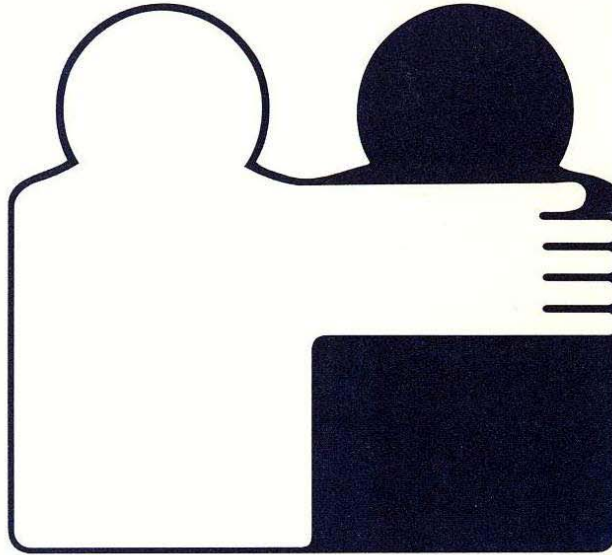


CANCER



SUPPORT CENTRE

Reg. Charity No. 519429

Together we can help!

CANCER SUPPORT CENTRE

Our Aim

To provide emotional and practical support for cancer sufferers, their families and carers and to assist them to manage their situation and live as well as possible within their circumstances.

Our Objective

To have a range of services readily available for the support of all who may be affected by cancer and so help them to a greater quality of life than may otherwise be possible.

Welfare Benefits Advice

Illness is always costly. It is far more difficult for someone who is ill to manage on the same income than someone who is fit and well.

Yet it often happens that the person who is ill has to manage on a much lower income. In addition, because of the wide range of benefits available, people find it difficult to work their way through the complicated system and as a result, fail to claim the benefits to which they are entitled, often at a considerable loss.

Our advisors can help you and your family to claim the statutory benefits designed for you and can also point to other sources of help from the Local Authority, Health Authority and national and local funds. They can also advise on most other issues including debt, employment and legal matters.

Transport

Appointments that just have to be kept can be difficult if you have no means of getting there. Our team of reliable volunteer drivers, using their own vehicles and giving their time willingly, are committed to getting you there!

Our transport service is provided to assist people who have difficulty using public transport and who do not have access to a car. It is intended to make life easier and to relieve one of the problems sickness creates. We must respectfully stress, however, that it is not an alternative taxi service but a service for those whose illness creates a problem in using other means of transport.

Counselling

This is conducted in total confidence and offers the opportunity to speak about matters, which concern you. The counsellor will not tell you what to do, but listen and perhaps discuss different ways of looking at your life or the courses of action which may be open to you.

Counselling is a process of talking and reflecting on the issues which concern you. Often painful feelings can be relieved by just telling someone else and knowing that they have heard you, care and understand.

Our counsellors are trained and work under the British Association of counselling code of ethics.

Befriending

Having cancer can be a very isolating experience! You can feel alienated and lonely! Sometimes you need someone who will just be there, not necessarily to talk, to advise or listen, but just to be there as a friend. We have people who make very good friends.

Sitting

Carers need caring for too! To care for someone who perhaps needs constant attendance can be very stressful and a break, or the opportunity to go out, can be most welcome. To have someone provided to 'sit' for a while during the day whilst the carer has a rest can be a great relief.

This service is provided by appointment and is for brief respite only. Our sitters cannot undertake nursing duties or administer any medication.

Like all our volunteers, our sitters are committed to caring and work in the strictest confidence, providing an excellent service for carers.

Help-line

After you, or someone close to you, has received a cancer diagnosis, you may need someone to talk to. Our Help-Line is open from 9.00am – 4.30pm Monday to Friday. At other times you can leave a message and someone will call you as soon as your message is received.

As part of our Help-Line service, we can also supply a range of booklets on many aspects of cancer, and also, where necessary, put you in contact with other support agencies throughout the country.

When others don't know how to react or respond, help and advice are only a phone call away.

Aromatherapy

Tension, stress, pressure, irritability, these are all factors well known to cancer patients. For whatever reason they may occur, Aromatherapy is a tried and tested way of easing them.

Our Aromatherapist is very experienced in this field of complementary therapy and is also a trained nurse, which gives her a professional understanding of the particular pressures a cancer patient may be experiencing.

It is an extremely popular and effective part of our total programme and is conducted in strictest confidence and by appointment only.

Art Therapy

Many feelings and emotions are difficult to define in words but do, none the less, demand expression, If they are not expressed they may turn inward and cause added distress. Art therapy gives opportunity for the expression of that which may otherwise be difficult and confusing.

Our professional therapist is skilled in assisting people to express themselves through art. This is carried out by arrangement, in small group sessions and is a very valuable complementary therapy.

Thursday Matters

Cancer patient, family member, carer, bereaved, the members of this Day Centre meet for informal mutual support, during which time they also share lunch together. For many people this has become a vital part of their week and a means of contact with others who are facing life in a similar situation.

Within this group there is a great sense of social support and mutual caring, which is the hallmark of the centre's work.

Friday Friends

This works very much like Thursday Matters, but different people bring their own particular character and personality.

In a mutually caring atmosphere, cancer patients, carers and the recently bereaved, e.t.c., meet for lunch and both give and receive much social support. For many people this is an essential link in their life as well as being an important part of the Centre's life.

Bosom Friends (afternoons)

When breast cancer strikes it can be devastating for any woman. To know that life can be normal afterwards is very encouraging and Bosom Friends, a self-help group of cancer patients, meets every Wednesday afternoon for social support, information and a programme of interesting events and speakers.

This group, which is for women only, has a specialist breast care sister who attends to give help and advice in either a personal or group setting.

Bosom Friends (evenings)

This group of Bosom Friends caters for women who cannot attend a support group during the day due to work, family or other commitments and circumstances.

This group meets in the evenings and also offers support to partners of women who have cancer. The group meets monthly in the city centre.

Umeed – Asian Women's Support Group

A welcoming group of Asian women who have had cancer and who meet to give each other support. Some speak a number of Asian languages and are happy to interpret. Project work, improving their general health and trips to places of interest are part of their programme.

Asian Men's Support

The Centre has recently employed a part time worker to develop a service tailored to the needs of Ethnic Minority Men.

Creativity

Cancer can become the sole and central focus of a person's life. The need to have a diversion can be very important in getting life back into perspective.

Our creativity class, working mainly in pottery and water colours offers the opportunity to become absorbed in something artistic and is designed to help gain a sense of satisfaction and achievement. Although the intention is not to make great works of art, some are discovering talents they didn't realise they had, and this in itself is extremely therapeutic.

You need to have no previous experience or proven talent – just a willingness to 'have a go'.

Volunteering

The Cancer Support Centre's staff are most ably complemented by a network of willing, committed, trained volunteers, without whom much of our work would not be possible.

Demand always stretches our resources both in staffing and finances. One of the ways in which you could help would be by becoming a volunteer.

We need people to do many different things and there would certainly be something you could do.

We can use you!

We will give you worthwhile work to do!

Funding

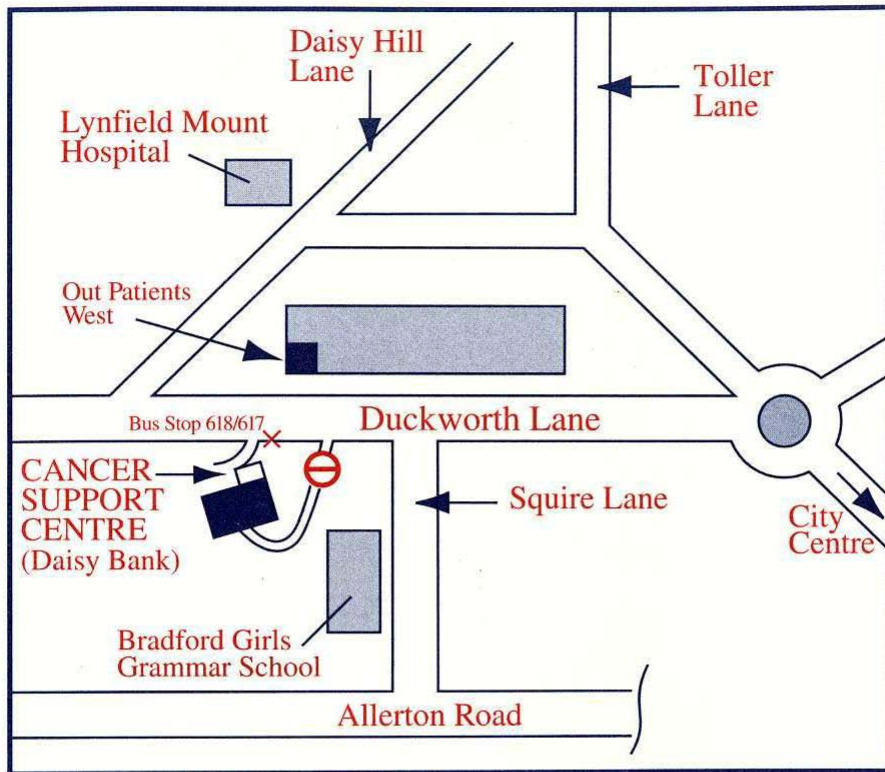
As a charity all our services are free

Most of our funding still comes from voluntary donations, from people like you!

To enable us to continue offering this service free of charge, we need your help, and your help would be greatly appreciated.

We are establishing a network of groups and individuals around the region who will help us raise some of our much-needed income. Our 'Friends of the Centre' scheme is designed especially so that people like you can get involved.

How to find us...



Together we can help!

