

CancerCare services



Your local cancer support service



Your local cancer support service

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

MASSAGE



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.



MASSAGE

What is it?

Massage is a therapy with both physical and psychological benefits, involving a systematic, firm but gentle manipulation of the soft tissues of the outer body.

The principles of massage, using techniques which include stroking, stretching, kneading, friction and pressure, can be applied to an area as small as a hand or foot, or as large as the back.

What does it involve?

The therapist will consider carefully with each client how massage could be most helpful in their circumstances. Oils such as sweet almond or grape seed are usually used, for comfort and effectiveness.

It is important to have a massage in a position in which you are most comfortable. Whether this is sitting or lying down will be worked out with the therapist. It is best to come in loose, comfortable clothing, some of which may need to be taken off.

How long does it take?

Each session can last up to an hour. The number of sessions offered will vary according to individual needs, after discussion at the outset between the client and the therapist.

What are the benefits?

Massage can help to:

- reduce anxiety
- aid and promote deep relaxation
- ease symptoms such as nausea and poor sleep patterns
- relieve muscle tension and improve joint mobility
- enhance venous and lymphatic circulation
- increase awareness of where tension is held in the body, and of the close link between physical and emotional states.

What clients say...

“ When you press into my shoulders it feels like you're touching my grief. ”

“ I feel I am back in one piece again after my massage. ”

“ This is what I look forward to most. I feel peaceful when you massage my feet. ”

“ I haven't been able to turn my head this far for years. ”