



Community Cancer Centre (CCC) Drop In For Information & Support
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LIVING WITH CANCER COURSE (MACMILLAN)

A diagnosis of cancer often leaves people feeling isolated, vulnerable and afraid, seeking answers to a whole range of questions and concerns. It is our aim to:

- **Help provide answers to some of those questions to provide support and encourage them to talk to their doctors and nurses who are there to help them**
- **Provide patients and carers effective links throughout the local and national networks to all aspects of health care, voluntary and statutory**
- **Provide access to self help**
- **Befriending**
- **Macmillan 6 week program Living With Cancer**

Providing an information and support service through establishing a cancer information centre is to enable the strategic management and development of these services to outreach to the centralised areas of the Borough of Hillingdon. It also allows the development of a robust network of information outreach services with agencies in primary care and the community. This facilitates a collaborative approach to the care of patients and through the provision of information to ensure they receive a consistent quality of services in line with national recommendations. In addition, establishing this centralised information service will allow the expansion of information to groups for whom there is currently little or no provision e.g. carers, travellers, ethnic minority communities and socially disadvantaged groups.

The Living with Cancer self management programme consists of six 2 1/2 hour weekly sessions delivered by two professionally trained tutors who have experienced cancer themselves. Participants develop their skills and learn techniques to get more out of life. It's **FREE** to anyone who has had a cancer diagnosis and there's no referral process, but participants do need to book a place.

"When I saw my oncologist I wanted an assurance that the cancer would not return. He could not give me that assurance but suggested that I do this course. It has helped me realise it is possible to move on after this illness." Pat Webster, Living with Cancer participant, Middlesex 2005.

The Community Cancer Centre, Yiewsley and Macmillan Cancer Support are working in partnership to deliver this programme at the centre,

So who is it for? CCC has identified that there is a need for something after people have completed their cancer treatment. Especially people wondering...

"What happens next? Where's everyone gone?! What do I do now?"

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Besides those more recently treated, there are also some people who had cancer many years ago but are living with lasting effects, physical and/or emotional. The Living with Cancer programme allows people the time and space to deal with these issues in a structured and supportive environment.

The following services enable Patients and their Carers to regain a sense of control in their lives CCC Offer:

LIBRARY AREA

- Books on many subjects and include information of self help in a relaxed environment. They include many leaflets of other organizations and the services they provide.

QUIET ROOM

- A room to talk in confidence to a member of staff or watch a video in private. Also used for counselling and bereavement counselling.

THERAPY ROOM

- Providing Complementary therapies:
 - Reiki Healing
 - Spiritual Healing
 - Indian Head Massage
 - Body Massage
 - Reflexology
 - Relaxation Classes to learn self help techniques
 - Counselling

SUPPORT GROUPS

- Breast cancer group where other women also invited to a coffee morning each Monday morning.
- MOT aimed for men with Prostate Cancer giving them the opportunity to talk and learn from each other. Our poster and leaflet came from the input of the community.

All the services are free and its aim is to help improve quality of life for those affected by cancer including partners, families and friends.

"I only came here to keep my daughters happy as I've been told I have to see a psychiatrist."

After giving him the opportunity to talk to another patient who understood his concerns and expressed that it was normal the way that he was feeling, he left the CCC knowing that he could understand his situation and felt normal with the knowledge that he could return and be listened too and understood.

"I have so much support at home from my family but am afraid to talk to them about how I am feeling as they are worrying enough about me. It was nice to talk to someone outside from the family who understood how I was feeling and had time for me"

This is often the case for those visiting the CCC for patients and their carers

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