

Patient Information

HEALTH AND WELLBEING SUPPORT SERVICES

Our courses and workshops are designed to help you learn about living well with cancer and we'll help you find what's most appropriate for you.

Some are run on site **(I)**, some are offered virtually **(V)** or by telephone **(T)** and some are available to the friends and family members who support you **(C)**.

Each session is run by a member of our professional teams or affiliated organisations.

DROP-IN CENTRE

Our drop-in centre run from the Lynda Jackson Building is open from Monday to Friday from 9.30am- 4.30pm when a healthcare professional is always available to listen to your concerns, answer any of your questions and guide you to further information and services available to help.

MONDAYS IN APRIL

Group relaxation (I & C) Monday 8th 15th 22nd 29th April 10am – 11.15am, Group Relaxation Room, The Lynda Jackson Building

Telephone relaxation (T) Available by appointment

Counselling (I, V) Available by appointment, The Lynda Jackson Building

Art psychotherapy (I) Available by appointment, The Lynda Jackson Building

TUESDAYS IN APRIL

Group relaxation (I & C) Tuesday 2nd 9th 16th 23rd 30th April 11am – 12.15pm, Group Relaxation Room, The Lynda Jackson Building

Telephone relaxation (T) Available by appointment

Counselling (I, V) Available by appointment, The Lynda Jackson Building

Look Good Feel Better Tuesday 23rd April, 2pm, meeting at The Lynda Jackson Building

WEDNESDAYS IN APRIL

Group relaxation (I & C) Wednesday 3rd 10th 17th 24th April 2pm – 3.15pm, Group Relaxation Room, The Lynda Jackson Building

Telephone relaxation (T) Available by appointment

Counselling (I, V) Available by appointment, The Lynda Jackson Building

Art psychotherapy (I) Available by appointment, The Lynda Jackson Building

Mindfulness (I) (V) (C) Taster session, Wednesday 17th April, 10am-12pm, Group Relaxation Room, The Lynda Jackson Building

Lung Cancer Hub, Patient Education Workshop, Wednesday 3rd April 4.30-5.30pm, Group Relaxation Room, The Lynda Jackson Macmillan Building

THURSDAYS IN APRIL

Group relaxation (I & C) Thursday 4th 11th 18th 25th April 2.30pm – 3.45pm, Group Relaxation Room, The Lynda Jackson Building

Telephone relaxation (T) Available by appointment

Counselling (I, V) Available by appointment, The Lynda Jackson Building

Head Wrappers (I) Thursday 18th April, The Lynda Jackson Building

Tai Chi Qingong (I) Thursday 18th 25th April 5.30pm–6.30pm, The Old Chapel, Car Park A, Gate 1

TAKE CONTROL, HOPE (I) (Help Overcoming Problems Effectively) 1/2-day course, Thursday 18th April 1-4pm, Stanborough Centre, Watford

FRIDAYS IN APRIL

Telephone relaxation (T) Available by appointment

Counselling (I, V) Available by appointment, The Lynda Jackson Building

Support service	What does this service offer?	How can it help?
Art Psychotherapy	A 5 week group exploring art materials to provide a creative response, led by an Art Psychotherapist	Support to cope better with the
Counselling	Counselling aims to provide individuals and families the space and time they need to understand their experiences	stresses of living with a cancer diagnosis
Spiritual & Pastoral Care	Chaplains are on site during working hours. We can be called out of hours via the Lister Hospital Switchboard.	It can help with the emotional impact of a cancer diagnosis, high levels of worry, anxiety, depression, a lack of confidence or self-esteem and an inability to concentrate, as well as triggering anxiety and problems from the past
Relaxation	Sessions offer a range of gentle strategy-based ideas and techniques including simple breathing techniques	Multi faith belief team providing spiritual and pastoral support.
Reiki	A gentle therapy where the therapist will place hands either with a light touch or no touch at all (if you prefer) over the body	Aims to give you ideas, tools and techniques to help cope with the stresses you are facing. Can help reduce anxiety, relax tension, ease pain and discomfort, help with poor sleep, calm the mind and cope with fatigue
Aromatherapy	A form of gentle massage using carefully selected essential oils with known therapeutic value	Promote better health and a feeling of well-being
Massage	Therapists combine different types of massage using a base	Sessions are very relaxing and helpful for mind and body.

	oil	Gentle and calming. The choice of oils will allow for any symptoms you may be experiencing
Reflexology	Based on the theory that specific areas of the feet are related to different areas of the body. Gentle pressure applied to these points	To relieve stress, anxiety and muscle tension
Cancer Hair Care	Cancer related hair loss & scalp cooling advisory services. Delivered by professionally trained specialists & hairdressers	Improve relaxation and well being. Can help with specific symptoms such as pain, constipation, anxiety and fatigue
Drop-in for Information & Support	Calm, welcoming and non-clinical environment where you can drop in to ask questions, find support or just chat to someone	Support with the practical, emotional and physical aspects of hair loss before, during or after treatment
Look Good Feel Better	Step by step workshop on skincare and makeup application to complete a natural, radiant look.	Wide range of Information available, signposting to other supportive services, including benefits advice, referrals and booking of health and wellbeing activities
Head Wrappers	Head Wrappers deliver workshops focusing on alternatives to wigs and practical tips. Our aim is	Advice, practical tips and techniques, including how to enhance sparse eyebrows or loss of eyelashes, to look and feel like you again
Compassionate Mindfulness	A technique which involves noticing what's happening in the present moment, without judgement	To help people look good and feel more confident about themselves as they undergo cancer treatments which may cause hair loss
Auricular Acupuncture [NADA]	Using very small fine needles inserted into acupuncture points on the surface of the outer ear, using a specific NADA protocol/procedure delivered to a group of participants	Techniques to manage stress, increase resilience and be present in the
Prostate cancer workshop	A patient led group sharing information and experiences around a range of topics concerning diagnosis, treatment and living with prostate cancer.	moment

Further information

For more information on any of the above please contact our support and information services:

Helpline 020 3826 2555 Open 9.30am-4.30pm
Email enh-tr.hcpmvcc@nhs.net

Spiritual and pastoral support is available from the multi faith-belief team of Chaplains who can be called via the Lister Hospital Switchboard on 01438 314333.

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