

CANCERlifeline

CANCER LIFELINE NEWS SHEET

ISSUE NO. 41 | April – September 2019

EDITORIAL



A very welcome to all of you who have recently become members of Cancer Lifeline. I hope by this stage you have linked into some of our cancer support services. If not and you would like to take up some support, please get in touch with the office where the staff will do their best to help you.

As you will know, we are well and truly settled into our temporary premises. Make sure to browse through the range of support services and programmes on pages 6-8 of the News Sheet. We encourage you to register your interest in group activities and sessions by contacting the office. We are aware that cancer and its treatments can affect your sexually and sex life. We have included an article "Information and Support for You" developed by the Division of Cancer and Specialist Medicine Belfast Health & Social Care Trust, Cancer Lifeline has a supply of these leaflets, so please pick up one the next time you are in or request one and we can post it out to you. (see page ___ for full article).

Taking part in our support programmes is a great way of trying out "new things" which may help you through a difficult time in your life. Take that first step to acquire new coping skills as well as meeting others who may be in the same situation as you.

Please note our temporary address until further notice...

help is at hand...
CANCERlifeline

30a Deanby Gardens, Belfast, BT14 6NN
Tel: 028 9035 1999
Mobile: 07949 109091
Email: info@cancerlifeline.info
Web: www.cancerlifeline.info

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

A member's viewpoint...

I was in hospital having a trachy operation (nothing to do with cancer). When I met Mary she offered me a free foot massage so I laid back and relaxed. It was fantastic - it was only when she was leaving I noticed her badge that said Cancer Lifeline. So, I started to tell her the story of my hubby who had died 12 weeks before from liver cancer. She was kind and listened to me. At the end she said I know who can help you - Cancer Lifeline.

I contacted Cancer Lifeline as soon as I got out of hospital and got seen really quickly. The minute I walked into the place I felt right at home. I have made new friends but I have seen old friends there that I didn't even know who had cancer.

The services that they offer at Cancer Lifeline are second to none. So far I have had more massages, yoga classes, breakfast club with treatments that morning I had stress control through breathing - best thing ever but they were offering professional haircuts, makeup, oil treatments but the friendship that you find at all the groups and events are invaluable they also have all sorts of classes like walking group (I won't be going to that, breathing is a problem for me).

"If you are reading this note you have found the right place to be".
When cancer invades your life it is the hardest time of your life if the people around you don't understand what you are going through -
CANCER LIFELINE WILL.

They are also sorting out healthy eating class for me and loads of other classes I can't wait for them. The counselling one to one I have received is just brilliant.

I had no car one week and they didn't want me to miss my counselling so they sent a taxi for me, that is over and above the call of duty and I was so grateful I don't know anywhere else that would do that for me and also the bereavement group meeting others who know first-hand what you're going through and can be a great source of comfort. The fact that Cancer Lifeline treats the whole person as well as the whole family is just fantastic!

Keep up the great work Cancer Lifeline - you're a life saver!

NOTE

Venue for classes....

If you are planning to come along to any of our classes / including Coping with Stress Positively and Relaxation and Mindfulness, these are hosted in the local primary school - Our Lady's Girls', please come to Cancer Lifeline first to check in. Thank you

Holiday closure....

EASTER:

Centre closes on 18th April at 5pm. Re-opens Monday 29th April 2019

SUMMER:

Centre closes on 11th July at 5pm. Re-opens Monday 22nd July 2019



We are well and truly settled...

As of October 2018, Cancer Lifeline have settled into our temporary address at 30a Deanby Gardens. We are delighted that all of our support services and programmes are fully up and running, to best support you and your family.

You may or may not be aware that Cancer Lifeline has secured £650,000 from Belfast City Council, Belfast Investment Fund (BIF) which allowed us to purchase the premises next door to our base in Alliance Avenue. This will provide us with much needed ground floor accommodation, and lift access to the upper floor, enabling all of our members to access all areas. This new building will see us fit for purpose in the next phase of Cancer Lifeline's journey, of reaching out to support people affected by cancer in North Belfast.

We would like to take this opportunity of thanking the local primary school – Our Lady's Girls. The school are allowing us weekly access to some of the school accommodation to deliver our group programmes and classes and monthly Feel Good workshop. We are genuinely grateful for their ongoing support.

Please take the time to nip in for a chat and a wee look around the next time you are in the area. Our contact telephone number remains the same 028 9035 1999.





Caring for the Carers

Cancer Lifeline is currently involved in a series of “Carer conversations”. We are keen to hear from those carers who are finding it difficult to take up support.

Some people have told us about the difficulties they face when trying to get support. This has included for example lack of transport, feeling guilty taking up services for themselves, low confidence etc.

We have been working with these carers to put together a tailored support programme, defined by them to improve their health and wellbeing. If you are caring for someone with cancer or you know of a carer who could do with some extra support please contact us and let us know your ideas or thoughts.

Contact Liddean on 028 9035 1999.



Changing Lives

Cancer Lifeline has been awarded £8,990 to target support services to older, isolated females affected by cancer. These will include Complementary Therapies, Peer Support and Health and Wellbeing activities.

This will help the women to build their skills, knowledge and confidence to be able to cope better with their illness and the radical changes this often brings to their life. The project will provide valuable opportunities to meet up, connect and share with other female cancer patients.

The money was awarded by the Community Foundation for Northern Ireland through the Tampon Tax Community Fund.

Community Foundations are independent charities that make grants to support grassroots groups. The Tampon Tax Community Fund is money generated from the VAT on sanitary products to projects that improve the lives of disadvantaged women and girls.

Has cancer affected your sexuality, sex life and relationships?

The effects of cancer on your sexuality and sex life.

Cancer and its treatments can affect your sexuality in a number ways;

- Physical ability to give and receive sexual pleasure
- Feelings and thoughts about your body (body image)
- Emotions such as fear, anger, sadness and joy
- Roles and relationships

For many people, side effects of cancer treatment on their sexuality are temporary and as they recover, their sex life returns to the way it was before cancer. For others however, some changes maybe permanent and they will have to find new ways to give and receive sexual pleasure. However, with support and clear communication, they can still enjoy a fulfilling sex life.

For a copy of the full booklet including who to contact for support and guidance, contact Cancer Lifeline on 028 9035 1999 and we can post a copy to you.

(Copies available in our waiting areas / therapy treatment rooms).

For many people, side effects of cancer treatment on their sexuality are temporary and as they recover, their sex life returns to the way it was before cancer.

Belfast Safer Homes service is aimed at people aged over 65 years (or vulnerable adults) living in the Belfast area.

Age-friendly
Belfast

Accident prevention

You can get a free home safety check and where necessary we will give you free accident prevention equipment.

The home safety officer can also make onward referrals to agencies such as Northern Ireland Fire and Rescue Service, Occupational Therapy, National Energy Action and Environmental Health.



Examples of topics covered during a home safety check include:

- Falls in the home
- Poisoning
- Burns or scalds
- Fire safety
- Cheating or inspection
- Home heating
- Carbon monoxide

Repairs

If the home safety check highlights any repair work needed to protect against slips, trips or falls, you can get a subsidised rate to have that repair work carried out.

Those who receive benefits will be charged £3 per hour for repairs. Those who do not receive benefits will be charged £16 per hour for repairs.

Repair examples:

- Fixing loose floor boards
- Fitting curtain poles
- Clearing paths
- Fixing door hinges
- Changing light bulbs
- Installing handrails
- Fixing doors
- Installing carbon monoxide alarms



Please note:

We cannot carry out any electrical, painting or plumbing. All materials must be supplied by the occupant. We will provide general consumables such as nails, glue and sandpaper free of charge.

The service is available Monday to Friday 9am-4pm (excluding public holidays). All work will be carried out by Bryson Energy staff who have been trained, police checked and carry ID.

Equipment list:

- Helping hand
- Touch lamp
- Low energy light bulbs
- Jar and bottle openers
- Plug makes
- Stove horn
- Book on
- Magnifier
- Carbon monoxide alarms
- Blind cord safety clips*
- Pop-it locks, cupboard locks and catches*

*For individuals who have young children visiting the home.



To make a referral you can ring phone
0800 14 22 865 or email
hurdym@brysonenergy.org
For more information on home safety visit
www.belfastcity.gov.uk/homesafety
or call us on: 031 5027 0425.

This Easter... don't put all your eggs in one basket.

Support

help is at hand...

CANCERlifeline



We have Easter Baskets placed in shops and businesses throughout North Belfast, to help raise funds for Cancer Lifeline. We also have one in Cancer Lifeline – buy a ballot for £1.00

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".

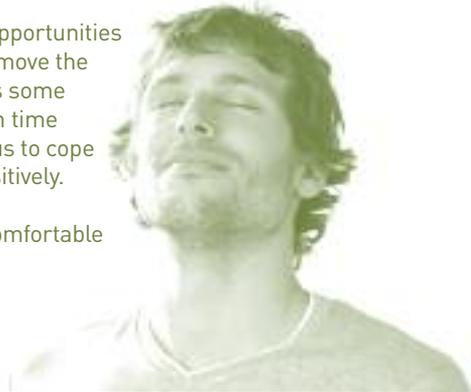
Sessions coming up....

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
Except: during holiday closures (see dates).

Time: 4.00pm – 5.00pm

Venue: Cancer Lifeline

NO CLASSES IN JULY OR AUGUST

Coping with Stress positively through gentle 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
Except: during holiday closures (see dates)

Time: 11.00am - 12.00pm.

Venue: Cancer Lifeline

NO CLASSES IN JULY OR AUGUST

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.

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 3rd April	Males Only
Wednesday 1st May	Females Only
Wednesday 5th June	OPEN Session
Wednesday 4th Sept	Females Only
Time: 10.00am. - 12.00pm (Men Only sessions, start 9.30am)	
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 2 out of 3 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	(following the Beginners Yoga class).
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.

Date: Wednesday 15th May and 11th September 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 over whelming.

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.



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

Date: Thursday 6th June 2019

Thursday 19th September 2019

Time: 10.30am – 1.00pm

Venue: Cancer Lifeline

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

3rd April, 1st May, 5th June and 4th September

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 – wherever the young person wants to, depending on what and where suits them. Additionally, 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

17th April, 29th May, 26th June and 25th September

Time: 9.30am – 11.00am

Venue: Cancer Lifeline

Facilitator: Rachel Smith (CFNI)

Bowel Screening Awareness Session



The aim of this session is to raise the importance of bowel cancer screening and the signs and symptoms to look out for and more importantly how to take the screening test.

By the end of the session participants will:

- How to use the FOB Kit (Faecal occult blood test)
- How screening can help detect bowel cancer in the early stages
- The signs and symptoms of bowel cancer
- How to reduce the risk of bowel cancer

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

Light refreshments available.

Date: Thursday 23rd May 2019

Time: 10.30am - 1.00pm

Venue: Cancer Lifeline.



who helped raise £3,578.05 during 2018. Cancer Lifeline was one of three local charities who benefitted.

Every time a CO-OP member who purchased Co-op own brand goods and services, Co-op gave 1% back! So thank you to everyone who signed up so that charities like Cancer Lifeline benefited – we genuinely appreciate your support.

Participating Co-op Stores included – Co-op Oldpark, Co-op Shankill, Co-op Ballysillan, Co-op Antrim Road, Co-op Funeral Care Home; Houston & Williamson, Crumlin Road and James Brown & Son's Lisburn Road.

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.



Local charity HERE to help YOU!

Information for BREAST CANCER patients and their families in Northern Ireland

Registered charity NIC102620

www.prettynpink.org



What makes Pretty 'n' Pink Special?

Pretty 'n' Pink is the only registered Breast Cancer Charity, here in Northern Ireland. Founded in 2006 by local Belfast women Noleen Adair, (Rooney). Noleen was diagnosed with Breast Cancer at the age of 22 and passed away on 26 June 2014 at the age of 35. Noleen left behind an amazing legacy and Pretty 'n' Pink continues to support Breast Cancer Patients throughout Northern Ireland.

Pretty 'n' Pink provides practical help and support to patients with Breast Cancer through our Pretty 'n' Pink support fund.

The Pretty 'n' Pink support fund is a small grants scheme in place to help patients and their families in practical ways such as:-

- ✂ Travel costs to and from hospital
- ✂ Childcare
- ✂ Respite breaks for patients and their families
- ✂ Wigs
- ✂ Mastectomy underwear and swimwear
- ✂ Home heating
- ✂ Utility bills

Funds have also been used for:-

- ✂ Morse boosting experiences
- ✂ Pamper days
- ✂ Special family time

At Pretty 'n' Pink we recognise that the freedom to be creative in the use of funds means the patients can look beyond their diagnosis and plan memorable experiences with their family and friends.

Phone 028 9034 7780

Bryson House, 28 Bedford Street, Belfast BT2 7FE

W: www.prettynpink.org E: info@prettynpink.org