

help is at hand...

CANCERlifeline

CANCER LIFELINE NEWS SHEET

ISSUE NO. 30 | October 2013 - March 2014

EDITORIAL



A very warm welcome to you all, especially those of you who will be receiving the News Sheet for the first time. You will find it crammed full of services, classes and activities which we hope you will avail of, to help support you through this difficult time in your life.

Traditionally we have always produced three News Sheets per year but we are always changing and evolving at Cancer Lifeline to best support you our members. We are now producing two News Sheets per year, one to cover the 6 months period October to March and the second to cover April – September period. This does not mean we are compromising on quality in any shape or form – in fact it's quite the reverse! Existing members can see we have increased from 6 to 8 pages.

You will also notice that we will be repeating some of the topics for example the Coping with Fatigue & Vital Nutrition, so if you do not make the sessions in November, you will get an opportunity to take part in February 2014.

Please take the time to read over the newsheet and contact the office if you would like to register your interest for any of the sessions. We are still in need of Christmas Angels and Santa's helpers for our big bag packing event at Marks & Spencer's (Abbeycentre) in December (details within).

help is at hand...
CANCERlifeline

44 Alliance Avenue, Belfast, BT14 7PJ
Tel: 028 9035 1999
Email: info@cancerlifeline.info
Web: www.cancerlifeline.info

Men Against Cancer Clinic

MAC is a self referral clinic for men, supported by local business men and run by Belfast City Hospital Uro-oncology clinical nurse specialists, which provides information on men's health, in particular urological cancers for investigations and early diagnosis.

The men's clinic is designed to encourage men to take responsibility for their health by providing a relaxed and private environment where they can be better informed of health issues such as prostate and testicular cancer.

Men who wish to attend the clinic can do so by making their own appointment by telephoning 028 9504 0786. Personal details are needed when scheduling an appointment; full name, date of birth, address and GP's name.



Men Against Cancer Clinics are held on Tuesdays from 5.30pm - 7.30pm

Urology Day Care, Level 3, Belfast City Hospital Tower Block.

CANCER LIFELINE CHRISTMAS CLOSURE
The centre will close on Friday 20th Dec 2013 (at close of business) & re-open on Monday 8th Jan 2014.



House Programme

Please be advised that if you are interested in attending any of the sessions, you must contact the office to register your interest. This is very important. If we have to postpone a session due to unforeseen circumstances we need to be able to contact you directly.

| | | |
|------------------|---|---|
| MONDAY | <ul style="list-style-type: none"> • Committee / Business Meetings • Experienced Listening • Complementary Therapies | <ul style="list-style-type: none"> • Creative Workshops |
| TUESDAY | <ul style="list-style-type: none"> • Active Lives After Cancer 60+ Programme • Counselling | <ul style="list-style-type: none"> • Complementary Therapies • Nutrition Programme • Benefits Advice |
| WEDNESDAY | <ul style="list-style-type: none"> • Counselling • Complementary Therapies (Day & Evening) | <ul style="list-style-type: none"> • Yoga • Active Lives After Cancer 60+ Therapies |
| THURSDAY | <ul style="list-style-type: none"> • Counselling • Complementary Therapies • Women's Support Group | <ul style="list-style-type: none"> • Active Lives After Cancer 60+ Programme • Fatigue Management Programme |
| FRIDAY | <ul style="list-style-type: none"> • Relaxation Sessions • Counselling • Family Support | |
| WEEKEND | <ul style="list-style-type: none"> • Telephone Support | |

If you have a particular requirement e.g. access / problem with stairs which you may need help with to enable you to take part in the classes / session, it is advisable that you contact us in advance, to enable us to make adjustments (if possible).

Please note: the Tuesday and Thursday Health & Wellbeing Programme dates will vary (see page 5 for details).



A big congratulations to five of Cancer Lifeline's Volunteer Complementary Therapists who took part in the Belfast Health and Social Care Trust's Enhanced Complementary Therapy Skills Programme.

Three of the five Donna Hawkins, Donal McDaniels and Maire Gallagher are pictured at the graduation ceremony held on Thursday 15th August 2013.

Also qualifying but not pictured is Shauneen Baker.



The programme, which was funded by the Friends of the Cancer Centre, has enabled the Therapists to enhance their skills in delivering Complementary Therapies to those affected by cancer.



Are you aware of NICFC and what they may be able to offer you and your family?

Northern Ireland Cancer Fund for Children is the leading local charity for children and young people living with cancer and their families. NICFC offer practical, emotional, and financial support to children, teenagers and young adults with cancer and their families.

The charity offers a range of specialist services and works across Northern Ireland providing;

- One to one support
- Residential and Therapeutic Group Support
- Siblings Support
- Bereavement Support and the Young Shoulders Programme - a support programme for young people whose parent / carer has cancer

To find out more come along to Cancer Lifeline on Thursday 24th October 2013, 10.30am - 12.00noon to chat to Angela Rodgers (Services Manager at NICFC) who will tell us about the work of the charity.

Zest for Life

ZEST FOR LIFE is a 6 week programme led by a counsellor from Cancer Focus Northern Ireland. The course is designed for those people who are on a survival and recovery period in their cancer journey.

It will explore personal development, with a strong emphasis on making lifestyle changes, which will help improve your physical and mental health. Sessions will include:

- Goal setting
- Understanding and managing stress
- Identifying personal values and needs and developing strategies to have these needs met
- Using techniques to encourage positive thinking
- Learning Relaxation / Guided imagery techniques
- Discussing the long term benefits of gentle exercise
- Exploring the long term benefits of complementary therapies

Tuesday 18th February 2014 and subsequent Tuesday's until 25th March
Cancer Lifeline, 44 Alliance Avenue, Belfast 1.00pm - 3.30pm
Course Facilitator: Barbara Lowry, Cancer Focus NI Counsellor

If you feel that you are able to make a commitment to attending all 6 course sessions, please contact Cancer Lifeline on **028 9035 1999** or email: **info@cancerlifeline.info**



Sessions coming up....

note the date

Evening Yoga

Getting active helps you to cope with stress positively so come along to our Wednesday evening yoga...

The gentle movement of yoga helps with:

- Relieving stress in the joints
- Improving energy levels and posture
- Toning and strengthening the body

The classes begin and end with relaxation techniques. This helps to reduce stress and improve sleeping patterns. Please wear comfortable / loose clothing.



Date: October 2013 through to March 2014
Every Wednesday evening, except 18th & 25th Dec.
and 1st Jan. (Christmas closure).

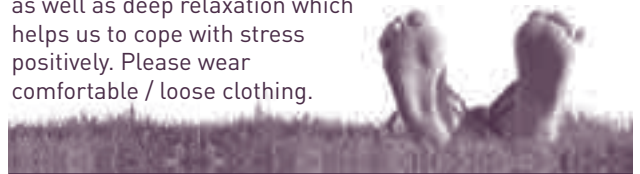
Time: 5.30pm - 7.00pm.

Venue: Cancer Lifeline **Tutor:** Mary Connolly

Coping with Stress positively through relaxation and meditation.

In these Friday morning sessions at Cancer Lifeline we will explore the art of relaxation and learn new and different ways of bringing the mind into stillness...

There will be an opportunity to stretch and move the body as well as deep relaxation which helps us to cope with stress positively. Please wear comfortable / loose clothing.



Date: October 2013 through to March 2014
Every Friday morning, except 20th & 27th Dec.
and 3rd Jan. (Christmas closure).

Time: 11.00am - 12.30pm.

Venue: Cancer Lifeline **Tutor:** Mary Connolly

Bereavement Sessions

Life as we all know can be extremely difficult, lonely and empty when you have experienced the death of someone close.

If you feel it could be helpful to you to meet up with others who are experiencing a similar loss, then come along to our Bereavement group which *is usually* held on the 1st Wednesday evening of every month.

You are more than welcome to come along and talk or just sit and listen to others who choose to share.



Dates: 2013 - 2nd October, 6th November, 4th December
2014 - 8th January, 5th February and 5th March.

Time: 6.00pm. - 7.30pm

Venue: Cancer Lifeline

Facilitator: Peggy McCann

Feel Good Factor Workshops

Following the hugely successful 'Feel Good Factor' workshops during July - August, we will continue to host these over the next 6 months.

Cancer treatments and side effects can affect the way you look. This programme will offer one to one make-up, skin, nail and hair care appointments. These sessions are for males and females to help enhance their appearance and self-image during a difficult and challenging time. Please note if you are having your hair trimmed, dampen your hair before you leave home, and if you plan to have a make-up treatment, come with no make-up on! Feel free to also bring your own make up or you can use the make-up artists materials).



Dates: 2013 - 16th Oct., 13th Nov. and 4th Dec.
2014 - 22nd Jan., 19th Feb. and 19th Mar.

Time: 10.00am - 1.00pm.

Venue: Cancer Lifeline

Vital Nutrition for living with cancer

Eating well can be difficult when you are living with cancer – if you are feeling tired, stressed or sick, food may be the last thing on your mind.

Cancer Lifeline's four week nutrition course guides you through the confusing maze of nutritional information and helps you make simple changes for the good of your health.

Each week, nutritional therapist Jane McClenaghan combines a nutrition information session with practical advice and a cookery demonstration to bring it all to life and give you some new ideas for fast healthy food. Please note this four week course will be hosted in November and repeated again during January - March 2014.



Date: November 2013 - Tuesday: 5th, 12th, 19th and 26th
February 2014: - Tuesday: 4th, 11th, 18th, and 25th

Time: 10.30am - 12.30pm.

Venue: Cancer Lifeline

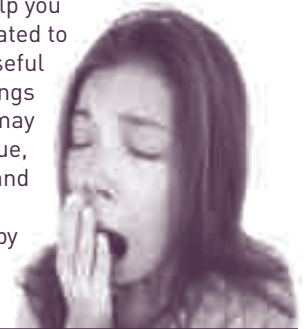
Tutor: Jane McClenaghan

Fatigue Management

Fatigue is very common during cancer and its treatment. Feeling excessively tired or exhausted all or most of the time can be frustrating and overwhelming.

This three week course will help you explore issues or concerns related to fatigue. As well as providing useful information it will highlight things you can do for yourself which may help you cope better with fatigue, particularly in relation to diet and exercise.

Delivered by Occupational Therapy Team (Belfast Health and Social Care Trust).



Date: November 2013 - Thursday: 7th, 14th and 21st
February 2014 - Thursday: 6th, 13th and 20th

Time: 10.30am - 12.30pm.

Caring for Carers Morning

Do you care for a family member or friend who is ill or has a long term condition? It is very likely that you are a carer. Often carers do not think of themselves in this way, saying; "I am only doing what any daughter would" or "I don't want to be called a carer for my husband, I am a wife".

Many people, who are caring for others, often don't know that they have a legal right to have their needs as a carer considered. Nor do they know that there is support available for them.

Along with Cancer Lifeline, Belfast Carers Centre and the NI Hospice, at our special 'Caring for Carers' morning we are hoping to give carers in North Belfast an opportunity to come together for that very reason; to have a chat about how they are finding things and to hear from a range of organisations about how to get help.

Date: Wednesday 2nd October 2013

Time: 10.30am - 12.30pm.

Venue: Cancer Lifeline

Register your interest on 028 9035 1999

Parent Support Group

The impact of a parent or close family members diagnosis can significantly affect a young child or adult.

Often it is difficult to explain a cancer diagnosis or how someone's course of life may change for a period of time. Finding the right pitch, words or language can be challenging. Adults can find this confusing and upsetting.

The focus of the sessions are to come together to look and think about the issues that can affect children and young people when an adult within the family is living with a cancer diagnosis. They also explore the issues of being a parent or carer of an affected child.

The sessions are informal, a place to chat, think, laugh and share experiences.



Date: Every two months on Friday mornings.

15th Nov. 2013 / 24th Jan. and 21st Mar. 2014

Time: 10.30am - 12.00noon

Venue: Cancer Lifeline

CANCER LIFELINE CHRISTMAS CLOSURE
The centre will close on Friday 20th Dec 2013 (at close of business) & re-open on Monday 8th Jan 2014.



Experienced Listening Sessions

As some of you may know, the management committee members of Cancer Lifeline have all been through a cancer diagnosis themselves so they are all too familiar with the anxiety experienced as a result of surgeries, chemotherapy and radiotherapy.

If you would like to arrange to have a chat to one of the committee members in confidence, please feel free to contact the office.

These Experienced Listening appointments are usually on Monday mornings.

To make a confidential appointment please contact the office on 028 9035 1999, where as always, we will do our best to help.

Our door is always open!

Active Lives After Cancer



Our "Active Lives After Cancer" is targeted at people aged 60+ living with or affected by a cancer diagnosis.

If you know of anyone who falls into this age bracket and you think we could support them through this project please advise the office. If you are 60+ and affected by cancer please make sure to make a note of the dates of forthcoming events.

Thursday 17th Oct. 2013, 11am - 12pm:
Relaxation Sessions

Tuesday 12th Nov. 2013, 10.30am - 12pm:
Stress Reduction

Tuesday 10th Dec. 2013, 9.30am - 12.30pm:
Annual Event, Victorian Tea at Crawfordsburn Inn

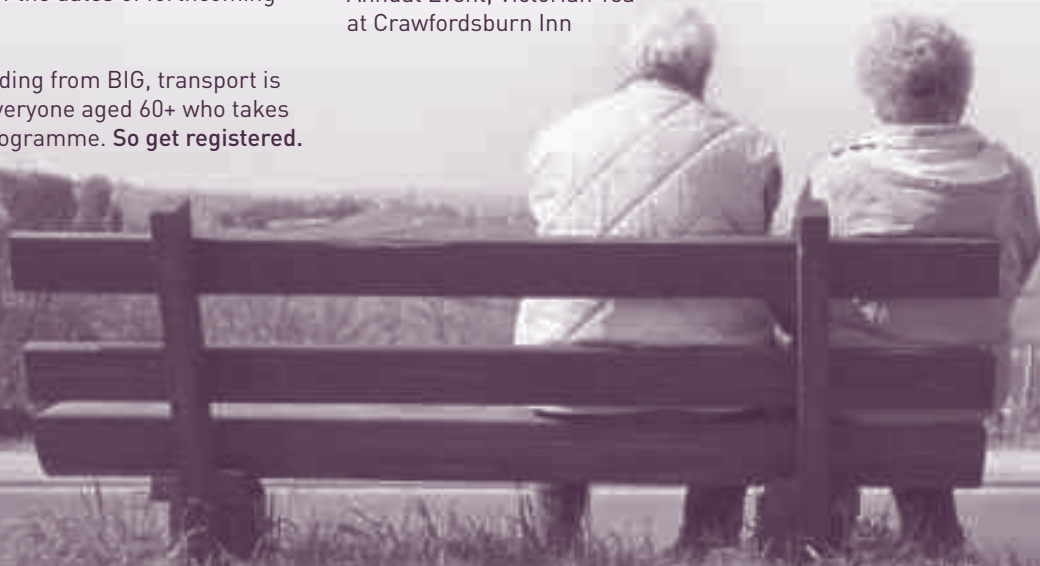
Wednesday 29th Jan 2014, 11.00 - 12pm:

Coffee morning in Cancer Lifeline

Tuesday 11th Feb 2014:

"Meeting up with others" in Cancer Lifeline

Thanks to funding from BIG, transport is available to everyone aged 60+ who takes part in this programme. **So get registered.**



Men Only Wellbeing Event

This will be a combination of exploring how stress affects us and a morning of male pampering to help us to de-stress and to feel well. This will include Turkish shaves, hair trimming, facials and manicures.

Stress affects everyone; some people are affected physically, some emotionally; for others stress affects their relationships and family life. It is very important that we learn how to regulate our body's response to stress and stressful situations.

"Take Ten" is a system in Northern Ireland which teaches you how to change your response to stress. Fintan Connolly will be here on the day to highlight how we react to stressful situations and scenarios and to offer short one to one consultations to look at how we respond to stress - so make sure to get registered.

Date: Tuesday 22nd October 2013

Time: 10.00am - 1.00pm

Venue: Cancer Lifeline



Annual General Meeting...

Come along and hear about our key areas of success during April 2012 to March 2013. Open to all members (lunch provided.)

Wed 23rd Oct. 2013, 12.00noon - 1.00pm



Help needed...

Christmas bag pack at M&S Abbey Centre, Saturday 21st December 2013. Let this be your Christmas present to friends and family. Take part and help raise vital funds to support those you care about!



Support Group Members only...

There will be no Support Group Session on Thursday 31st October 2013 (Halloween). The last Support Group session before Christmas will be Thursday 12th December 2013, (this will be the Support Group Christmas party). Support Group will restart on Thursday 9th January 2014.

Evening Programmes...

We continue to support our members who have returned to work through our counselling, complementary therapy and yoga sessions on Wednesday evenings. If you feel you would like to benefit from these services please contact the office.

Coffee Morning...

Call in for a chat and a natter any time between (11.00am - 12pm) catch up with old and/or new friends. Find out about our programmes and support services. Wednesday 29th January 2014



Insurance Cover...

Going on holidays or visiting family? Why not try Free Spirit Tel: 0845 2305000



Creative Workshop - Sewing Class...

As part of our creative workshops there have been a few requests for Sewing Classes in Cancer Lifeline. We plan to run Sewing Classes on Monday afternoons in Cancer Lifeline. Dates: 6 Mondays.... 14th, 21st, and 28th October / 4th, 11th and 18th November 2013 Time: 1.00pm - 3.00pm. If you would be interested in this session, please contact the office to register your interest. You will need to bring along your own sewing machine.



Tel: 9074 4972 / 3
COLLECTION SERVICE
Larger collections can be arranged

help is at hand...

CANCER *lifeline*

Supporting people affected by cancer and their families/carers living in North Belfast, Shankill and Newtownabbey.

BOUTIQUE

193 Antrim Road Belfast

**FURNITURE
HOMEWARE**

205 Antrim Road Belfast

**Donating your
items provides a lifeline
to others.**

Money raised from our Boutique and Furniture & Homeware charity shops goes directly to delivering vital support services to families coping with cancer in your local community.