

CancerCare services



Your local cancer support service



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Psychological therapies

- Counselling
- Hypnotherapy
- Expressive arts therapy
- 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



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

JEWELLERY 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 meet with one of our assessors. 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.



Who is it for?

The group is for anyone! People of all ages are very welcome, and no previous experience is necessary.

What does it involve?

The work involves learning the techniques of designing, sawing and soldering. None of these is very arduous, and there is constant help from the tutor and other members of the group.

Within the first session a silver ring, and possibly a bracelet, can be achieved. The satisfaction and pride of making a piece of jewellery are marvellous – also the ability to make a piece of work for relations and friends is very special. All the jewellery can be hallmarked.

Each session lasts for 2 hours.

How long can I attend the jewellery group?

This depends on individual circumstances. By the end of their time in the group many clients have formed such strong friendships that they set up groups together at home. If you wish, you can also go on to attend jewellery classes at local colleges.



I found myself pulling up a chair as various group members worked, and before I knew it, I was hooked.

What a group member says...

I joined the group following the end of surgery and at the start of chemo. I found it a great therapy, to be able to pursue an interest in a non-threatening environment, with people who understood I might have 'off' days.

It is also good to exchange information, as all of us shared similar problems and concerns – as well as being a place to leave your problems behind for a while.

So far I have made a variety of rings, bracelets, necklaces – and a few friends as well

