

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



unsung heroes

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

SELF-SUPPORT GROUPS PRACTICAL SUPPORT



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.

SELF-SUPPORT GROUPS

For many people the opportunity to join in with, or develop, groups that offer mutual support is a real benefit. Recognizing this, CancerCare is pleased to facilitate or support several self-support groups.

Some groups use CancerCare premises and others use different facilities, including the great outdoors!

The groups currently available are:

Art Friendship

An opportunity to maintain friendships and practise skills acquired in earlier group sessions.

Weekly meetings are held at Slynedales, Lancaster and Lakes Centre, Kendal

Swimming

Weekly private sessions are offered at Capernwray Hall and Sandgate Hydrotherapy Pool, Kendal

Walking

Monthly, volunteer-led, manageable walks. Bring your boots and a packed lunch!

Breast Care

CancerCare facilitates monthly meetings for two groups, the Breast Care Group and the Young Breast Care Group, at each of our centres in Kendal and Lancaster. All of the meetings are supported by trained staff or volunteers.

PRACTICAL SUPPORT

Whilst CancerCare's therapeutic and other support work is intended to meet many of the needs of people facing a diagnosis of cancer we are also aware of many of the practical needs that can arise

We are always willing to be as helpful as possible to meet anyone's needs and, in particular, are pleased to offer the following regular services to assist with some areas of popular demand.

Information and Literature

We aim to offer information in a variety of formats on all aspects of cancer and its treatment, as well as books and journals in which people have shared their own experiences of the cancer journey.

Transport

Our volunteer drivers can provide transport to therapies and, where necessary, medical appointments for patients unable, or not well enough to make their own arrangements.

Legal/Financial Advice Service

An initial consultation is available free of charge with a local Solicitor or Financial Advisor to help people address any issue they may have and decide how they may wish to proceed.

