

CancerCare services



Your local cancer support service



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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

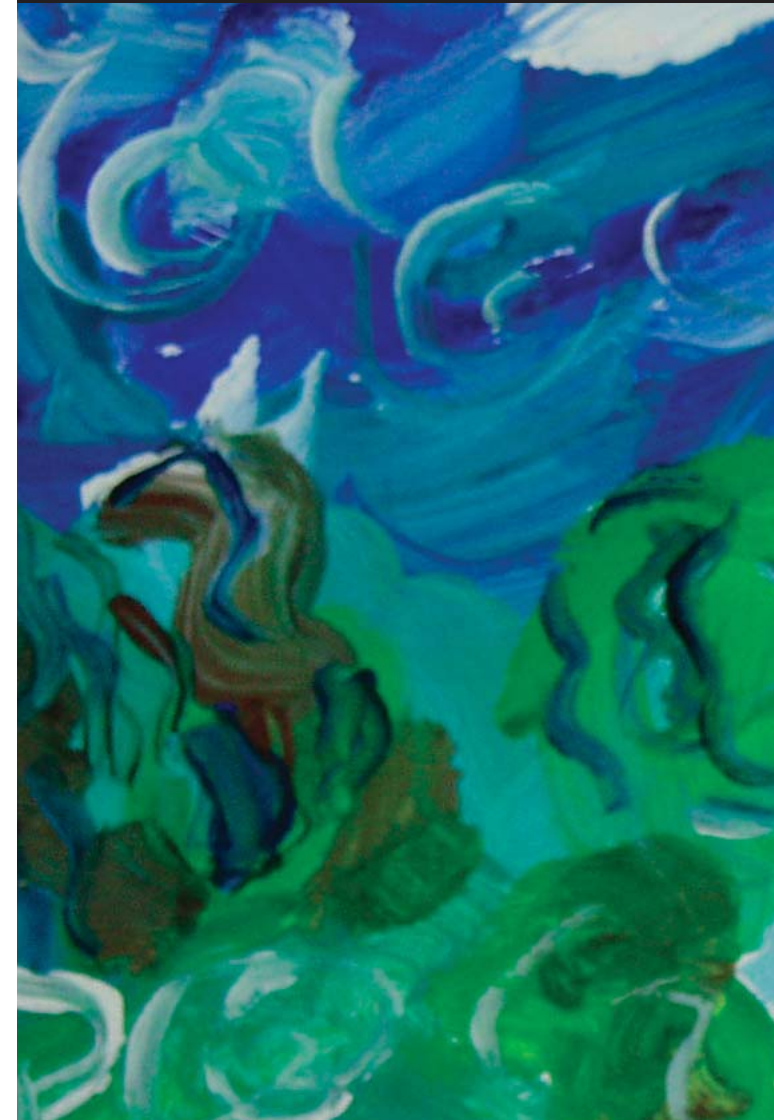
www.cancercare.org.uk



unsung heroes

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

ART GROUP



Registered Charity No. 516830

Patron: Lady Shuttleworth

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.

ART GROUP

The group provides a welcoming space in which you may choose when to share or be silent. Art is an absorbing, relaxing activity. It is a lovely way to enjoy your own company and that of others.

- **Maybe** you drew as a child.
- **Maybe** you always wanted to paint but never did.
- **Maybe** you have never thought about art till now.

Art is as natural as talking, and in this group you will have ample opportunity to express yourself as you choose.

There is a good range of art materials to explore, a helpful tutor, and a friendly group to accompany you.



How often?

- Weekly sessions are held on a regular basis in Lancaster and Kendal



What group members say...

“ I feel that here I am not different. ”

“ Nobody shuns you or takes too much notice of you. It's nice to be just normal. ”

“ Somewhere you can come and give it a go - something you hadn't thought about doing. ”

“ I look at what I've done in amazement. Did I really create that? ”

“ I'm more confident, more willing to have a go. ”

“ I look at things differently now. I see more. ”