

CANCERlifeline

CANCER LIFELINE NEWS SHEET

ISSUE NO. 42 | October 2019 – March 2020

EDITORIAL



A HUGE WELCOME TO ALL OUR NEW MEMBERS WHO HAVE JOINED US OVER THE PAST SIX MONTHS.

This News Sheet provides you with information and details on our broad range of support services and programmes, designed to support you and your loved ones through your illness.

We are thrilled to announce our PLANNED return to our newly refurbished premises in Alliance Avenue in February 2020. The new building will bring us much needed newly refurbished spaces, including a large hall for our group and support programmes. All members will have full access to all areas of the building with the new lift installation. We plan to have an official launch and opening of our new building in early Spring – watch out for your invite in the next edition (April – September 2020).

Taking that first step to get some support and asking for help can be difficult – we understand that. Our programmes aim to give you some time and support to help you learn to live alongside your illness. As always, please feel free to contact us with any specific issues or concerns and we will do our best to help or point you in the right direction.

help is at hand...
CANCERlifeline

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Registered with the Charity Commission for Northern Ireland NIC100002
Company Limited by Guarantee Reg. No. NI055010.

Exciting times ahead for Cancer Lifeline in 2020.

You may or may not be aware that we moved into our temporary premises at Deanby Gardens in October 2018 to allow us to carry out major building and renovation works to our premises in Alliance Avenue.

Cancer Lifeline secured funding of £850,000 from Belfast Investment Fund (BIF) and the Department for Communities (DFC). We are delighted that the project has gone full steam ahead and we are planning to move into the new building in February 2020.

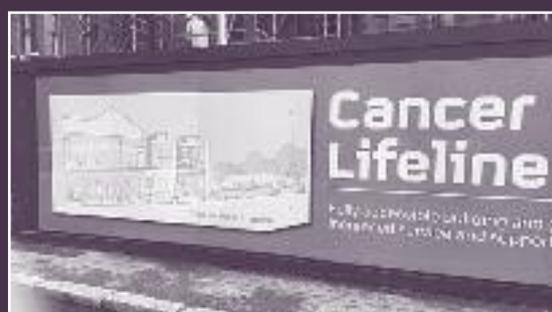
This is a very exciting time for everyone at Cancer Lifeline as we work to create a comfortable, safe and supportive space for you, your family and those who support you.

Cancer Lifeline's new building will see us fit for purpose for the foreseeable future as we strive to support our

members through a difficult period in their lives.

The newly renovated building will allow us to provide our members with enhanced new accessible rooms and services. It will also afford us extra and larger spaces, which will allow us to facilitate new and varied programmes of support to respond to your needs.

See page 4 for details of NEW forthcoming taster sessions.



“The newly renovated building will allow us to provide our members with enhanced new accessible rooms and services.”

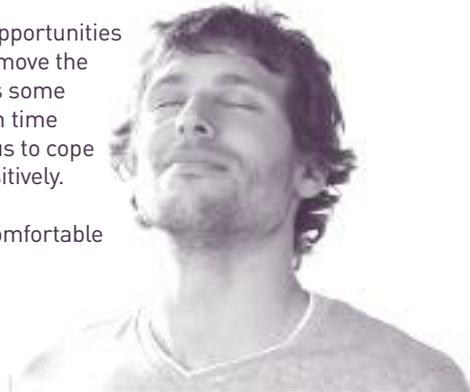


Relaxation and Mindfulness

During the classes we explore the art of relaxation and learn new and different way of bringing the mind into stillness.

There will be opportunities to stretch and move the body as well as some deep relaxation time which assists us to cope with stress positively.

Please wear comfortable clothing.



Date: Every Wednesday
during October 2019 - January 2020

Time: 4.00pm. - 5.00pm.

Venue: Deanby Gardens

Stretching and Breathing Techniques.

Getting active helps you to cope with stress positively.

This is a very gentle class and covers stretching of the body, proper breathing techniques and relaxation to enhance more flexibility and calmness of mind.



Date: Every Tuesday morning
during October 2019 - January 2020

Time: 11.00am. - 12.00pm.

Venue: Deanby Gardens

Feel Good Workshops

Cancer treatments and side effects affect the way you look and feel. This programme offers one to one make-up, skin, nail and hair care appointments, taster therapies and stress management.

Sessions are for males and females, organised separately, to help enhance appearance and self-image during a difficult and challenging time. Please note if you are having your hair trimmed (it is not for a full re-style as time is limited), please dampen your hair before you leave home. If you plan to have a make-up treatment, come with no make-up applied. Make-up artists provide the make-up. However, if you prefer to bring your own make-up feel free to do so.

Please note the male sessions commence at 9.30am with a light breakfast, time for a yarn and a catch up.

2019: Wednesday 2nd October Males & Females

Wednesday 6th November Males

Wednesday 4th December Females

2020: Wednesday 8th January Carers

Wednesday 5th February Males & Females

Wednesday 4th March Males

Time: All sessions are 10.00am. - 12.00pm.

Venue: Cancer Lifeline

Walking Group

Walking helps if you experience poor sleeping, feel anxious or have a busy lifestyle or a busy mind! Walking helps to let the mind wander and be mindful of the surrounding area. It also helps you to connect with people and your environment.

The group walks locally in the area of North Belfast, using Cancer Lifeline as a base. Once a month we organise one off trips to places of interest including public parks, garden centres and others as suggested by the group participants.

You must attend for three weeks in a row to take part in the outings.

This is an opportunity to get some of that outdoor physical exercise in the fresh air, which you have been promising to do for a while now...

Date: Every Tuesday

Except: during holiday closures (see dates)

Time: 12.00pm. - 1.00pm.

Venue: Cancer Lifeline





Vital Nutrition

Vital Nutrition for Living Well

Our resident Nutritional Therapist Jane McClenaghan will help you to discover how simple dietary changes can help support your health and wellbeing.

This morning session will help you find ways to make small but positive changes to your diet for the good of your health.

You will be taught;

- How to take control of sugar cravings
- Why fat is an essential part of a healthy diet and how to make the right choices
- The truth behind food labels
- Portion distortion – what is a healthy portion size
- Why a colourful diet is important
- Easy ways to achieve five a day
- Simple recipes to help you eat well

These sessions are brought to life with simple cookery demonstrations. See page 6 for details of level 2 course.

Date: Wednesday 20th November 2019

Time: 10.00am. – 1.00pm.

Venue: Cancer Lifeline

Tutor: Jane McClenaghan

Fatigue Management

Fatigue is very common during cancer and its treatment.

Feeling excessively tired or exhausted all or most of the time can be frustrating and overwhelming.

This half-day workshop will help you explore issues or concerns related to fatigue.

As well as providing useful information, it will highlight things you can do for yourself which may help you cope better with fatigue, particularly in relation to diet and exercise.

Facilitated by an Occupational Therapist from Belfast Health & Social Care Trust.



Date: Thursday: 28th November 2019 / 12th March 2020

Time: 10.30am. – 1.00pm.

Venue: Cancer Lifeline

Facilitator: Dot Henry

Bereavement Support

Loss is always difficult.

When you have experienced the death of someone close, life can be extremely hard, lonely and empty.

Our Bereavement Group meets usually on the first Wednesday of every month. If you feel it could be helpful to meet up with others experiencing loss, you are most welcome to attend. You can talk, or just sit and simply listen to others who choose to share.

"Special people become a part of who we are and our lives are richer for having known and loved them".

This group is facilitated by an experienced counsellor.

Date: Wednesdays: 2019 - 2nd Oct. / 6th Nov. / 4th Dec. / 2020 - 8th Jan. / 5th Feb. / 4th Mar.

Time: 6.00pm. - 7.30pm.

Venue: Cancer Lifeline

Facilitator: Peggy McCann



Family Support

The Family Support Group is a chance for adults with the responsibility for younger children and teenagers to come together to talk through their concerns for their children and young people, when an adult within the family is living along-side a cancer diagnosis

Children and young people may also benefit from one to one sessions with a member of Cancer Focus NI Family Support Team. The meetings can be arranged in the young person's home or Cancer Lifeline – where ever the young person wishes to. Sometimes families need time together with the Support Worker to help them find the right words to talk to each other and to work through concerns and worries. Meetings can be arranged at whatever location is most convenient for the family.

The group sessions at Cancer Lifeline are in formal and relaxed – a place to chat, reflect, laugh and share experiences confidentially.

Date: Wednesdays: 2019 - 23rd Oct. / 27th Nov. /

11th Dec. / 2020 - 15th Jan. / 26th Feb. / 25th Mar.

Time: 9.30am. – 11.00am.

Venue: Cancer Lifeline

Facilitator: Rachel Smith (Cancer Focus NI)

New Services....

Taster Programmes

October 2019 –
January 2020

Managing your Cancer

We are very pleased to bring you a new range of short taster classes, "Managing Your Cancer" commencing October 2019 – January 2020.

Coping with your illness brings many challenges to your everyday life. We understand that your cancer diagnosis needs to be responded to in a holistic way, providing you with the chance to come and chat to our experienced therapists about some of the issues you are faced with.

These short two and three week sessions will give you the scope to come into small groups, chat about your concerns and hear from others about their experiences and how they have coped. It is also an opportunity to skill yourself up and learn new tips to support you with your issues and concerns.

So, get on the phone to the office and register your place.

SELF-CARE AFTER BREAST CANCER

Date: Fridays - 18th October / 25th October / 1st November

Time: 11.30am. – 1.00pm.

Venue: Cancer Lifeline

KEEPING HEALTHY WITH STOMA & BLADDER BAGS

Date: Fridays - 8th November / 15th November / 22nd November

Time: 11.30am. – 1.00pm.

Venue: Cancer Lifeline

POSITIVE THINKING

Date: Fridays - 29th November / 6th December / 13th December

Time: 11.30am. – 1.00pm.

Venue: Cancer Lifeline

AROMATHERAPY

Date: Fridays - 10th January / 17th January / 24th January 2020

Time: 11.30am. – 1.00pm.

Venue: Cancer Lifeline

February - March 2020
at Alliance Avenue

WEDNESDAY EVENINGS:

BACH FLOWER REMEDIES

Date: Wednesdays - 5th February / 12th February

Time: 5.30pm. – 7.00pm.

Venue: Cancer Lifeline

MEDITATION

Date: Wednesdays - 19th February / 26th February

Time: 5.30pm. – 7.00pm.

Venue: Cancer Lifeline

WAYS OF COPING WITH STRESS & ANXIETIES

Date: Wednesdays - 4th March / 11th March

Time: 5.30pm. – 7.00pm.

Venue: Cancer Lifeline

GENTLE YOGA FOR EVERYDAY LIFE

Date: Wednesdays - 18th March / 25th March

Time: 5.30pm. – 7.00pm.

Venue: Cancer Lifeline

FRIDAY MORNINGS:

AROMATHERAPY

Date: Fridays - 7th February / 14th February

Time: 11.00am. – 12.30pm.

Venue: Cancer Lifeline

BREATHING FOR REDUCING ANXIETY

Date: Fridays - 21st February / 28th February

Time: 11.00am. – 12.30pm.

Venue: Cancer Lifeline

BODY IN BALANCE

Date: Fridays - 6th March / 13th March

Time: 11.00am. – 12.30pm.

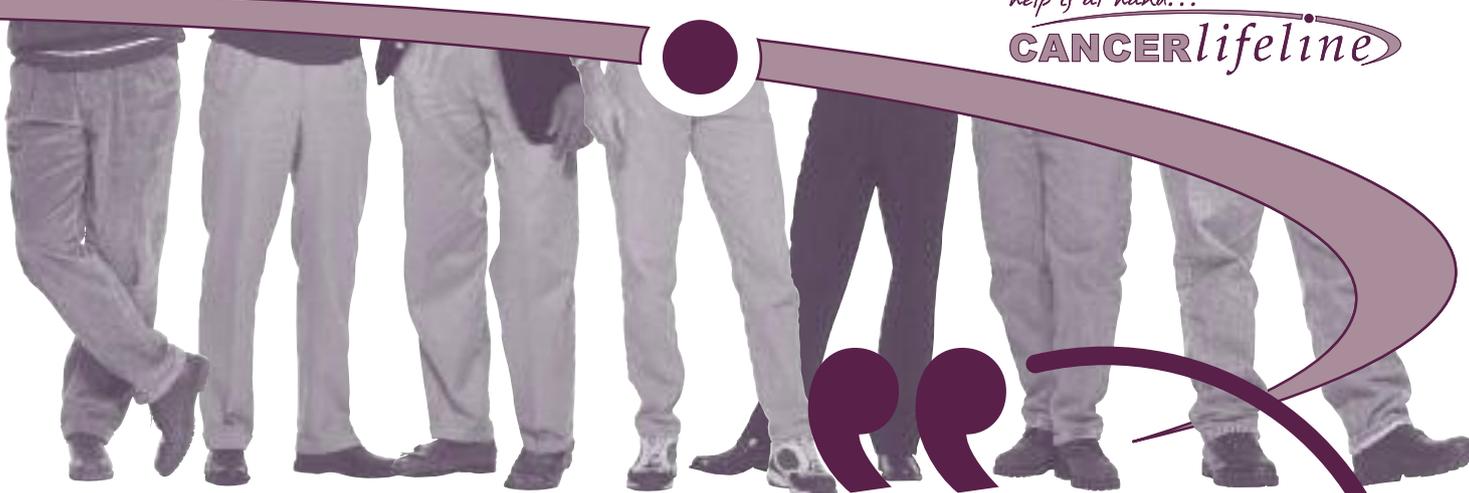
Venue: Cancer Lifeline

GENTLE MOVEMENT FOR POSITIVE WELLBEING

Date: Fridays - 20th March / 27th March

Time: 11.00am. – 12.30pm.

Venue: Cancer Lifeline



Male Support Group

Following requests from male members we are planning to set up a male support group.

It's always good to talk... the group will give you the opportunity to talk and meet up with other men diagnosed with cancer.

The first group will take place on:

Date: Thursday 20th February / Thursday 26th March 2020

Time: 7.00pm. – 8.30pm.

Venue: Cancer Lifeline

Facilitator: Peggy McCann



It's
always good
to talk...

Don't forget:

Cancer Lifeline provides a range of vital support services to those affected by cancer and their family members.

Examples of Services include:

- COUNSELLING
- COMPLEMENTARY THERAPIES
- SUPPORT GROUP
- YOGA / RELAXATION
- WELFARE BENEFITS ADVICE
- NUTRITION & FATIGUE PROGRAMMES

To avail of any of these services, simply contact the office where we will do our best to help.

Appointments are necessary for all of the above services. Lisa or Tina will be happy to help organise these for you.



Access problems...

If you need help to enable you to take part in Cancer Lifeline's support programmes or services, we would encourage you to contact us in advance, to enable us to make adjustments (where possible). If you need to cancel appointments, please give us as much notice as possible it will cut down on unnecessary expenditure. This is all the more important given the current climate of "tight times".

Female Support Group

The Female Support Group meets fortnightly in Cancer Lifeline on Thursday evenings.

Having an opportunity to meet often women diagnosed with cancer can be supportive and helpful to you.

“The Support Group has helped me to meet other women in the same position as myself – we were able to chat about our situations and get support from each other.”

Date: Thursdays - 3rd October / 17th October / 14th November / 28th November / 12th December

Time: 7.00pm. – 8.30pm.

Venue: Cancer Lifeline

Facilitator: Peggy McCann

PLEASE NOTE: From January 2020 onwards the support group will meet monthly.

Date: Thursdays - 9th January / 6th February / 5th March

Cervical Screening Awareness Session



The aim of this session is to raise awareness of the importance of attending Cervical Screening and to understand results.

By the end of the session participants will:

- Be aware of what to expect when attending for a smear test
- Understand results
- Recognise the importance of attending for screening

Who is offered screening?

- In Northern Ireland Cervical Screening is offered to all women aged 25 - 64
- Women aged 25 - 49 are automatically invited every three years
- Women aged 50 - 64 are invited every five years.

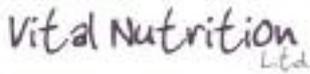
To find out more about Cervical Screening and how to go about it, come along to an information event in Cancer Lifeline.

Date: Wednesday 13th November 2019

Time: 10.00am. – 12.30pm.

Venue: Cancer Lifeline

Living Well with Cancer Level 2



Have you participated in our Vital Nutrition for Living Well course facilitated by Nutritional Therapist Jane McClenaghan? If so, our **NEW** Living Well with Cancer course is right up your street.

This is a follow on from our Vital Nutrition course. This new class delves deeper into the foods you eat to help support your body during and after cancer treatment and gives you simple and practical ideas how you can incorporate them into your diet.

Jane will include a cookery demonstration to help you discover how easy it is to eat more of the type of foods that research shows can help support immune function and recovery. You will leave feeling motivated to make some changes to your diet for the good of your health. This class is designed as a follow up to what you have already learned and put into place from Jane's Vital Nutrition for Living Well class at Cancer Lifeline. So, you must have participated in Vital Nutrition for Living Well Level 1 to move into the Living Well with Cancer course.

Date: Wednesday 19th February 2020

Time: 10.00am. – 1.00pm.

Venue: Cancer Lifeline

Cancer Fund For Children



Cancer Fund for Children understands the devastating impact a cancer diagnosis and treatment can have on the whole family and that beyond the essential clinical care, there is a family life that needs to be rebuilt.

We exist to support children and young people (Age 0-24) diagnosed with cancer, their siblings and parents, and also children and young people (age 0-24) who have a parent with cancer.

Through a programme of individual support, group support and free therapeutic short breaks, at our residential centre Daisy Lodge in Newcastle Co. Down, we help connect, empower and strengthen young people impacted by cancer and their families. Our support helps ensure young people have the resources they need to cope better with cancer, as well as the time and space to be together as a family.

To find out more about our support programmes, come along to Cancer Lifeline on

Date: Thursday 20th February 2020

Time: 10.30am. – 12.30pm.

Sandwich lunch at 12.30pm

Worry in partners of cancer survivors

We are looking for partners of cancer survivors to improve our understanding of worry about a partner's cancer returning.

You will be asked to complete a brief survey that should take between 20 - 30 minutes. The survey will ask you about how you think and feel about your partner's cancer returning and also about your own experiences of anxiety, low mood and worry.

You will not be identified from the responses that you give in the survey and the information you do provide will remain confidential.

To find out further information, please contact:
Louise O'Rourke. E-mail: l.o-rourke@liverpool.ac.uk
or
Dr Peter Fisher. E-mail: plfisher@liverpool.ac.uk

Alternatively, log on to the link below to read more about the study:
<https://livpsych.eu.qualtrics.com/jfe/form/SV1GMAarFwMK7Wi2x>



OGCancerNI is a caring organisation, run entirely by volunteers, who provide good quality information and offer support for patients, their carers and families affected by oesophageal and gastric cancer.

We work closely with the Upper GI Medical team based in Belfast City Hospital, they attend our Wellbeing Meetings which are held at regular intervals.

We also campaign to raise awareness of the signs and symptoms of these cancers.

For more information contact:
OGCancerNI, CCRCB, QUB
97 Lisburn Road
Belfast BT9 7AE

Email: info@ogcancer.org
Tel. 07568 157450

www.ogcancer.org



Note the date.

Annual General Meeting

This is a chance for our member to hear about some of our key successes over the past year.

All members welcome – remember to register your interest by Tuesday 29th October 2019.

Date: Monday 11th November 2019

Time: 12.00pm – 1.00pm

Venue: Cancer Lifeline

Holiday closure....

CHRISTMAS 2019:

Centre closes at 1.00pm. on Friday 20th December

Re-opens Monday 6th January 2020

ST. PATRICKS DAY 2020:

Centre closed

Tuesday 17th March 2020

Celebration Favours

Our celebration favour service allows you to make a donation to Cancer Lifeline instead of traditional celebration favours.

You can call into the office and view our sample folder of scroll favours for e.g. weddings, birthdays, anniversaries.

Four weeks notice is required. We also have lapel pins which are proving popular.

The details required by Cancer Lifeline from you are;

- Your contact details can be used if required
- Date and type of event
- Colour options for paper and ribbon
- Personalised photos, images
- Venue
- Quantity

Our suggested donation is £1.00 per scroll.

We look forward to working with you.

To find out more contact us at Cancer Lifeline.

help is at hand...

CANCERlifeline

Supporting people affected by cancer and their families/carers living in North Belfast.



205 Antrim Road Belfast



Unit 3, 155-167 Antrim Road

Tel: 9074 4972 / 3
Larger collections can be arranged
COLLECTION SERVICE

Donating your items provides a lifeline to others.

Money raised from our Boutique and Furniture charity shops goes directly to delivering vital support services to families coping with cancer in your local community.



Volunteers Needed....

If you have a few spare hours and can volunteer your time in our shops to help make a difference please contact: Colm McNicholl, Shops Manager on 07495 633399 or 028 9074 4973.



Please Note....

If you have a mobile number we may contact you by text 07949 109091

Please store this number in your mobile, to advise you of counselling or complementary therapy appointments if we are not able to reach you by phone. It is important that you respond to these messages to avoid missed appointments.

Thank you.

Contact Details....

You will see from receiving your October '19 – March '20 News Sheet that we have included two separate sheets.

Only complete and return this form to us if any of your details have changed recently. This means we can update your details on our database and ensures you receive correspondence from us on forthcoming activities and programmes. The second sheet is for you to complete if there are particular programmes you would like to participate in. Getting your place(s) reserved early is important as places are limited for some programmes.

Thank you.

Gifts....

While we at Cancer Lifeline greatly appreciate gifts and presents brought in by our members in the past, we want to let you know that personal gifts and presents are not necessary.

It is our pleasure and part of our work to support you and your family. You are welcome to make a donation to the organisation's work or organise a fundraising activity to help us raise vital funds, if you feel this is something you would like to do. Many thanks for your support and understanding.

Board of Directors.

Take5 steps to wellbeing



www.makinglifebettertogether.com

