

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

SOCIAL DAY CARE



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.

SOCIAL DAY CARE

Day Care runs at Slynedales in Lancaster on Mondays, and at the Lakes Centre in Kendal on Wednesdays, from 10.15am to 3.25pm.

It is managed by a Day-Care Co-ordinator with a team of volunteers. They aim to create a day of social care and support for everyday living (including any problems that you might be experiencing).

There are normally up to 14 people in the group. Priority is given to those who are elderly and living alone, and to providing respite care. Transport is available for people who would otherwise have difficulty in travelling.

There is no medical input, but liaison can be made with GPs or Macmillan nurses if necessary.

What does Day Care have to offer?

There is always a tasty hot lunch, and tea, coffee and soft drinks are available throughout the day.

Sometimes we go out on a day trip – say, to a hotel in the Lakes, or to a garden centre, or out shopping – and there are occasional talks and demonstrations by visiting speakers.

Otherwise, the day's activities could include, for example:

- craft work
- games
- a quiz
- a concert

What are the benefits?

For clients, a chance to:

- get out of the house and enjoy warmth and companionship
- talk over problems
- give and receive support and encouragement
- share a joke (or two ... or three...)
- enjoy sharing a tasty hot meal with others
- join in interesting activities and special occasions.

For carers, a chance to:

- have a day off, knowing that your loved one is in good hands.

What Day Care clients say...

“ It's the highlight of my week. ”

“ It's nice to have company round the lunch table. ”

“ No task is too big for the helpers. ”

“ It's great to get out, for the company and a laugh. ”