

# MACMILLAN CANCER SUPPORT

Please contact us to arrange any of these therapies or activities or with any questions about what we are offering.

We know that our service users need support more than ever but we must keep everyone safe and follow government guidelines so for now therapies will only be online or by phone, and we will keep everyone informed of any changes.

If you want to register with us, you can still do that, just give us a call and we'll go through the form or you can request a form to be emailed to you by contacting us on our email address on the next page of this leaflet.

We will be adding some extra support soon, so keep an eye on our Facebook page for updates on this.

We very much look forward to the days when can welcome visitors to the centre again!

## Contact Us

The Centre is open and if you are at the hospital for an appointment you are welcome to wait here, or rest and have refreshments.

We are open Monday – Friday  
9.30am – 4.30pm.

### Telephone:

**01737 304176**

### Email:

[Informationcentre.sash@nhs.net](mailto:Informationcentre.sash@nhs.net)



Search and **like** East Surrey Macmillan Cancer Support Centre for regular updates.



## Online support from East Surrey Macmillan Cancer Support Centre

## Regular catch-up calls

We can give you a call for an informal catch up, at a time which suits you, on a regular basis or as a one off if that's better for you.

Listening Ear – our trained listeners will happily contact you by phone or Zoom if you feel you need to offload, as a one off or a series of chats.

## Counselling

If you have more complex emotional needs at present and you or any of your family would benefit from a series of sessions with a qualified counsellor, we can arrange that.

## Life Coaching

Our two experienced life coaches are able to offer support with managing anxiety, gaining motivation, finding direction or utilising your strengths better, through a series of one to one sessions.

## NLP (Neurolinguistic programming)

Designed to help tackle old, unhelpful beliefs and patterns of behaviour and train the brain to do things differently, NLP is offered as a series of sessions, decided between you and your therapist.

## Journaling workshops

If you would like to rediscover the joy of writing by hand and learn how to manage your feelings through writing, try an online journaling session with Rosemary, a teacher and life story writer with an interest in therapeutic journal writing.

## Guided Meditation sessions

A one to one guided meditation session to improve emotional wellbeing, with one of our therapists on the phone or Zoom.

## Relaxation sessions

We can offer relaxation sessions via telephone and Zoom, or we can send a relaxation download on MP3 to help you wind down if you are feeling stressed or having trouble sleeping.

## Reiki

Our two Reiki therapists are able to offer Reiki distantly. Reiki is a gentle energy-based healing which can be done remotely, at a time which suits you.

## Pranic Healing

Pranic Healing helps to reduce stress and anxiety and can strengthen the immune system. Pranic Healing treatments can be applied distantly and are safe. More information about Pranic Healing can be found on: [www.ukpranichealing.co.uk](http://www.ukpranichealing.co.uk)

## Yoga

Our very experienced yoga teachers Paul and Diana are running yoga classes every Tue and Fri on Zoom 10-11am.

## Headwrappers virtual sessions

Headwrappers are offering virtual hair loss advice and support and scarf-tying tutorials. They can send you a free scarf before your session. Contact them via the centre or online at [www.headwrappers.org](http://www.headwrappers.org) or email them on [advice@headwrappers.org](mailto:advice@headwrappers.org) to book.

## Wig advice and support

If you would like to speak to Annie, our wig specialist, please contact the centre. We have a small supply of wigs here also.

## Look Good Feel Better

LGFB are running their informative and enjoyable confidence boosting beauty sessions online, email [info@lgfb.co.uk](mailto:info@lgfb.co.uk) to book one of these.

## Financial advice and support

If money is worrying you, we can put you in touch with our CAB trained benefits advisor, for informal advice or for more complex help e.g. pensions advice you can contact Chris from St Bernard's Support on 07824 425599.