



## **BROCHURE OF SUPPORT 2016**

We provide a wellbeing, support and information service for anyone affected by cancer. Our specialist staff are available to offer advice and a listening ear. We provide a range of support services at the centre as well as an environment where people can meet others in a similar situation so no one feels isolated or alone.



**Information & Support Centre** – Come and access a wide range of cancer information and support from our Information Professionals. Based in Haematology & Oncology outpatients, Monday to Friday, 9am-4pm.

### **Support sessions**

**Relaxation course** – People are guided through sensory and muscular relaxation techniques in our peaceful relaxation room. Relaxation can benefit health by reducing blood pressure, improving mood and helping to manage fatigue.

**Relaxation drop-in** – In addition to the above course, we offer a 30-minute ‘drop-in’ guided relaxation session.

**Managing anxiety** – An educational session exploring the components of anxiety and how to manage its impact. The course will teach how to challenge thoughts, behaviours and use distraction techniques.

### **Healthy relationships**

Support in a group format. Partners are welcome. We will be exploring common issues around communication, intimacy and body image.

### **Take control for carers**

A three-hour national Macmillan course which introduces a range of topics to support people in caring roles.

### **Friends and Family Drop in**

Dedicated time for people in supporting roles (carers) to meet each other and chat about common concerns gaining support from each other and our staff and volunteers.

### **Back to work**

For those who would like to return to employment or voluntary work. This session focuses on individual situations in relation to work and the options available.



**Open house** - Drop in and see us, meet other people affected by cancer. Have a chat and gain support over a cuppa. Monday & Friday 9am-12.30pm, Tuesday, Wednesday & Thursday 9am-12.30pm and 1.30pm-4pm.

**Confidence, mood and motivation toolkit** - Cancer treatment can affect client's health and wellbeing in multiple ways, which can take its toll on an individual's self-confidence and motivation levels. This workshop aim is to give people the tools and support they need to re-build their confidence.

**Managing fatigue** – We will give you guidance to help you understand fatigue and how to increase energy levels, ensuring you are equipped with self-management techniques.

**Improving sleep** – This session explores common sleep problems and teaches people good sleep hygiene and mental distraction techniques to help manage sleep.

**Managing anger and frustration** - This session explores the causes of anger and techniques to manage or diffuse frustration effectively.

**Look good, feel better**

Pampering therapy for anyone who has had a cancer diagnosis in the last year. Trained beauty therapists will guide you through applying make-up. This session is great for increasing self-confidence during and after treatment.

**Vitality cancer exercise rehabilitation**

Our 6-week course run in partnership with Vivacity Gyms Peterborough, involves people exercising as part of a group with variety of exercises that can be adapted to suit everyone's individual needs.

**Healthy eating**

This is a general session providing advice about dietary concerns after treatment. Based on current evidence and NHS advice.



**HOPE**

This is a nationally recognised course. 'HOPE' (Helping Overcome Problems Effectively) is a 6-week course, which explores common issues people encounter after cancer treatment. It introduces topics and skills such as relaxation, mindfulness, managing emotions, goal setting, fatigue and fear of the future.

**Art and craft therapy**

People are encouraged to work on bespoke projects which promote wellbeing, confidence and self-esteem. The sessions allow protected space and time to focus attention entirely on creative tasks and provide a positive distraction from illness-related anxieties.

**Acupuncture**

Acupuncture can reduce common side effects of cancer treatment such as hot flushes and numbness.

**Headstrong**

This is an individual appointment with trained volunteers who can help you explore wig alternatives such as scarves and caps. You can take one free scarf home with you.

**Individual support**

If the need for more individual support is identified through chatting with you, we will recommend an appointment to discuss the issues in further detail with one of our dedicated Cancer Wellbeing team members.

**Find us - Robert Horrell Macmillan Centre**

Monday 9am - 12.30pm

Tuesday, Wednesday and Thursday 9am-4pm

Friday 9am – 12.30pm

**Car parking**

On entering the hospital, turn left after the multi-storey car park and follow the road to car park H. Take a ticket at the barrier. Car parking spaces are reserved for people visiting our service.

