

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

WOODWORK GROUP



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 professional and experienced practitioners.

WOODWORK GROUP

Who is it for?

The woodwork group welcomes anyone with an interest in the craft (women as well as men). You need no particular level of expertise or experience to join.

People who thought they would never be able to make anything of worth are frequently surprised by their achievements – and sometimes so are their family and friends!

What does it involve?

Whether you are a beginner or an experienced woodworker, the informality of the workshop allows you to use the space as your own, free from pressure or expectation.

This is not a formal woodwork class, but a support group where woodwork takes place in between the chattering, laughing, listening and caring.

You will always have the support and guidance of the woodwork tutor and other members of the group, whose company and friendship will make you feel very much at ease.

So as one man said, *"Come and see what I saw!"*

How often?

Weekly sessions are held on a regular basis in Lancaster and Kendal.

What will you need to bring?

All materials are provided free, as far as possible. The workshop is well equipped, and drinks are provided – so you don't need to bring anything (except your lunch)!



What clients say...

“When I first came I didn't know what to expect, but I felt at ease as soon as I walked through the door”

“I made this with a little help from my friends”