



**The
Cancer Support
Centre**

A place of sanctuary and support

Latest news & current support

Although the CSC building is closed, we are still offering support both over the phone and online.

If you have recently been diagnosed with cancer, or are affected by cancer in any way, and want to have someone to talk things through with, then please get in touch. If you leave your phone number, along with a short message we will be in touch as soon as we can.

We have therapists who will contact you to talk about the things we can do to help, and make some suggestions for some 1:1 sessions (over the phone or zoom) we can offer now.

Support sessions include:

Counselling – a chance to off load and talk through your challenges.

Hypnotherapy, Visualisation – A wonderful session that can help you to learn to relax and manage any feelings of anxiety and stress amongst lots of other things!

Reiki - This can be really effective even when given 'over the phone'!!

EFT tapping – It is very easy to learn and can help to reduce stress and anxiety, sleeplessness and pain.

How to get support:

Phone the Centre on our usual number **0121 378 6295** and the call will be diverted to a mobile number where you can leave a message. We will try to call you back as soon as we can.

Or You can message us by email **info@suttoncancersupport.org**

Go to **www.suttoncancersupport.org/latestnews** for up to date support and events.

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CSC Help Yourself Talks every Monday @ 3pm

Click on the link

<https://zoom.us/j/98566373889>
to join in on Monday just before 3pm.

May 11th - Keeping your Spirits Up

Aromatherapy from home with Loretto and Sue

May 18th - Nutrition with Kate

Looking at the benefits of eating more alkaline foods.

May 25th - No Talk

BANK HOLIDAY

June 1st - Reiki for Beginners

June 8th - Getting the most from your PC or Ipad safely....

Coffee & Chat every Tuesday @ 11am

We might be closed physically, but we are still here for you virtually. Come and join us for a coffee and a chat and tell us how you've been keeping busy.

Click on the link

<https://zoom.us/j/500115933>
then connect to the chat by pressing 'join'.

Looking forward to seeing you.



CSC Help Yourself - Relaxation with Roy every Friday

(30 minutes)

Click on the link

<https://zoom.us/j/830226593>

Open from 11.30am and the Relaxation session will start promptly at 11.45am.

Please ensure you are signed in and ready. Roy will be online from 11.30am to help.

CSC Help Yourself

Visit our very own You Tube channel to see what we have on offer for you. We are adding new things all the time!!!

https://www.youtube.com/channel/UCtDSerTVdvc_uW8PNVKa28w

Click on 'Subscribe' and you will be notified when something new is added!!!

There you will find the following sessions:

- Breathing!
- Positive Thinking
- Supporting Immunity through nutrition
- Making a Nutritious Smoothie
- CSC Help Yourself Yoga with Helen
- CSC Help Yourself Tai Chi with Jane

