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CANCERlifeline

CANCER LIFELINE NEWS SHEET

ISSUE NO. 32 | September 2014 - March 2015

EDITORIAL



Hello and welcome to edition number 32 – a particularly warm welcome to all our new members.

We hope you take the time to browse through your News Sheet which has been described as a real lifeline (by existing members) and in invaluable source of support. It's crammed full of support / wellbeing programmes to help guide and support you through a difficult phase of you or your family members life – we know from experience that members truly benefit from accessing our vital nutrition, fatigue, experienced listening services, to mention but a few. One of our members has very kindly offered her own testimony as to the benefits of taking part in such programmes highlighting the changes these have made to her personally.

We hope you enjoy scanning the photos on pages 4 and 5 of our hugely successful Black Tie Summer Ball held in the Europa in June 2014.

Please feel free to contact us with any ideas or suggestions you have which may help our wider membership.

help is at hand...
CANCERlifeline

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

Registered with the Charity Commission
for Northern Ireland
NIC 100002

Have your say...

We spoke to you in our last News Sheet about Cancer Lifeline exploring the possibility of purchasing the adjacent premises (number 42), which would allow us to expand the services and programmes we offer. This would allow us to increase service provision across all of our members and also to introduce new services and facilities.

We are asking our members to complete a survey which would help us to understand and get a real sense of your particular needs. This survey wants to get your thoughts and ideas on current and future services and programmes at Cancer Lifeline. We would ask you to complete the survey for us as it will be very helpful in our decision making, identifying need, ensuring that we are delivering a service that meets the needs of our members.

There are a number of different ways in which you can complete the survey:

- You may receive a telephone call from Locus Management (assisting us with the survey)
- Hard copies of the survey will be available in Cancer Lifeline (please ask for a copy to complete when you are next in for an appointment or a cuppa. Staff will be happy to help you to complete it.
- Our website address www.cancerlifeline.info – just click on the link, complete and return.
- We hope to have the survey completed by the end of October 2014.

Please help us to help you and to help Cancer Lifeline to grow and develop into the next stage of our journey!
Many thanks for your time and ongoing support.

help us to understand
and get a real sense
of your particular needs.....



A member's view....

I discovered Cancer Lifeline through the NI Cancer Survivorship website.

<http://survivorship.cancerni.net>

When I went along to meet Bryan for the first time I was bowled over by the facilities and how they were trying to tailor their resources to help individuals in a really unique way. They were interested in people as individuals rather than statistics.

I attended reflexology with Mary which was fabulous, so relaxing, a real treat. No matter how hassled I was going in, I always left feeling really calm and thoroughly spoiled. My idea of heaven would be to have reflexology every week. As I came for my appointments everyone was so friendly and welcoming.

Tina told me about all that was on offer and kept encouraging me to try the Vital Nutrition course. I didn't think it was for me as I considered myself a healthy eater. I thought it would be all about eating 5 portions of fruit and veg a day and I already knew all that. I did agree to go to a 'Look Good Feel Good' session. My appearance had altered drastically as a result of treatment and I didn't have much interest in how I looked. I went along feeling a little apprehensive, especially about my hair which is very thin and very slowly growing back. Up until this point I always wore my wig or scarf in public. After being pampered with a facial I had my first 'haircut' post treatment. I discovered that the baby shampoo I had been using throughout treatment thinking it was gentle wasn't suitable at all. The hairdresser suggested what type of shampoo to buy and I left not wearing my wig or scarf in public for the first time.

About six months later I decided to give the vital Nutrition course a go. I had put on a lot of weight as a result of treatment and had become much less active. I didn't feel like myself anymore and just wanted to get back to normal. I would have tried anything at this stage! I didn't know what to expect but the course was brilliant. Jane was so friendly and approachable. The group was small and it was good to listen to other people's stories. Jane made it really interesting, the time flew by and I learned loads. The best bit was getting to taste new foods and recipes. I loved all the recipes! So much so that I bought Jane's cookbook. They are really easy and I use them a lot. I have been introduced to lots of foods I never considered buying before and shopping has changed as a result. I cannot recommend Vital Nutrition highly enough I only wish I had tried it a lot sooner.

Go on, give it a go!!

They were interested in people as individuals rather than statistics.

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.

psst...

Plans and negotiations with Belfast City Council and the Department of Social Development are still ongoing to purchase the adjacent premises (No. 42 Alliance Avenue).

In recent months we have met with all of the political parties to make them aware of our plans and to gain their support. As always, our objective is to ensure the community of North Belfast has access to quick response quality cancer support provision.

Please keep an eye out for further updates or if you have any ideas for fundraising, please contact us.

Access problems...

If you have a particular requirement e.g. access / problem with stairs which you may need help with, to enable you take part in Cancer Lifeline's programmes, we would encourage you to contact us in advance, to enable us to make adjustments (if 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...

This is a chance to hear about our work during 2013 - 2014.

Lunch provided - everyone welcome!

Wednesday 15th October 2014

12.00pm.

Please register your interest with the office.



Annual Coffee Morning...

This is a chance to call in for a natter, and meet up with others. Find out about our programmes and support services.

Wednesday 25th March 2015

10.30am. - 12.00pm.



60+ Health & Wellbeing Programmes Active Lives After Cancer

"Well Aware"

Well Aware is a new Cancer Awareness programme aimed at the over 60's across Northern Ireland. The programme is funded by BIG and delivered and managed by Cancer Focus NI.

Cancer Lifeline has asked Cancer Focus to come along to do a session on general cancer awareness to inform members of the key cancer prevention messages and also to raise awareness of the important signs and symptoms of cancer to look out for. As part of the session you also will have an opportunity to get free health checks including blood pressure, blood sugar levels, body mass index, facial sun damage, carbon monoxide levels checked.

When: **Thursday 20th November 2014. 10.30am. - 12.30pm.**
Where: **Cancer Lifeline**

Annual Networking / Christmas Event

Afternoon Tea in Belfast Castle (music and relaxation) for the 60 plus Annual Networking / Christmas Event.

When: **Tuesday 2nd December 2014**
Where: **Belfast Castle**

Beginners Yoga

Don't forget about our weekly Beginners Yoga.

When: **Wednesdays at 4.30pm. - 5.30pm.**
Ongoing, October 2014 - March 2015
Where: **Cancer Lifeline**

If necessary, transport is available (to and from sessions) for members aged 60 plus, thanks to BIG.



Cancer Lifeline Black Tie Summer Ball 2014, Europa Hotel Belfast.

A huge thanks to everyone who helped make the June 2014 event the success it was – you all know who you are.

In particular, we thank: Lagan Construction, Leo Callow, Mark Sidebottom, Dr Seamus McAleer, John Linehan and Lord Mayor Nichola Mallon.

We also thank all the corporates who supported us this year for the first time including:

- Agnews
- H3 Health Insurance
- Modern Office Supplies
- Value Cabs
- Hasting Hotels
- Charles Hurst.
- North Down Finance

Listen up!!! Date for your Diary...

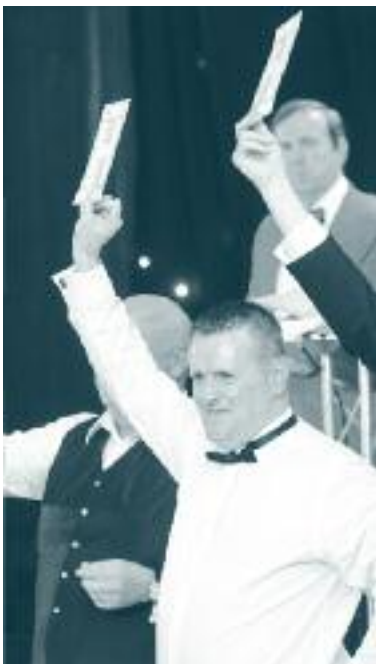
Following our hugely successful Black Tie Summer Ball, the current Lord Mayor of Belfast has chosen Cancer Lifeline as her charity for the year.

As part of being chosen as her charity we will have access to the "Great Hall" in the City Hall to host a fundraising event to help raise vital funds.

Plans are currently being explored for an event on Saturday 28th February 2015 - so keep an eye out in the post for an update on this.

Reserve the date in your diary!





Sessions coming up....

Evening Yoga

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

Please note we have introduced a **NEW BEGINNERS YOGA** session on Wednesday afternoons/early evening from 4.30-5.30pm.


This class is very gentle and covers gentle stretching of the body, proper breathing techniques and deep relaxation to enhance more flexibility and calmness of mind.

Established Yoga - also runs on Wednesdays from 5.30-7.00pm. This established yoga class is for members who have some yoga experience, to assist with continued flexibility, strength and calmness of mind.



Date: October 2014 - March 2015
Every Wednesday evening, **except** 29th Oct,
17 & 24th Dec / 31st Dec / 7th Jan 2015.

Time: 5.30pm - 7.00pm. **Venue:** Cancer Lifeline

Tutor: Mary Connolly (partly funded) 

Coping with Stress Positively through Relaxation & Meditation

Relaxation sessions will run every Friday morning from October 2014 right through to March 2015.

During the 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 2014 - March 2015
except Friday 31st October, Friday 19th &
26th December 2014, & Friday 2nd January 2015

Time: 11.00am - 12.30pm **Venue:** Cancer Lifeline

Tutor: Mary Connolly (partly funded) 

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.



Date: Tuesday 11th, 18th & 25th November,
Tuesday 2nd December 2014
Tuesday 3rd, 10th, 17th & 24th February 2015

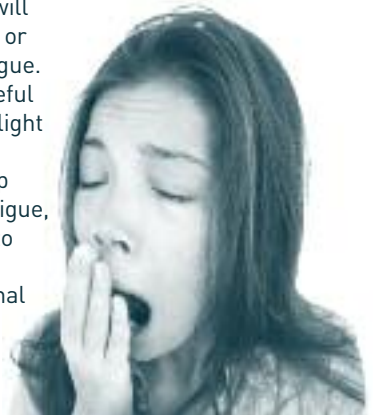
Time: 10.30am - 12.30pm **Venue:** Cancer Lifeline

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 four 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: 2014: Thurs. 6th, 13th, 20th Nov. / Thurs. 4th Dec.
2015: Thurs. 5th, 12th, 19th Feb. / Thurs. 5th Mar.

Break after week 3

Time: 10.30am - 12.00pm

Venue: Cancer Lifeline



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.

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 artist's materials).

Shanky's will be on hand for the men only sessions for the Turkish shaves (make-up for men optional)!



Date: Wed 8th Oct 2014 - MEN ONLY
Wed 5th November & Wed 3rd December 2014
Wed 14th January 2015 - MEN ONLY
Wed 11th February & Wed 11th March 2015

Time: 10.00am. - 12.00pm. (all sessions)

Venue: Cancer Lifeline



Creative Workshops

Sewing Classes

Following the success of previous sewing classes we plan to run further sewing classes on Monday afternoons in Cancer Lifeline.

Please note you will need to bring your own sewing machine. These six weeks will focus on Christmas crafts.

Date: Monday 6th, 13th and 20th October,
(27th October Halloween break NO CLASS)

Monday 3rd, 10th and 17th November 2014

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

Chicken Scratch

Chicken Scratch is an easy type of embroidery done on gingham, which gives the impression of appliqued lace. With easy stitches the thread creates a lace like design on the gingham fabric. Very suitable for beginners and only requires gingham material, embroidery hoop and embroidery thread to get started. We can use this embroidery to make cushion covers, table runners, or whatever you wish or just come along to learn the technique and enjoy the experience.

Date: Monday 16th and 23rd February 2015
Monday 2nd, 9th, 16th, and 23rd March 2015

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

Bereavement Sessions

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

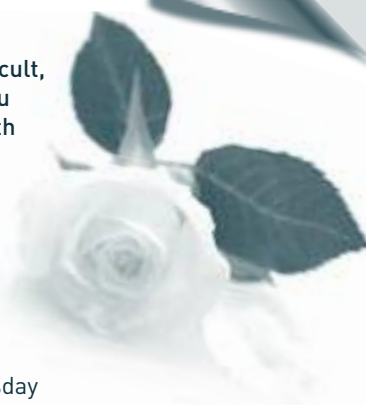
If you feel it could be helpful to meet up with others who are experiencing loss, then come along to our Bereavement group which is held on the first Wednesday evening of every month.

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

Date: Wed. 1st October 2014 Wed. 5th November 2014
Wed. 3rd December 2014 Wed. 14th January 2015
Wed. 4th February 2015 Wed. 4th March 2015

Time: 6.00pm. - 7.30pm (please note new time)

Venue: Cancer Lifeline **Tutor:** Peggy McCann



Caring for Carers Morning



Do you care for a family member or friend who is ill or has a long term condition? If so, it is very likely you are a carer. Carers do not see themselves in this way and often we hear them say "I am only doing what any daughter / son would do", or "first and foremost I am a wife - I don't want to be called a carer for my husband".

People who have a caring role don't know that they have a legal right to have their individual needs as a carer considered. Often, they don't know that there is support available for them.

In conjunction with Cancer Lifeline, Belfast Trust, Belfast Carers Centre and the Hospice NI are hosting a "Caring for Carers" session. This will give carers from across North Belfast an opportunity to come together to have a chat about how they are finding things and to hear about the range of supports available to carers within the respective organisation. This session will also include an opportunity to have your Blood Glucose, Blood Pressure and Body Composition taken. This aspect will be delivered by Cancer Focus NI, Keeping Well Van.

Date: Wednesday 12th November 2014

Time: 10.30am - 1.00pm **Venue:** Cancer Lifeline

Family Support

The impact of a parent or close family members' diagnosis can significantly affect a young child or young 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. A child or young person's fears are more heightened, as they don't know how to express their concerns or articulate their fears or worries.

The Support sessions are delivered in Cancer Lifeline via Cancer Focus NI. This can include:

- Group Sessions (dates and time below) for parents to support them to talk to their children about cancer and how it feels to be a parent coping at this time.
- One to one Support for the child or the young person.
- Individual Family Support Sessions.
- Use of library resources to help young children to understand illness, loss and grief.

Date: 2014: Friday 14th November 2014

2015: Friday 23rd January / Friday 27th March

Time: 10.30am – 12.00pm

Venue: Cancer Lifeline

Facilitator: Rachel Smith (Cancer Focus NI)

Get Active Programmes

Swimming Programme

Are you interested in learning to swim or improving your swimming skills? Cancer Lifeline in conjunction with Active Belfast, Ardoyne/Shankill Partnership and the Maureen Sheehan Centre organising classes at the Falls Leisure Centre. Bus leaves from Cancer Lifeline on Monday mornings at 9.15am. and returns at midday. Classes run throughout October 2014 - March 2015.

Walking Programme

Walking is free, simple and one of the best forms of physical activity. Walking is ideal for all ages of people and levels of fitness, especially if you are inactive and wishing to become more active. You do not need any specific attire, wear comfortable shoes or trainers that provide adequate support and loose fitting clothing that allows you to move freely - choose thin layers rather than heavy chunky clothing.

Group meets at 10.15am. at Cancer Lifeline on Thursday mornings. Starts Thursday 11th September 2014.

This programme is run via Active Belfast and the Maureen Sheehan Centre.

FOR MORE INFORMATION ON BOTH PROGRAMMES CONTACT THE OFFICE ON 028 9035 1999.

Experienced Listening

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 but we can arrange a time to suit you. The sessions can be arranged in your own home or by telephone.

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!

Zest for Life

ZEST FOR LIFE is a 6 week programme designed for people on a survival and recovery period in their cancer journey.

The course aims to help identify positive lifestyle changes that will help improve physical and mental well-being.

Topics covered may include:

- Understanding and managing stress
- Identifying your personal values and needs
- Techniques to encourage positive thinking
- Relaxation methods
- The benefits of regular exercise
- Goal setting

STARTING ON TUESDAY 3rd FEBRUARY 2015

(and every subsequent Tuesday until 20th March 2015)

Cancer Lifeline, 44 Alliance Avenue, Belfast 2.00pm - 4.30pm

Course Facilitator: Barbara Lowry, Cancer Focus Counsellor

If you feel you could commit to the 6 week programme and would like to book a place, please contact either:

Cancer Focus NI: 028 9066 3281 / E: care@cancerfocusni.org

Cancer Lifeline: 028 9035 1999 / E: info@cancerlifeline.info

