

Activity Programme

MONDAY		
Art Group	10.30 – 12.30	Come along to learn a new skill or share your skills with like-minded people, and further develop your techniques
Meditation	13.30 – 14.30	Come and experience time away from all the stresses and strains of life. You will leave feeling fully refreshed
TUESDAY		
Tai Chi	16.30 – 17.30	Relieve stress, improve awareness and maintain and improve health
WEDNESDAY		
Walking Group	10.00 – 12.00	Meet us at Sutton Park. Call Anne Findley at the Centre on 0300 012 0245 for full details
Craft Club	10.00 – 12.00	Try something new! Bring out your creative side and have fun with others <i>Alternative Wednesdays</i>
Yoga	12.30 – 13.30	Gentle yoga with Sue for all to enjoy
Healthy Eating	14.00 – 15.00	Check out What's On for details <i>Alternative Wednesdays</i>
Gardening Club	Afternoon	Come and share your love of gardening <i>Second Wednesday of each month</i>
THURSDAY		
Book Club	15.00	Share your love of books with others <i>First Thursday of each month</i>
FRIDAY		
Relaxation	12.15 – 12.45	Relax with Roy
Drop In	13.30 – 15.30	Different activities each week – just ask! <i>The choir usually meets monthly on a Friday</i>



Welcome to Lindridge Road...



...working to provide a place of sanctuary and support to all those affected by cancer

Come and learn new things about yourself, ways of safeguarding your wellbeing, and to have fun and meet new people

The Cancer Support Centre, Lindridge Road, Sutton Coldfield B75 6JB

Call 0300 012 0245 | Email info@suttoncancersupport.org

www.suttoncancersupport.org

Our Aim

The Centre's aim is to work alongside the local health services, hospices and other cancer charities so that people affected by cancer, in Birmingham and the West Midlands, will have access to free **Support**, **Information** and **Complementary Therapies** at every stage of their cancer journey.

The History of the Centre

Our founder, Mavis Cunningham, was aware of the need for a centre to support cancer patients in the Midlands for many years. This awareness was based on her extensive experience as a nurse and her involvement with a local breast cancer charity.

Her visions for the centre gradually developed, as she discussed her ideas with other people who offered to help turn her dream into a reality. Together as founding members, they envisioned a house where an atmosphere of peace and tranquillity would be created. It would be a place of sanctuary for those affected by cancer. Free counselling and complementary therapies would be provided, and help would be available for family and friends.

In May 1999 the first steps were taken, with a fortnightly evening relaxation and support group. In October 2000 a committee was set up, and a small group of people worked hard to achieve both company and charitable status in 2001. In October 2001 premises were found, which enabled The Cancer Support Centre to open 1 day a week. By the end of the first year, the number of clients had doubled and the Centre opened for 2 days a week.

The continued success of the service meant that new premises were required, and with the support of Sutton Coldfield Municipal Charities, the charity moved to Station House, Midland Drive in 2004 and by 2007 was open for 4 days a week.

In 2010, The Trustees realised that larger more suitable premises still were required, and negotiations began to enable The Cancer Support Centre to move to Lindridge Road, Sutton Coldfield, where it could share half the premises with St Giles Supportive Care. That move took place at the end of February 2011 and it is where the Centre can be found today.

“The help, love and support at the Centre has brought me back to being me”

Acupuncture

Originating from the Latin *Acu*, it literally means to puncture with a needle. Despite sounding aggressive it is far gentler in practice! It is based on the existence of 12 meridian lines of energy (*Qi* – pronounced 'chee'), which flow around the body both internally and externally. Disruption of this energy results in illness. The insertion of fine needles along specific points of these channels frees up or strengthens the energy thus allowing the body to rebalance and return to good health.

Aromatherapy and Massage

This therapy is about the controlled use of essential oils to maintain and/or improve the health of mind, body and spirit. It is the most effective way of receiving essential oils. It combines the relaxing aspects of massage with the aromatic scent of the oils that, when absorbed through the skin, relaxes muscles, enhance circulation, reduce pain perception, help eliminate toxins and give that 'feel good' factor.

Chair massage

Massage in a specially designed chair, which fully supports your body. It eases tension, increases circulation, helps balance the nervous system and promotes a state of alert relaxation. It can be done through clothing or directly on to the skin.

Counselling

Counselling allows you to talk through your feelings and about situations in your life that may be causing you stress or anxiety. It will enable you to make positive changes in your life. The counsellor does not usually give specific advice, but helps you to identify the changes you want for yourself.

Emotional Freedom Technique

An emotional version of acupuncture, without the needles! Instead you stimulate well-established energy meridian points on your body by tapping them with your fingertips. The process is easy to memorise and is portable, so you can do it anywhere.

The Bowen Technique

The Bowen Technique is a non-invasive holistic therapy consisting of a sequence of gentle movements over muscles and soft connective tissue, interspersed with short periods of rest to allow the body to respond. The Bowen Technique is not a massage and is generally considered to be a safe and effective tool, and is particularly useful when other treatments are unsuitable. The Bowen Technique encourages re-alignment of the body, whilst promoting a deep sense of relaxation, helping people to lead a more comfortable and fulfilling life.

Homeopathy

Homeopathy can help to treat patients on mental, emotional and physical levels. It can help patients who are not (or not yet) on conventional treatment. It can be very useful in raising the immunity of patients who are ill or who feel drained by illness and treatment. Before surgery or any treatment process, the remedies can help prepare your body for treatment and aid in recovery after. For those not on treatments, or where treatment is complete, homeopathy can help with restoring health, balance and quickly treat and raise your immunity against everyday illnesses, infections and chronic problems that emerge periodically.

Complementary Therapies

Hypnotherapy

Hypnotherapy is a method of helping you to achieve a deep state of relaxation and make changes in your life that you want for yourself. In this state of relaxation you are always in control and the hypnotherapist's suggestions will be in tune with what you have told her you want to achieve.

Indian Head Massage

This total approach to relaxation includes massage to the scalp, neck, shoulders and upper arms, whilst sitting upright in a chair and it can be performed with or without the use of oil. Benefits of this treatment are many and varied. They include the reduction of stress relief of muscular tension and stiffness, relief of headaches and stimulation to the hair and scalp.

Manual Lymph Drainage (MLD)

MLD is a specialised therapy designed to improve the functioning of the lymphatic system through gentle, rhythmic and repetitive circling of the skin, which stimulates contractions of the lymphatic system.

'M' Technique

The 'M' Technique is a registered method of touch. It is suitable for people for whom massage may be inappropriate and for the sick and fragile. The technique is so gentle and soothing that it has been described as 'physical hypnotherapy'.

Reflexology

Reflexology is a relaxing and effective form of therapeutic massage. It is a natural and holistic treatment that works by stimulating precise reflex points on the feet, which have been found to correspond to organs, systems and structures within the body. Manipulation of these points helps to release blockages and activate the body's healing mechanisms.

Reiki (Universal Life Force Energy)

Reiki is a hands-on healing method using the energy that surrounds each of us to bring improved well-being and balance. It promotes healing and harmonises the person receiving treatment emotionally, mentally and spiritually. Reiki works in a complementary way with conventional medicine and helps to relieve stress, fatigue and pain.

Relaxation and creative visualisation

The therapist will help you to relax your body, clear your mind and suggest relaxing images and sensations for you to experience. Positive suggestions for your well-being may also be made. The therapy can be given when you are lying down or sitting on a chair and you do not need to remove your clothes. The therapy can be delivered individually or in a group.

Our Services

The Centre is open to clients 5 days a week offering the following a range of [complementary therapies](#) including [Aromatherapy](#), [Bowen Technique](#), [Counselling](#), [Homoeopathy](#), [Hypnotherapy](#), [Indian Head Massage](#), [The 'M' Technique](#), [Quantum Touch](#), [Reflexology](#), [Reiki](#) and [Nutritional consultations](#).

There are [weekly group activities](#) also available including [Art](#), [Walking](#), [Meditation](#), [Relaxation](#), [Yoga](#) and a [Book Club](#) (monthly)

Friday is ['drop-in day'](#) for everybody who would like to come for a drink, a chat and to meet the staff, therapists and other clients.

We also offer a range of [training courses and events](#) for both professionals and clients including [Counselling Skills for Volunteers](#), [Reiki Level 1 and 2](#), and ['Say Yes to Life'](#).

“You have made me feel like I am in the safest hands in the world,
and through the very difficult times, that I was going to be ok”

All clients with cancer are offered a preliminary consultation and assessment followed by 10 treatments, free of charge, with a review after 6 treatments. Family members/carers will also receive an initial consultation and are entitled to 3 free treatments.

Further treatments are accessible following another review and clients are asked to make a donation towards costs. We ask for a donation towards group activities. There is a charge for Reiki Level 2 and the 'Heal your Life' courses.

Donations are always welcome at any time and can be made more valuable by using Gift Aid where possible.



Our mission statement

To provide a place of sanctuary and support for adults whose lives are affected by cancer.

Our vision

To be a recognised centre of excellence as a community based charity providing care and support for all adults whose lives are affected by cancer. We aim to achieve this through complementary therapies, promotion of wellbeing and healthy eating lifestyles.

Our values

We are caring, respectful and supporting and we value choice.

We respect and care for all our clients, volunteers and all those who support and work with the Cancer Support Centre.

We are committed to supporting our clients to help themselves to heal in body, mind and spirit.

We enable every individual affected by cancer to exercise choice in the way they regain control of their life.

Our beliefs

We believe in an integrated approach to health and wellbeing achieved through physical, emotional and spiritual support which we believe will help in the acceptance, recovery or management of cancer for each individual.

“My family quickly realised that the Centre and the clients were helping me greatly, which eased a lot of the stress and worry that they were also experiencing throughout my illness”

First steps towards a healthy diet

Eating the right foods in the correct proportions is essential for good health. Following your first visit to the Centre you may wish to improve your diet.

If your appetite and digestion are affected, aim to incorporate 3 of the below into your daily eating routine and add more as you are able...

Drink at least **2 litres of filtered water throughout the day**. This should be one of your priorities!



Increase the amount of **fruit** and **vegetables** especially in your diet (up to ten portions per day) including greens such as **cabbage**, **broccoli**, **spinach** and **watercress**. Steam your vegetables where possible

Eat 2-3 portions of **oily fish**, such as **salmon**, **herring** or **mackerel**, per week. You may wish to supplement this with good quality omega-3 oil



Include **beans**, **peas** and **lentils** in your diet

Add **organic extra virgin olive oil** to raw and cooked foods. If olive oil is used in cooking, choose a mild and light variety and keep heat to a minimum. Alternatively, cook with organic virgin coconut oil



Increase the amount of **whole grains** in your diet and look for alternatives to wheat

What to AVOID!

- ✗ **Processed food** such as ready meals, branded breakfast cereals, vegetable oils in plastic bottles
- ✗ **Red meats** especially beef and pork
- ✗ **Dairy produce** especially if you are affected by a hormone dependant cancer
- ✗ **Table salt** and salty foods such as ham
- ✗ **Sugar** and sugary foods as well as synthetic sugar substitutes
- ✗ **Alcohol** although an occasional small glass of red wine with a meal has protective properties

Try to reduce your tea and coffee intake as both contain caffeine. Why not try green, herbal or fruit teas?

All clients may arrange an individual consultation with the Centre's nutritional advisor. Appointments should be booked at the reception desk.