

# CancerCare services



Your local cancer support service



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## 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](mailto:admin@cancercare.org.uk)

[www.cancercare.org.uk](http://www.cancercare.org.uk)



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

## YOGA



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 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.*

## YOGA

### What is it?

Yoga teaches us ways of living harmoniously with the world, with one another and with ourselves.

The word is a Sanskrit one, related to the English 'yoke', meaning 'to join', and is usually translated as 'union' – a harmony of body, mind and spirit. The practice of meditation is an extension of this, and can have a profound effect on the inner life.

### What does it involve?

Nowadays, yoga is widely practised for its many health benefits, including stress release and relaxation. Postures and breathing techniques promote physical well-being and peace of mind.

Your teacher will encourage and guide you in practising postures that are suitable for you, and may suggest variations that make them more suitable. Postures are adapted to suit the person, not the other way round!

Group classes end with time for deep relaxation.

Wear comfortable, non-restrictive clothing for yoga, which is done barefoot if possible.

One-to-one yoga sessions may also be available.

### How long does it take?

Group sessions normally last for 2 hours, including half-an-hour at the end for tea and chat. Individual sessions last for up to an hour.

## What are the benefits?

The combination of gentle movement, breathing practices and self-awareness brings relaxation to the body and the mind.

*Yoga works on many levels:*

- Physically, it promotes a balance of gentle strength and flexibility.
- Mentally, it brings a calm focus.
- Spiritually, it brings an inner strength and a sense of peace.

**One group member says:**

“Initially I found some of the stretches tricky as I had not long since had my surgery, but the class was very supportive and I just took things at my own speed.

Now I find my improved flexibility really encouraging.

It has been a real bonus for my recovery coming to these classes, both physically and emotionally, the relaxation and sense of peace is really calming. I would recommend the yoga class to everyone!

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