

CancerCare services



Psychological therapies

- Counselling
- Hypnotherapy
- Relaxation
- Young People'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
- Prostate Cancer

Additional services

- Social day care
- Friendship Group
- 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



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

SERVICES FOR CHILDREN AND YOUNG PEOPLE



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.

THE CHILDREN AND YOUNG PERSONS' SERVICE

We welcome children from the age of three who may be cancer patients, may have relatives with cancer, or are bereaved by cancer. Having someone outside the family to turn to at times of illness or grief is often helpful.

What do we offer?

Family support



Whenever a family would like us to be involved we can offer meetings, telephone contacts and information. Sometimes families want guidance about the best ways in which they can support their own children. We can be in contact at any stage of illness or bereavement to choose together which form of support would be most helpful.



Children and Young People's support

After an initial contact with the family, we can meet with the young person to offer individual child therapy or counselling. This can take place at one of our centres, at home, or at school where appropriate. Here young people can safely explore and express how they feel, gain reassurance for any worries or questions without being concerned about the needs of others, and find new ways to gain self-esteem and strengthen inner resources.

What a child said...

"I liked coming to play, especially telling stories and puppets. I don't feel so sad now."



What a parent said...

"Since coming to you, my child worries less and can say how they feel without worrying about how we feel."

Group Support



Children and young people gain from peer contact with others who have had similar experiences. We are also able to offer groups in schools at their request.



Professional Support and Education

We keep in touch with professionals such as teachers and health workers, who have contact with the young people using our services. We can offer flexible training, support or advice and guidance on how to help families coping with serious illness or bereavement. Please contact us if you wish to know more.

How long do we stay in contact?



This depends on individual circumstances- eg family support may involve one meeting, some phone calls or a series of meetings.

Individual child therapy varies – we normally stay in contact as long as the young person needs us to.

What a young person said...

"After coming to see you, I could get on with my life again and know I could still be happy even though my parent had cancer. I faced my worst fears, and still do, but it just doesn't seem so bad any more. Thank you."