campaign found

Our survey of people on Watch and Wait found:

- 87% wanted more support after their diagnosis
- 60% were not offered any help by their hospital
- 1 in 2 said their anxiety had increased
- 13% said they felt constantly depressed or anxious

These findings show why better care is needed.

Leukaemia Care Registered Charity Number 1183890. Scotland Registered Charity Number SC049802
Helpline: 08088 010 444

What we're calling for

The WatchWaitWorry campaign is asking for:

- Better information and explanation at diagnosis
- NHS plans to include people on Watch and Wait, not just those in treatment
- Equal access to specialist nurses and support services

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