

CancerCare services



Your local cancer support service

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



Your local cancer support service

EXPRESSIVE ARTS



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

EXPRESSIVE ARTS THERAPY

What is it?

Expressive arts therapy is not about learning art skills. It is based on the belief that creativity can help people cope with difficult experiences like those that may arise with cancer – diagnosis and treatment, bereavement, or the role of the carer.

The therapy provides a supportive environment where you can work in an open, free and imaginative way to let deep feelings find expression.

What does it involve?

You can work with paint, clay or other creative materials. Poetry and writing may well evolve too, as a result of the creativity. It's OK to use whatever medium appeals to you.

Just as important as the creative process is that of exploring the results, facilitated by the therapist in a group. A very strong bond develops among the members as they share the feelings and experiences that their work collectively evokes for them.

In one-to-one expressive art therapy the same principles are followed, with the difference that the discussion remains confidential between the therapist and yourself. After a few one-to-one sessions, individual clients may wish to join a group.

How long does it take?

Group sessions last for 2 hours. Individual sessions last for 60 minutes. The number of sessions offered will depend on individual need.



What are the benefits?

Confidential sessions provide a supportive environment for:

- recognising and acknowledging personal difficulties and problems
- finding a way to express and share feelings through creativity
- discovering your ability to come to terms with difficulties
- tapping into your own inner resources to enable you to deal with them.

Gentle music; soothing, calming, Painting rainbows, giving Hope, Journey thro the Picture making, Draw yourself, To a higher note