

AT OUR “HOME FROM HOME” CENTRE, CANCER LIFELINE REACHES OUT TO YOU AND YOUR LOVED ONES THROUGH A VARIED PROGRAMME OF SUPPORT AND INFORMATION.

A cancer diagnosis brings with it a whole array of emotions, some of which can be overwhelming. It is at these times that you may need to talk to others facing similar fears and anxieties. You or your loved one may need access to practical support services, somewhere you can feel comfortable, where your feelings and reactions will be understood and treated sensitively.

A caring welcome, in a comfortable setting, where people can relax and talk through what is happening to them. The organisation has been referred to as a “*lifeline*” by many of our members.

The unique focus of Cancer Lifeline is that it is managed by local people, all of whom are living with cancer. Hence, when people come for support they will have the opportunity to meet and talk to others who have been through the same experience.

Support and Information

Our programme of support varies according to members needs. Helping people to cope better emotionally, mentally, and physically with their illness is at the core of our support services.

Some examples of our programme include;

- Women's Support Group
- Male Health Improvement Sessions
- Bereavement Support
- Carers Support
- Parent Support
- Tailored Support for those aged 60+
- Feel Good Factor Workshops (Hair, Skin and Nail Care)
- Nutrition
- Get Active Programmes
- Fatigue Management
- Relaxation / Stress Management
- Library Services
- Advocacy / Peer Support (This can include hospital, home visits and telephone support)
- Signposting to other sources of support
- Information Mornings

SUPPORT AND INFORMATION

Who is the service for?

The Support and Information Service is for anyone affected by cancer and their family members living in the catchment area (some programmes are targeted at particular groups of people eg. Women's Support Group).

How much does it cost?

The services are FREE to those who need them.

How do I access Support and Information Services?

You can self refer to us by simply calling in to the office or by telephoning us directly.

help is at hand...

CANCER*lifeline*

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