

CANCERlifeline

CANCER LIFELINE NEWS SHEET

ISSUE NO. 36 | October 2016 – March 2017

EDITORIAL



First and foremost we extend a very warm welcome to our new members. We appreciate that you are perhaps still trying to come to terms with your diagnosis and maybe struggling to get to grips with all the various services available to you. We hope that the News Sheet will help to keep you informed and updated.

Cancer brings many changes to your life. It changes how you think, how you feel, how you relate to your family and friends. Change is challenging as you well know. At Cancer Lifeline, we don't pretend that living alongside a cancer diagnosis is an easy journey; it is fraught with many obstacles, hurdles, challenges and changes. On a positive note we do provide a broad range of support services and programmes which may help to bring about much needed change to best support you. We do this in partnership with a range of organisations and funders, without whose support we would not be able to offer you the breadth of services that we can.

The start of September is usually associated with the onset of Autumn. The start of Autumn feels like a mini New Year – not as terrible admittedly! Nevertheless, Autumn feels like it's about "change" and fresh starts – so consider browsing through the News Sheet to possibly bring about change for you. You are in the driving seat!

help is at hand...

CANCERlifeline

44 Alliance Avenue, Belfast, BT14 7PJ

Tel: 028 9035 1999

Email: info@cancerlifeline.info

Web: www.cancerlifeline.info

Registered with the Charity Commission

for Northern Ireland NIC100002

Company Limited by Guarantee Reg. No. NI055010.

New Complementary Therapy at Cancer Lifeline “BACH FLOWER REMEDIES”

We are very excited to bring you news of a new Complementary Therapy being offered at Cancer Lifeline. Bach Flower Essences are liquid solutions containing the healing energies of wild flowers.

It is believed that they can help to increase mental, spiritual and emotional wellbeing, which may help people to feel much better. Bach remedies were developed in the 1920's and 1930's by Harley Street physician Edward Bach, who developed 38 remedies, each one of which addressed a specific mood or emotion such as shock, fear, depression, worry, despair, low self-esteem and many other conditions.

Bach flower essences are taken on the tongue from a dropper bottle (4 drops, 4 times a day) or as directed and can be combined to suit each individual's emotional and mental profile. They have no side effects or drug interactions and can be safely combined with medications, natural remedies or food substances. Some people refer to Bach Flower essences as "liquid psychotherapy" and many people find that they provide comfort and support through all the emotional difficulties associated with a cancer diagnosis and treatment, both for the client and family members / carers.

Cancer Lifeline now offers Bach Flower Therapy to its members. Following a one to one consultation, you will be made up an individualised bottle to take at home and further bottles can be made up as required. Cancer Lifeline uses the products of healing herbs which are practitioner strength remedies, made according to the exact instructions of Dr Bach. You may be offered or introduced to Bach Flower Therapy by one of our Therapists when you next come in to have some Complementary therapies.

We hope you find these therapies useful to you ...



Don't forget:

Cancer Lifeline provides a range of vital support services to those affected by cancer and their family members.

Examples of Services include:
/ COMPLEMENTARY THERAPIES / SUPPORT GROUP
/ WELFARE BENEFITS ADVICE / COUNSELLING

To avail of any of these services, simply contact the office where we will do our best to help.

Appointments are necessary for all of the above services. Lisa or Tina will help to organise these for you.



Access problems...

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 Cancer Lifeline's support programmes or services, we would encourage you to contact us in advance, to enable us to make adjustments (where possible). If you need to cancel appointments, please give us as much notice as possible as it will cut down on unnecessary expenditure. This is all the more important given the current climate of "tight times".

Annual General Meeting...

Please come along to our AGM on Wednesday 26th Oct 2016, 12.00pm. - 1.00pm. This is an opportunity to learn about our work and successes during 2015-16.

We encourage all members to attend. Followed by a light lunch. Please register your interest via the office.



Volunteers needed...

Could you spare a half day per week to volunteer in our charity shops? Our charity shops income helps us to deliver vital support services. Perhaps you could help organise a clothing drive / appeal among your friends / family or work colleagues.

Please contact Colm on 028 9074 4973 or 07495 633399. Thanks.



Annual Coffee Morning...

Catch up with other members, for a natter and a cuppa and find out about other services.

Wednesday 15th February 2017
10.30am - 12.00pm.



60 Plus Programme...

Annual Christmas Event at Belfast Castle (Karaoke Fun)

Tuesday 6th Dec. 2016: 11am - 1pm

Drama Tuesday 28th Feb. 2017: 11.00am - 12.30pm

Join us at the 174 Trust for drama galore! This piece is a short drama, set in a hair salon in West Belfast which follows the misadventures of the clients and staff. Written and performed by Patricia Gormley. Refreshments served at both sessions.

BOOK EARLY
TO AVOID DISAPPOINTMENT

Exercise Referral programmes at the Heart Project



This project covers all of Belfast
For more information call
028 9031 0346

Healthwise
(includes diabetes and obesity)
The original exercise referral programme for people who are physically inactive.

Your healthwise instructor will help you achieve your goal of a healthier lifestyle.

Cancer Rehabilitation
The benefits from exercise are even more important following a cancer diagnosis.

Our cancer rehab specialists are the ideal people to provide guidance and support through this time.

Providing a valuable resource to those with an interest in Promoting Health

CRIS offers a specialist health promotion library and information service which is freely available to anyone over the age of sixteen who works, studies or resides in the Belfast and South Eastern Health Trust areas - Belfast, Lisburn, North Down and Ards.

Library Resources

The physical library contains approximately 3000 resources and is well stocked with up-to-date, quality information and an unrivalled range of resource formats including: 3D health demonstration models, DVDs, CDs, games, teaching packs and books. Our subject index has been developed to suit members of the public as well as health professionals.

The library collection is particularly strong in the following areas:

- Sexual Health
- Maternal and Child Health
- Mental Health
- Learning Disability
- Alcohol
- Smoking
- Drugs
- Dental Health
- Nutrition
- Physical Activity
- Safety/Accident Prevention
- Health Promotion Practice
- Public Health
- Patient Education
- Allied Health and Social Care
- Specific Conditions: Cancer, Dementia
- Allied Health and Social Care
- Behavioural Sciences: Communication, Human Relationships, Psychology

Enquiry Service

We can help to save you time by finding the quality, evidence based health information you need, in print or online. You will have access to a library and information professional to assist you with health information searches if requested. We respond to requests for information by telephone, email or in person.



Where are we?

The library is located at 1st Floor, Dorothy Gardiner Building, Knockbracken Healthcare Park, Saintfield Road, Belfast BT8 8BH. Free parking is available.

When is the library open?

The library is open (excluding bank and public holidays) Monday - Thursday, 9.15am - 3.30pm and Friday, 9.15am - 1.30pm

Visiting the library?

If you plan to visit please contact the library to arrange an appointment Tel: 028 9504 6498 / 9504 6627

This is a brief outline of the resources and services we offer. For more information and details of library registration and borrowing contact:

Hazel Fisher on 028 9504 6627 or email hazel.fisher@belfasttrust.hscni.net

Please note: For anyone in the Newtownabbey area who is interested in health promotion resource services please contact andrea.graham@northerntrust.hscni.net Health and Wellbeing Team at Northern Health and Social Care Trust.

Marie Curie Helper Service

The Helper service is part of the care that Marie Curie offers to individuals as they approach the end of their lives, as well as supporting their families.

The Helper service provides support to individuals at this very difficult time by providing;

- Companionship, offering a listening ear and simply spending time with people
- Time out for families and carers to take a short break from their caring role.
- Practical support, such as accompanying an individual to an appointment or a social group; helping with small, everyday tasks that can have a positive impact by making things that bit easier for the person and their carer.
- Families and carers with further information on local services and support

Our volunteers can also offer support to families / carers for up to three months after bereavement.



The service is available to clients 9am. - 9pm. 7 days a week across Northern Ireland.

For further information please contact the Helper office on 028 9088 2078

Care and support through terminal illness

AAA Screening

Abdominal Aortic Aneurysm

A quick, free scan for all men aged 65 and over.



Did you know?

Around 1 in 40 men aged over 65 have an AAA. This can be life threatening if left untreated.

All men in Northern Ireland in their 65th year will receive an invitation for an ultrasound scan that checks for swelling in the aorta. Look out for your invitation in the post. Men aged over 65 can request a scan through the Screening Programme office on 028 9063 1828.

The aorta is the main artery that supplies blood to your body. It runs from your heart down through your chest and abdomen (belly). As some people get older, the wall of the aorta in the abdomen can become weak and balloon out to form an

aneurysm, rather like a bulge in a worn car tyre. This is called an abdominal aortic aneurysm (AAA).

If you have an AAA you may not have any symptoms.

This means you cannot tell if you have an AAA, as you will not feel any pain or notice anything different. You may feel completely healthy.

A small AAA (30-44mm wide) is not serious, but needs to be monitored to see if it has grown. An AAA that is 55mm or more wide is a serious health problem. The wall of the aorta becomes weaker as it stretches and it could give way and rupture (burst). A rupture AAA leads to serious internal bleeding which can be fatal.



For further information, contact your GP or visit: www.aascreening.info

Raising awareness on keeping your home warm



National Energy Action (NEA) is the national charity which works to end fuel poverty through our campaigns for greater investment in energy efficiency to help the vulnerable and those on low incomes.

Northern Ireland has the highest rate fuel poverty in the United Kingdom. 42% of households struggle to pay for the warmth required for good health and well-being. As a response to the fuel poverty crisis in Northern Ireland NEA developed Northern Exposure. A community action based project, funded by the Public Health Agency, Northern Exposure designed to tackle the high levels of fuel poverty found across Belfast. It promotes

energy efficiency initiatives to improve insulation and heating for low income households by working in partnership with statutory, community and voluntary organisations.

We also provide energy advice and information, helping to demonstrate efficient behaviour around energy use to individuals and families. This includes information on how to reduce fuel bills with guidance on no cost and low cost energy saving measures. Householders in Greater Belfast can access our project simply by telephoning us. We will assess their energy needs and refer them, as appropriate, to energy efficiency grants or initiatives. Where appropriate we also provide a handholding service for the householder which involves supporting them through the referral process from start to finish. It takes no time to check out what may be available to make your home warmer and more comfortable and with schemes and eligibility changing from time to time, it's well worth a few minutes to make the call.



To find out more about Northern Exposure; contact Project Coordinator Lucy Cochrane on 028 9023 9909

Action for Warm Homes

Take 5 Steps To Wellbeing

Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well. There are five simple steps to help maintain and improve your wellbeing. Try to build these into your daily life – think of them as your “five a day” for wellbeing”.



GIVE

Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group.

Look out as well as in! Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.



BE ACTIVE

Go for a walk or run, cycle, play a game, garden or dance.

Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.



CONNECT

Connect with the people around you; family, friends, colleagues and neighbours at home, work, school or in your local community.

Think of these relationships as the cornerstone of your life and spend time developing them. Building these connections will support and enrich you every day.



KEEP LEARNING

Don't be afraid to try something new, rediscover an old hobby or sign up for a course.

Take on a different responsibility, fix a bike, learn to play on instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident as well as being fun to do.



TAKE NOTICE

Be observant, look for something beautiful or remark on something unusual.

Savour the moment, whether you are on a bus or in a taxi, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.



Sessions coming up....

Yoga

Getting active helps you to cope with stress positively so come along and try out our yoga sessions....

BEGINNERS YOGA runs on Tuesday mornings 11am.-12pm. (please note change of day and time for this class - previously held on Wednesdays). This class is very gentle and includes gentle stretching of the body, proper breathing techniques and deep relaxation to enhance more flexibility and calmness of mind. Please wear comfortable clothing.

ESTABLISHED YOGA runs on Wednesday evenings from 5.30pm. - 7pm. The class is for members with some yoga experience, to assist with continued flexibility, strength and calmness of mind.



Date: Every Tues. and Wed. Oct 2016 - Mar 2017 as above
Except: during holidays / closure.
Time: Tuesday 11am. - 12pm. (Beginners)
Wednesday 5.30pm. - 7pm. (Advanced)
Venue: Cancer Lifeline **Tutor:** Mary Connolly

Coping with Stress Positively through Relaxation & Meditation

Relaxation classes run every Friday morning during October 2016 - March 2017.

During the session, we will explore the art of relaxation and learn new and different way of bringing the mind into stillness.

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



Date: Every Friday morning, October 2016 - March 2017
Except: during holidays / closure.
Time: 11.00am.-12.30pm
Venue: Cancer Lifeline
Tutor: Mary Connolly

Feel Good Workshop

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. Sessions are for males and females, organised separately, (except month of January 2017), to help enhance appearance and self-image during a difficulty and challenging time. Please note if you are having your hair trimmed (it is not for a full re-style as time is limited), please damp your hair before you leave home. If you plan to have your make-up treatment, come with no make-up applied. Make-up artists provide the make-up. However, if you prefer to bring your own make-up feel free to do so. **Please note the male sessions commence at 9.30am with a light breakfast, time for a yarn and a catch up.**



Date: Wed 5th Oct 2016: 9.30am.-12.00pm. MEN ONLY
Wed 2nd Nov 2016: 10.00am.-12.00pm. FEMALE
Wed 7th Dec 2016: 10am.-12.00pm. OPEN SESSION
Wed 11th Jan 2017: 10.00am.-12.00pm. CARERS
Wed 1st Feb 2017: 9.30am.-12.00pm. MEN ONLY
Wed 1st Mar 2017: 10.00am.-12.00pm. FEMALE
Venue: Cancer Lifeline

Creative Workshops

Christmas Crafts

Christmas Crafts starts Monday 3rd October 2016. Come along and make presents or turn your home into a hand-made wonderland. Make Christmas cushions, tree skirts and much more. You can make personalised gifts for friends and family. Don't worry too much about your sewing capabilities - we can start at the very beginning if you are new to all this and don't worry for the more advanced members of the class, we will find something more challenging for you. Cancer Lifeline has some sewing machines sponsored by Awards For All (BIG) for those who don't have one or can't bring one along.

Soft Furnishings Class

starts on Monday 9th Jan 2017 - 27th March. This class is a follow on from last term, also suitable for beginners. Again, we cater to everyone's needs whether you are a beginner or an expert. You can make cushions, table runners, curtains, quilts, whatever you want to try. Learn how to use your machine to the best of your ability, learn to pipe, put in zips, make box seating and roman blinds. The class can be tailored to suit your ability.

Date: Monday 3rd October 2016 - 27th March 2017
Except: during holidays / closure.

Time: 1.00pm.-3.00pm
Venue: Cancer Lifeline

Vital Nutrition
Ltd

Vital Nutrition for Living Well

Our resident Nutritional Therapist Jane McClenaghan will help you to discover how simple dietary changes can help support your health and wellbeing.

This morning session will help you find ways to make small but positive changes to your diet for the good of your health. You will be taught:

- How to take control of sugar cravings
- Why fat is an essential part of a healthy diet and how to make the right choices
- The truth behind food labels
- Portion distortion – what is a healthy portion size
- Why a colourful diet is important
- Easy ways to achieve five a day
- Simple recipes to help you eat well

These sessions are brought to life with a simple cookery demonstration.



Date: Thur. 13th October 2016

Wed. 18th January and Wed. 22nd March 2017

Time: 10.00am – 1.00pm

Venue: Cancer Lifeline **Tutor:** Jane McClenaghan

Vital Nutrition
Ltd

Ideas for Liquid Diets

It can be difficult to eat a healthy and balanced nutritious diet with sufficient calories following diagnosis and treatment of cancer.

However, keep eating your favourite foods where possible, but make changes to soften them. For example cover foods in interesting sauces and gravies; finely chop meat and vegetables then casserole or stew them and cut the crusts of bread for softer sandwiches. If you have a blender you can liquidise cooked foods. Long, stew cooked foods are easier to eat. Here are a few ideas that may help; yogurt, soups, pureed vegetables, custard and creamed rice, smoked fish chowder, tomato juices and vegetable purees.

To find out more come along to our one-off information workshops.

Date: Wednesday 16th November 2016

Time: 10.00am – 1.00pm

Venue: Cancer Lifeline

Tutor: Jane McClenaghan

Bereavement Support

Loss is always difficult.

When you have experienced the death of someone close, life can be extremely hard, lonely and empty.

Our Bereavement Group meets usually on the first Wednesday of every month. If you feel it could be helpful to meet up with others experiencing loss, you are most welcome to attend. You can talk, or just sit and simply listen to others who choose to share. *“Special people become a part of who we are and our lives are richer for having known and loved them”.*

This group is facilitated by an experienced counsellor.

Date: 2016 Wed. 5th Oct., Wed. 2nd Nov., Wed. 7th Dec.

2017 Wed. 11th Jan., Wed. 1st Feb., Wed. 22nd Feb.

Time: 6.00pm. - 7.30pm

Venue: Cancer Lifeline

Tutor: Peggy McCann



Carer's Feel Good Session

If you care for a family member, friend or relative who is ill or has a long term condition, the chances are you are a carer. You may not recognise yourself as a carer – this is very common place. People who have a caring role don't always know that they have a legal right to have their individual care needs considered. A lot of the time, carers don't even know that there is support available to them.

Cancer Lifeline in conjunction with the Belfast Trust are organising a further Feel Good Workshop for carers on Wednesday 11th January 2017. This will be a chance for carers to come along have a facial, manicure, hair trim, or “stress check” carried out.

Lynne Calvert, Carer's Co-ordinator in Belfast Trust will be at the session to make you aware of what maybe available to you as a Carer and inform you how to access such support.

Date: Wednesday 11th January 2017

Time: 10am - 1pm.

Venue: Cancer Lifeline

Light lunch provided



Family Support

The Family Support Group is a chance for adults with the responsibility for younger children and teenagers to come together to talk through their concerns for their children and young people, when an adult within the family is living along-side a cancer diagnosis.

Children and young people may also benefit from one to one sessions with a member of Cancer Focus NI Family Support Team. The meetings can be arranged in the young person's home or Cancer Lifeline - wherever the young person wants to, depending on what and where suits them. Additionally, sometimes families need time together with the Support Worker to help them find the right words to talk to each other and to work through concerns and worries. Meetings can be arranged at whatever location is most convenient for the family.

The group sessions at Cancer Lifeline are in formal and relaxed – a place to chat, reflect, laugh and share experiences confidentially.

Date: Friday 25th Nov. 2016, Friday 17th Feb. 2017

Time: 10.30am – 12.00pm

Venue: Cancer Lifeline

Facilitator: Rachel Smith (Cancer Focus NI)

Walking Group

Our walking group continues every Thursday morning throughout October 2016 - March 2017. This is an opportunity to get some outdoor physical exercise in the fresh air.

Walking helps if you experience poor sleeping, feel anxious or have a busy lifestyle or a busy mind! Walking helps to let the mind wander and be mindful of the surrounding area. It also helps you to connect with people and your environment. The group walks locally in the area of North Belfast, using Cancer Lifeline as a base. This term we are planning some monthly trips to do walks in public parks, garden centres and other areas of interest. See below for list of dates during October 2016 - March 2017.

Please register your interest with the office.

Dates:

Every Thursday, October 2016 – Mar 2017 (excluding holidays).

Monthly trip dates:

Thurs. 13th Oct. 2016 Sir Thomas & Lady Dixon Park

Thurs. 24th Nov. 2016 Dobbies Garden Centre

Thurs. 16th Feb. 2017 Hillmount Garden Centre

Thurs. 30th Mar. 2017 Botanic Park

Have you ever wanted to write

Or do you have a story you've always wanted to tell? Why not come along to our taster session and give it go!

The session will help you figure out where and how to start and give you tips on getting the best story out of you.

Born in Ardoyne, Paul McVeigh is an award winning writer whose work has been performed on stage, read on radio and has been published in seven languages. "The Good Son", his first novel, was shortlisted for many awards. He won the McCrea Literary Award in 2015. His short stories have been published in literary journals and anthologies, read on Radio 4 and 5.

Come along and give it a go - Thursday 20th October 2016, 10.30am - 12pm in Cancer Lifeline. Reserve your place early.

Cervical Screening Awareness Information Session



The aim of this session delivered by a facilitator from the Women's Resource & Development Agency is to: **Raise awareness of the importance of attending for cervical screening and to understand the results.**

By the end of the session participants will:

- Be aware of what to expect when attending for a smear test
- Understand the results
- Recognise the importance of attending for screening

Who is offered the service?

- In Northern Ireland screening is offered to all women aged 25-64
- Women are automatically invited every three years if aged 25-49 and every five years if aged 50-64

Wednesday 25th January 2017, 10.00am-12.30pm

To reserve your place for this session contact the office.

Jo's Cervical Cancer Support Group

Michelle Roe is the facilitator of Jo's Cervical Cancer Support Group in Belfast.

The group hosts meetings in Cancer Lifeline every 8 weeks. This group is part of Jo's Cervical Cancer Trust based in England. If you have been affected by cervical cancer and would like to attend the support group to meet up with other women who have received a similar diagnosis please contact us via email josbelfastgroup@mail.com