

MONDAY SUPPORT GROUPS

Winter/Spring 2012

A range of complementary therapies are available at every group, along with:

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|--------|---|
| Jan 9 | Beauty Treatments |
| Jan 16 | Bexley Carers Open Day |
| Jan 23 | Look Good, Feel Good |
| Jan 30 | Chair-based exercise |
| Feb 6 | Beauty Treatments |
| Feb 13 | Bexley Carers Support Group Chair-based exercise |
| Feb 20 | Look Good, Feel Good |
| Feb 27 | Chair-based exercise |
| Mar 5 | Beauty Treatments |
| Mar 12 | Bexley Carers Support Group Chair-based exercise |
| Mar 19 | Look Good, Feel Good |
| Mar 26 | Chair-based exercise |
| Apr 2 | Beauty Treatments |
| Apr 9 | Closed |
| Apr 16 | Closed |
| Apr 23 | Look Good, Feel Good |
| Apr 30 | Chair-based exercise |

Every Monday Group includes a complementary therapy, class, workshop or a group talk.

Our **SUPPORT/USER GROUPS** take place weekly on Mondays at **St Mary's Church Hall, Manor Road, Bexley Village. DA5 3LX**

Group opens 1.00 until 4.00pm

These groups are open to people affected by cancer and life threatening illnesses including stress and depression.



If you are able to volunteer any time to support the Trust we would love to hear from you. Can you help with fund raising? Are you a therapist whose skills we could use a few hours a week? Do you have any ideas for fund raising events that you can help with?

Please contact us if you can assist in any way.

COMPLEMENTARY CANCER CARE TRUST

"We Care, We Support, We Deliver"

Information Leaflet Winter/Spring 2012



Serving
Bexley Borough, South East London
and North Kent

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Complementary Cancer Care Trust was launched in June 2000 and is a non-profit making registered charity working within the community of Bexley and the surrounding areas.

The Trust provides a service to people who have cancer, or any other life threatening disease, their carers, families and friends.

The purpose of the Trust is to provide a holistic approach to self-care and seeks to address the physical, emotional and spiritual needs of the people we see.

We provide information, support and a range of complementary therapies, which may be safely used alongside medical treatment.

The Trust advocates and encourages a healthy lifestyle, including self-help and informational workshops.

The Trust works with people on an individual level and within groups where they can meet others in similar circumstances, during all stages of their illness.

Membership of the Trust is required to be able to attend the weekly Support Groups and workshops.

There is a lot of current research on the benefits of having selected complementary therapies as adjuncts to mainstream medical care. However, it is important to note that all therapies are not suitable for all clients and contraindications are adhered to absolutely.

The Trust provides a **HOME VISITING SERVICE** for those who cannot attend the weekly support groups.

PALLIATIVE CARE helps to provide relief from pain and other symptoms, integrates the psychological and spiritual care, offers a support system to help the family cope during the patient's illness and in their bereavement.

The **SUPPORT GROUP** provides a safe environment for its members to talk about how they really feel.

The Trust supports **CARERS** and **EX-CARERS** who supported, or were supporting, people who have not had a life-threatening illness. All carers and ex-carers are welcome. **Carers Support Group every 2nd Monday of the month.**

| Complementary Therapies | | |
|---------------------------------|---------------------------------|--------------------------|
| Support | | Information |
| Reflexology | Shiatsu | Healing/ Reiki |
| Chair Based Exercise | Volunteers required | Support Groups |
| Aromatherapy/ Thai Back Massage | Indian Head Massage | Workshops |
| Look Good, Feel Good | Carers/ Ex-Carers Support Group | Holistic Palliative Care |
| Manual Lymph Drainage | Home Visiting Service | Library of Books & Tapes |

The Complementary Cancer Care Trust exists to support cancer patients and their carers through the difficult times of treatment and recovery.

It should be noted that at all times your primary source of healthcare should be your general practitioner and your consultant.

We never seek to supersede or replace your doctor's care.

For further information about the Trust, Groups and Workshops please call 01322 524079 or contact us via our website www.ccctrust.org.uk or via email enquiries@ccctrust.org.uk