

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

CRAFT 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.

CRAFT GROUP

What's the group about?

The craft group is about enjoying an informal day full of love and laughter in a very caring environment. Craft activities take place at your own pace, in your own time and to your own level, with the help, support and guidance of the group leader.

Whether you are a beginner or experienced, this is a space for you to work on many different crafts alongside other members of the group, whose company and friendship will make you feel very much at ease.

This is not a formal craft group, but a support group in which you do not have to be especially creative, artistic, or in command of any particular skill. The group leader is there to support you within the group, but there is also time and space for individual, confidential support.

The craft groups meet weekly on a regular basis, in Lancaster and Kendal.

Who is it for?

Anyone who wishes to talk with other people experiencing similar difficulties.

Anyone who wishes to be really listened to and supported through difficult thoughts and feelings. (Many people find this difficult, but often beneficial.)

What to bring

CancerCare is well stocked with a very varied range of craft equipment, so there is no need to bring anything! All materials are provided free of charge, as far as possible. Drinks are provided, but you need to bring your own lunch.

What are the benefits?

- confidence-building
- sharing feelings about common difficulties and problems
- fun, humour, laughter
- learning new skills
- enjoyment
- time for private or open discussion.



What clients say...

“ I don't know what I would have done without my sewing to do when I was down. ”

“ During difficult times it helped me to think of others in the group. ”

“ It takes me out of my thoughts – I go home much better, lighter and happier after a day of laughter. ”