

# CANCERlifeline

CANCER LIFELINE NEWS SHEET

ISSUE NO. 37 | April – September 2017

## EDITORIAL



A very warm welcome to all of you who have just signed up as members during the past six months. We encourage you to take some time to browse through our News Sheet to refresh your memories about what services and programmes we offer to you and your family members. One of the most common and important questions asked by people following a diagnosis of Cancer is, "What can we do to help ourselves". Cancer Lifeline aspires to support you in a meaningful and practical way. We offer a broad range of individual and group support services to help you help yourself along the way. It isn't an easy road, we at Cancer Lifeline recognise the difficulties and obstacles faced by you but with access to the right type of support and encouragement you maybe able to get your life back on track. So be sure to browse!! Taking that first step to ask for help can be difficult but worthwhile in the long run.

Can I please draw your attention to article on New Developments at Cancer Lifeline on page 4. As we are growing, there is a need to review practice and make changes in order to make our services effective for you. As always, we welcome suggestions, contributions and feedback from you our members. Please feel free to contact the office where you can talk to any member of the staff team, where we will do our best to help and point you in the right direction.

Enjoy the Easter holiday with family and friends.

help is at hand...  
**CANCERlifeline**

44 Alliance Avenue, Belfast, BT14 7PJ

Tel: 028 9035 1999

Email: [info@cancerlifeline.info](mailto:info@cancerlifeline.info)

Web: [www.cancerlifeline.info](http://www.cancerlifeline.info)

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for Northern Ireland NIC100002

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## £650,000 secured to expand premises!

**Cancer Lifeline has reached an important milestone in our ongoing fundraising efforts. £650,000 has been secured from the Belfast City Council Belfast Investment Fund (B.I.F).**

This will enable Cancer Lifeline to purchase and redevelop the premises at 42 Alliance Avenue, next door to our current project base at 44 Alliance Avenue. Subject to agreement with the existing owner.

Development of the premises next door will:

- Allow us to provide a larger activity room downstairs that can accommodate larger groups and a wider range of programmes and activities.
- Lift access will be included, this will allow access to our current upstairs rooms that currently only have stairway access.
- Help us to meet the needs of our ever growing membership.

## 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 donations is £1.00 per scroll

We look forward to working with you. To find out more contact us at  
Cancer Lifeline.



### 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.

help is at hand...

# CANCERlifeline

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

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

**BOUTIQUE**

205 Antrim Road Belfast

**FURNITURE  
HOMIWARE**

Unit 3, 155-167 Antrim Road Belfast

## 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.

**URGENTLY  
NEEDED**  
GOOD QUALITY LADIES,  
GENTS, CHILDREN'S  
CLOTHING & ACCESSORIES  
OCCASIONAL FURNITURE  
& HOMEWARE

Thank You!



# Could our Wellbeing for Work service help you work it out?

The Wellbeing for Work service supports people with health and wellbeing issues on a journey towards training, volunteering or work.

Wellbeing for Work service supports people with health and wellbeing issues on a journey towards training, volunteering or work. The service is part of the Belfast Works LEMIS+ employment programme which aims to help people fulfill their potential and overcome barriers to working.

Through the service, which is part funded through the Northern Ireland European

**Belfast Works**  
LEMIS+ Project

...participants explore key areas of their life and health, building on their strengths and getting support to move forward with a more positive attitude.

Social Fund Programme and the Department for the Economy, participants explore key areas of their life and health, building on their strengths and getting support to move forward with a more positive attitude. The service has been rolled out across Belfast with coaches based out of Greater Shankill Job Assist Centre, as well as the Ashton Centre which covers North Belfast and Newtownabbey. Rosie Smyth, the North Belfast area Wellbeing for Work coach, said: "We want to reach people who feel that they can't work and maybe even feel like they will never be able to work." Anna Gray, wellbeing coach in the Shankill area said: "We hope to support you to identify your own personal strengths and values and realise all of the things that you can do, as opposed to what your health issues prevent you from doing."

Find out more about how the LEMIS+ Wellbeing for Work service can help you by contacting **Rosie (North Belfast or Newtownabbey)** on 029 9074 2255 or **Anna (Shankill)** on 028 9024 6226. Coaches can arrange to meet interested clients at any location that suits and is comfortable for them.



## Social Media Update

We have been looking at our use of social media recently and how best to keep in touch with everyone who uses our services. In doing so, we have decided that individual Cancer Lifeline committee, volunteers or paid staff should not accept friend or contact requests from current or former Cancer lifeline clients on their personal Facebook pages.

Please do not be offended if your friend request goes unanswered. We simply believe that adding clients as friends on Facebook may compromise confidentiality and our respective privacy.

Managing a blend of personal and professional life can be tricky for both staff, committee and volunteers and service users, so it keeps things simple if we keep in touch via the website, telephone and of course calling in to see us at any time.

We hope nobody will be offended by our policy as it stems from our wish to support all our clients in the best possible way.

## Correct Contact Details?

You will see from receiving your April – September News Sheet that we have included two separate sheets.

One of these is to help us make sure we have the correct contact details for you. 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.

# New Developments at Cancer Lifeline

At Cancer Lifeline we are constantly reviewing our support services and how we deliver them. This is important to make sure that you get the best possible support at a time when you and your family need it most.

Hence our support programmes vary according to; members needs, demand for particular services and unfortunately at times funding. Our aim is to help you and your family cope better emotionally, mentally and physically with cancer.

Below we have outlined three new positive developments that will formally commence from April 2017 onwards (some are already in place and proving very successful).

## No. 1: Counselling Service

Counselling is one of our core services at Cancer Lifeline. This is a vital support service helping people to come to terms with the new changes a cancer diagnosis brings to their lives.

Our new system means that an individual wishing to avail of counselling will have the opportunity to have an introductory half hour assessment session with Peggy McCann (Accredited Counsellor). This gives you the opportunity to talk about what your needs are. It also helps Cancer Lifeline match you with the most suitable counsellor to help meet your needs.

This change is already up and running and proving very successful.

## No. 2: Support Group

The Support Group was one of Cancer Lifeline's first support programmes way back in 1999. It was from the Support Group that other services were developed, such as the Counselling and Complementary Therapies to name a few.

From April 2017 the Support Group will be facilitated by Peggy McCann. As stated above Peggy is an experienced Accredited Counsellor with many years' experience in the N.I. Hospice. Peggy currently facilitates the monthly Bereavement Support Group in Cancer Lifeline.

The group will continue to meet fortnightly on a Thursday night as usual.

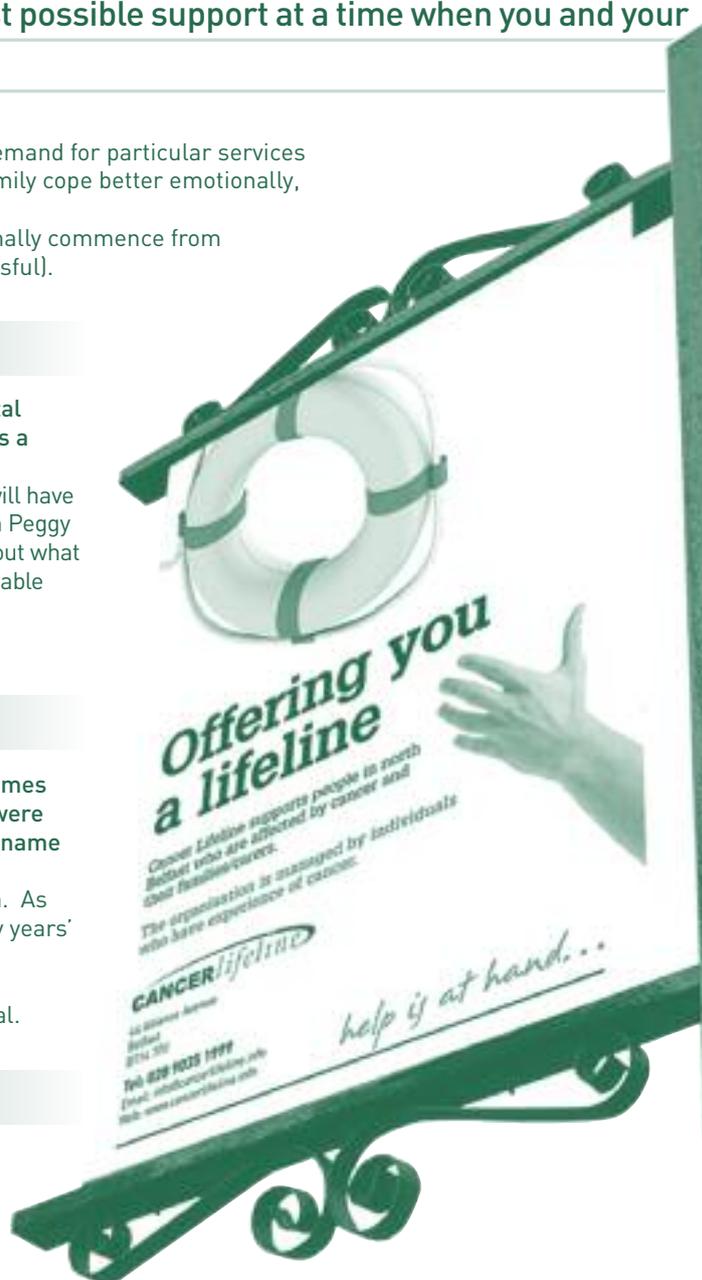
## No. 3: General Support

At Cancer Lifeline we understand that it can, at times be very difficult coping with the changes that a cancer diagnosis brings to you and your families' life. We encourage everyone to take the first and often difficult step to ask for help. It is with this in mind that we want to focus our support at a time when you and your family need it most.

Hence from April 2017 all new individuals coming for the first time to Cancer Lifeline will be offered access to all our support services for an initial two year period. Following this two year period clients will be contacted and their support needs will be reviewed to confirm how best they can be supported in the future. This may mean further support from Cancer Lifeline or elsewhere if more appropriate.

This will help Cancer Lifeline to target support when people are at their most vulnerable.

This offer of an initial two year "support package" is being received very positively by individuals and families. They have been overwhelmed by the range and type of support available at no cost to them or their families.



We hope this above information is useful in telling you a bit more about our services development. Remember our doors are always open and we welcome any suggestions or ideas you or your family members may have for future programmes or support. We are always growing and changing for the better.

# Short Cognitive Behavioural Therapy Course at Cancer Lifeline

**Facilitator: John Friel C. Psychol.**

Cognitive behavioural therapy (CBT) is used extensively to help people who suffer from a wide range of mental health problems.

Put simply, it teaches that how we think (cognition), how we feel (emotion) and how we act (behaviour) all flow into each other. Therefore, our thoughts determine our feelings and our feelings quickly turn into behaviours. It makes sense therefore that negative and unrealistic thoughts can cause us distress and result in problems. When a person suffers with psychological distress, the way in which they interpret situations becomes overly pessimistic and has a negative impact on their behaviour.

This short CBT training session aims to help participants become aware of when they make negative interpretations, and of behavioural patterns which reinforce the distorted thinking. The workshops will help to develop alternative ways of thinking and behaving which aims to reduce psychological distress. Participants will learn techniques that will help them manage feelings of anxiety and low mood.

**Come along to one of our sessions:  
Wednesday 24th May or Wednesday 20th September 2017. 10.00am – 12.30pm.**

## 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:  
/ COMPLEMENTARY THERAPIES / SUPPORT GROUP  
/ WELFARE BENEFITS ADVICE / COUNSELLING

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 help to organise these for you.



## Access problems...

If you have a particular requirement e.g. access / problem with stairs which you may need help with 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 as it will cut down on unnecessary expenditure. This is all the more important given the current climate of "tight times".

# Sessions coming up....

## Yoga

Getting active helps you to cope with stress positively so come along and try out our yoga sessions....

### BEGINNERS YOGA

Tuesday morning, 11.00am – 12.00pm. This class is very gentle and covers gentle stretching of the body, proper breathing techniques and deep relaxation to enhance more flexibility and calmness of mind.

### ESTABLISHED YOGA

Runs on Wednesday evenings from 5.30pm – 7pm. The class is for members with some yoga experience, to assist with continued flexibility, strength and calmness of mind.



NO CLASSES DURING MONTH OF JULY

**Date:** Every Tues. and Wed. Apr. – Sept. '17 as above

**Except:** during holidays / closure.

**Time:** Tuesday 11am. – 12pm. (Beginners)

Wednesday 5.30pm. – 7pm. (Advanced)

**Venue:** Cancer Lifeline **Tutor:** Mary Connolly

## Coping with Stress Positively through Relaxation & Meditation

Relaxation classes run every Friday morning during April 2017 to September 2017.

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

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

Please wear comfortable clothing.



**Date:** Every Friday morning, April – September 2017

**Except:** during holidays / closure.

**Time:** 11.00am. - 12.30pm

**Venue:** Cancer Lifeline

**Tutor:** Mary Connolly

NO CLASSES DURING MONTH OF JULY

## Feel Good Workshop

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



**Date:** Wednesday 5th April 2017 **MEN ONLY**

Wednesday 3rd May 2017 **FEMALE ONLY**

Wednesday 7th June 2017 **MEN ONLY**

Wednesday 2nd August 2017 **FEMALE ONLY**

Wednesday 6th September 2017 **OPEN SESSION**

**Time:** 10.00am. – 12.00pm (Men Only sessions, start 9.30am)

**Venue:** Cancer Lifeline

## Creative Workshops

Make YOUR OWN Summer cushion for the garden

During these classes learn how to applique, pipe, put a zipper in and incorporate a pocket to hold your Summer reading, either a book or kindle.

Join us for this seven week course.

**Date:** Monday 8th May to Monday 26th June 2017

**Except:** during holidays / closure.

**Time:** 1.00pm. - 3.00pm

**Venue:** Cancer Lifeline

Getting to you know your sewing machine

Do you have a sewing machine still in the box hidden in the loft? Come along and learn how to use it. From complete beginners to those a little more advanced who have just bought a new machine.

You can then progress and join our Christmas crafts class in October 2017.

**Date:** Monday 4th to Monday 25th September 2017

**Time:** 1.00pm. - 3.00pm

**Venue:** Cancer Lifeline

## HOLIDAY CLOSURE - PLEASE NOTE CENTRE WILL BE CLOSED ON :

### EASTER

Good Friday 14th April and re-open on Monday 24th April 2017.

### MAY BANK HOLIDAYS

Monday 1st May and Monday 29th May 2017.

### JULY

Monday 10th – Friday 14th July and re-open Monday 17th July 2017.

Vital Nutrition Ltd.

## 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.



**Date:** Wednesday 26th April / Wednesday 14th June /

Wednesday 13th September 2017

**Time:** 10.00am – 1.00pm

**Venue:** Cancer Lifeline **Tutor:** Jane McClenaghan

## 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:** Wednesday 5th April / Wednesday 3rd May /

Wednesday 7th June / Wednesday 6th September 2017

**Time:** 6.00pm. - 7.30pm

**Venue:** Cancer Lifeline

**Tutor:** Peggy McCann



## Active Lives

If you are 60 plus, affected by a cancer diagnosis and feeling somewhat isolated, why not register to take part in our 60 plus programmes during April – September 2017.

This is an opportunity to participate in relaxing activities as well as meeting up with others in similar circumstances. This project is supported by BIG.

### Music and Relaxation Session at Belfast Castle

**Date:** Thursday 27th April 2017

**Time:** 10.00am – 12.00pm

### Trip to Blossoms

Blossoms is a horticultural project based at Magheramourne in Larne. The trip to Blossoms will help us to understand the process of organically growing food, herbs and other edibles and the closeness we feel towards nature. There will be an opportunity to do a tour of the gardens with a hands on activity e.g. sew some small seeds and harvesting.

**Date:** Thursday 22nd June 2017

**Time:** To Be Confirmed

TakeTen

### Take Ten Session

For many people living with cancer, stress can often be associated with a difficult diagnosis, check-ups or treatment.

Sometimes stress and anxiety comes from general worry about loved ones. It's important that we all learn how to deal more effectively with stress and anxiety.

Take Ten is a new iPad based app, which teaches you how to manage your emotions and reduce stress and anxiety.

Our app uses a unique heart rate monitor to analyse your heart rhythms and transforms the information into a series of images and games on the iPad screen. You play these games with your heart rate – the games will only work when you are calm. You can see how your body responds to negative thoughts and emotions but more importantly you are shown how to create a calmer state.

This is not hand to eye co-ordination; it is mind to heart co-ordination. You will be able to learn how to use the power of your mind and your breathing to reduce stress and clear your mind. You can literally see your feelings on screen.

It has a series of mindfulness audio tracks too helping to achieve the mental peace and calm that we all strive for.

**Date:** August 2017 (to be confirmed)

**Time:** 10.00am – 12.00pm

