

SUPPORT & THERAPEUTIC SERVICES

Northern Ireland's Leading Local Cancer Charity

Support & Therapeutic Services

Action Cancer offers a range of support and therapeutic services to any child/young person (aged 5+) and adult impacted by cancer including family members. We also offer support to people impacted by hereditary cancer and the BRCA gene.

Would you like to feel more focused, less anxious, relaxed, energised, confident, in control? If so, our services are here to help you.

The purpose of our support and therapeutic services is to help people through a difficult time in their lives, providing them with tools and techniques to help them to cope with their situation.

The services can be used at any time after diagnosis. They are also available to anyone who has been bereaved through cancer.

What services do we offer?

Action Cancer's range of support and therapeutic services include:

- Counselling
- Complementary Therapies
- Bach Flower Remedies
- Life coaching
- Positive Living Programmes group programme
- Listening Ear service
- Bowen and Emmett therapies
- Cancer rehabilitation physiotherapy
- Scar Therapy
- Peer Mentoring

They may help with:

- Worries and anxieties
- The side effects of cancer treatment
- Pain and restrictions

Bach Flower Remedies

Bach Flower Remedies are a range of **38 liquid flower remedies** that can help with mood and emotional outlook. Each of the 38 remedies link with a specific emotion and up to seven can be combined to create a personalised treatment bottle.

During a consultation the client discusses their feelings and a treatment bottle is prepared matching these emotions to the different Bach Flower Remedies. Drops are taken four times a day either in a drink or directly onto the tongue until emotional balance is resumed. Bach Flower Remedies can be used on their own or alongside any of our other support services.

Bach Flower Remedies are available from Action Cancer House, Belfast and can be accessed at any other location where counselling, complementary therapies or life-coaching is available. To find the nearest location to you, call Action Cancer on **028 9080 3344**.

Counselling

Counselling provides the opportunity to explore thoughts and feelings, to identify worries and concerns, to create self-awareness and bring about change.

The therapies are available to adults, young people and children aged 5+ and include:

- Person Centred Counselling
- Sandplay
- Thought Field Therapy
- Emotional Freedom Technique



Counselling services are available from the following locations: Belfast, Coleraine, Limavady and Derry/Londonderry.

To find the nearest location to you, call Action Cancer on **028 9080 3344**.

Complementary Therapies



Complementary therapy describes treatments that use a range of techniques to balance the mind, body and spirit.

Aromatherapy is the controlled use of essential oils to promote physical and psychological well-being. Essential oils are liquid extracts of flowers, herbs, fruit and woody plants.

Therapeutic Gentle Massage Therapy uses light touch and gentle pressure to ease muscle tension and relax the body.

Reflexology is the application of gentle pressure to different points on the feet, lower leg or hands.

Touch Therapy involves a series of holding techniques gently applied to the fully clothed patient, either seated on a chair or lying on a bed.

Relaxation Therapy uses techniques including breathing exercises, guided imagery and meditation to quiet the mind and induce relaxation.

Complementary therapy services are available from the following locations: Belfast, Portaferry, Lisburn, Lurgan, Portrush, Coleraine, Limavady, Derry/Londonderry and Strabane.

Action Cancer also offers ...

Early Detection

A breast screening service is available onboard the **Big Bus** and in Action Cancer House in Belfast. Health checks are also available onboard the Big Bus.

Therapeutic School Support Programmes

We go into schools providing group support to children impacted by cancer teaching them self-care techniques to help them cope.

Education

Information on our website and leaflets on cancer prevention and early detection. Our health promotion team delivers talks to schools, workplaces and groups across Northern Ireland.

Action Cancer is Northern Ireland's leading local cancer charity. All of the services we provide are confidential. We depend heavily on public and business donations to keep our services going. Action Cancer's Therapeutic Services are proudly supported by Marks and Spencer.

Life Coaching

Using techniques that help you reflect, refocus, rebuild and re-energise, life coaching helps you to think about your life, adapt to change and move forward. Each client is provided with confidential and safe surrounds and is taught techniques for developing strategies to achieve their personal goals. Life Coaching is delivered through one-to-one sessions or in a facilitated group setting such as our Positive Living Programmes.

Positive Living Programme

Our **Positive Living Programmes** offer a two day group support session that uses elements of life coaching, counselling and complementary therapy to assist those affected, and their families, to re-adjust to life with cancer, and equally importantly, life after cancer.

Life Coaching is available in Belfast, Derry and Limavady. The Positive Living Programme is delivered regionally. To find out more call Action Cancer on **028 9080 3344**

Peer Mentoring

The Peer Mentoring programme provides informal support by trained peer mentors who have been through the cancer journey themselves and understand the issues facing clients. This can help clients normalise their feelings and ask questions of someone who has been through a similar cancer journey. Support can be provided over the phone or face to face.

This service is available regionally across NI.

For more information contact our Services Support Officer on 028 9080 3344.



Scar Therapy



Scar therapy involves gentle massage of the skin and superficial layers of tissue around the area of a post-surgical scar. Scar therapy aims to reduce pain around the scar site, improve feeling and functionality and relieve restrictions in the surrounding tissue. If you are receiving chemotherapy and radiotherapy you will need to have completed this before starting scar therapy. **To avail of this service in Belfast call 028 9080 3344.**

About our Services

Who can use the services

Action Cancer offers our support and therapeutic services to anyone affected by cancer: those diagnosed, carers or families or friends of those diagnosed as well as children and young people aged 5+.

How many sessions

We offer up to six sessions for counselling, complementary therapies and life coaching, but the number of sessions will be based on the needs of the individual.

Cost for the services

Our support and therapeutic services are **free of charge** to people living in Northern Ireland. It costs Action Cancer £35 for each complementary therapy session and £40 for each counselling / life coaching session delivered.

Where are they available?

Services are available from Action Cancer House/Belfast and a range of venues regionally (see locations under counselling and complementary therapy sections).

Before the sessions begin the therapist will take some



important history details to ensure the service is tailored to your needs.

Who delivers the services?

All of our services are delivered by highly qualified and skilled professionals. Our staff have been specifically trained to work with cancer clients and adapt their practice accordingly.

Book an appointment.

If you want to find out more information or are interested in using any of the support and therapeutic services described in this leaflet contact Action Cancer on **028 9080 3344.**

Cancer Rehabilitation Physiotherapy



Cancer Rehabilitation can help with side effects of cancer treatment including: fatigue, joint /muscle pain or restrictions, pain/loss of sensation in hands and feet and bladder or bowel problems. Treatment given as part of Cancer Rehabilitation will vary according to symptoms and can include physiotherapy techniques, 1:1 exercise training and teaching of self-care practices. The service is delivered by skilled physiotherapists trained to work with cancer. **To avail of the service call 028 9080 3344.**



The impact of my diagnosis profoundly frightened my children. Literally there has been a 'before' and 'after' experience as a result of my daughter attending counselling and therapy within Action Cancer. My daughter no longer cries herself to sleep. She is no longer afraid of the future. She has developed coping strategies and an awareness of mindfulness as a life skill. She is comfortable with talking through any worries when these thoughts occur to her".

Mother of a child attending counselling

I have availed of both counselling and complementary therapy services within Action Cancer and without doubt they have made me a stronger, happier and more confident person. I am now a peer mentor for Action Cancer helping others who are going through a similar cancer journey."

Niall

