

Psychological therapies

- Counselling
- Hypnotherapy
- Expressive arts
- Children's services

Complementary therapies

- Alexander Technique
- Aromatherapy
- Massage
- Yoga

Social and creative group activities

- Art
- Craft
- Jewellery
- Woodwork

Self-support groups

- Art friendship
- Swimming
- Walking
- Breast care

Additional services

- Social day care
- Drop-ins
- Information and literature
- Transport
- Legal/financial advice service

If you would like information on any of the above, please contact CancerCare. We will be pleased to help.

SLYNEDALES

Slyne Road, Lancaster LA2 6ST

Tel: 01524 381820

(24-hour answering service)

Fax: 01524 845040

LAKES CENTRE

Blackhall Road, Kendal LA9 4BT

Tel: 01539 735800

(24-hour answering service)

Fax: 01539 728628

Email: admin@cancercare.org.uk

www.cancercare.org.uk



unsung heroes

The Queen's Golden Jubilee Award
for voluntary service by groups in the community

ALEXANDER TECHNIQUE



What we offer at CancerCare

CancerCare provides support and information, free of charge, for people affected by cancer in North Lancashire and South Cumbria.

You may be a cancer patient, a carer, a family member, or have lost someone through cancer.

We offer a range of psychological, complementary and creative therapies, as well as social group activities.

You can find out more about our therapies, and ask for a referral, either from a health professional working with you (for instance your GP, Nurse, or consultant), or by contacting us directly.

Following referral we will offer you a chance to have a first meeting with one of our therapists. They will help to clarify your needs and to agree with you which therapy or group may be best for you.

If you decide that you want to go ahead, we will then ask a therapist to contact you to arrange some sessions, or to invite you to join a group.

Usually a specific number of sessions will be agreed at your first meeting, and this will be reviewed with your therapist as things progress. You may want to try different therapies as your needs change.

All of our therapy services are offered by professional and experienced practitioners.

ALEXANDER TECHNIQUE

What is it?

The Alexander Technique is a thoughtful way to address body problems. It teaches you to make changes in the way you use your body that will enable you to move with more ease, confidence and enjoyment.

You can use it in all your everyday activities – it's a life skill that's valuable for anyone. Many actors (not least John Cleese and Judi Dench) use it to enhance their performance skills, and so do singers, musicians and horse riders.

Cancer and its treatments usually leave you with a deficit in your energy budget – there's simply not as much left in the tank at the end of a day. The AT is an intelligent practice of using yourself in ways that avoid unnecessary energy loss.

What does it involve?

The work isn't like a massage. In words and with light, encouraging touch, your teacher guides your awareness around your body – lying down and standing, sitting and walking. Special attention is given to releasing those tight spots, especially around your neck and back.

Alexander lessons may be offered individually or in a group. It's best to wear clothes that are easy to move in: women usually prefer to wear trousers.

How long does it take?

Each lesson normally last from 45 minutes to an hour.

- *relaxation and stress management skills*
- *recovery from neck and back pain*
- *relief from many physical conditions caused or aggravated by anxiety*
- *improved sleep patterns*
- *improved breathing*
- *better posture, balance and mobility*
- *increasing pleasure in activity*
- *improved energy levels*
- *a sense of being more 'in control' regarding events, choices and decisions*
- *increasing ability to maintain a sense of wellbeing, and a confident sense of self*

What clients say...

“It's just a way to make your mind a bit friendlier to your body.”



“I feel taller. I'm more conscious of my own presence. The pain is less, I'm aware of my energy going more out into the world ... not drawn so much in to the pain. And I'm noticing that people are smiling at me.”