



**The
Cancer Support
Centre**

A place of sanctuary and support

Have you received a diagnosis of cancer or are you supporting someone who has?

Don't know who to talk to?

Have you finished treatment and don't know where to turn?

We may be able to help. Talk to us...

We can talk about the things we can do to help, and make some suggestions for some 1:1 sessions either in person at the Centre, over the phone or zoom, that 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'!!

Acupuncture – to help with pain, wellbeing and even mental health.

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

Emmett – to help with muscle and movement restrictions and pain is brilliant

How to get support:

Phone the Centre **0121 378 6295**, You can leave a message if we cannot answer and 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

CSC Help Yourself online group sessions

Yoga with Helen every Wednesday at 12.30 (60 minutes)

Beginners welcome, do as much or as little as you are able to. A great way to ease the aches and pains and stresses of the day...

Relaxation with Roy every Friday at 11.45am (30 minutes)

A guided session where you may be taken to the beach, the woods or the lake...
Feel refreshed and relaxed...

To book your place:

Register on <https://www.suttoncancersupport.org/event-calendar/>

The link for the zoom session will be sent to you. The link will be open 10 minutes before to give you time to log in and get comfortable, and will start promptly at the time given here.

Having you there whilst all this madness has been happening has been amazing. I don't think I would have coped with out you to talk to.

I don't think you realise what a difference you have made to me over the past few months. Thank you so much.

You guys have been amazing. When my treatment stopped I thought that was the end for me. You have helped me so much. Thank you.

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

You Tube