

## Somerset Cancer Care

Somerset Cancer Care is a division of St Margaret's Somerset Hospice, and works with people living with cancer, at any stage.

Somerset Cancer Care offers a friendly and informal opportunity for people living with cancer to talk, either individually, or in a group, with others who have experience of cancer in their own lives or in the life of someone close to them. We are here to help you find a way forward. If you are living with cancer, or you are close to somebody who has cancer, you may be worried. At times like these, it can be difficult to find people who understand what you are going through.

Somerset Cancer Care provides practical information about services that are available and offers free complementary therapies to help you relax and encourage a sense of well-being. Our highly trained volunteers offer support by being there to listen if you wish to talk about your experiences and feelings. A home visit can be arranged for you if needed.

We keep it confidential

We treat all your information as strictly confidential to ensure that you have a safe place where, if you wish, you can talk frankly. Somerset Cancer Care is recognised as valuable support service by healthcare professionals.

### Cancer Aid For Everyone (C.A.F.E)

Informal drop-in centres, welcoming anyone affected by cancer, where patients and carers are able to offer each other strong support in a warm and friendly atmosphere.

Highly trained volunteers are there to:

- be a listening ear
- provide information
- help you to contact other services
- help in any way they can

Our venues are very comfortable, with separate areas for privacy if needed.

Free complementary therapies and light refreshments all help to make CAF a very special place.

Complementary therapies are increasingly recognised by the medical profession as being beneficial when practised alongside orthodox medical treatment. They can help us to release mental, emotional and physical stress by a variety of gentle and non-invasive methods.

The following therapies are available at various times in our centres and information about them can be obtained when you call in, or on the FREEPHONE number 0800 7314608.

- Relaxing hand massage
- Reflexology
- Aromatherapy
- Reiki
- Relaxation / Visualisation

### Musgrove Park Hospital

#### Haematology and Oncology

When you visit this department we can help with stress management by being there to listen, and by providing relaxing hand massages for you. We are there Monday, Wednesday and Thursday mornings from 9am and Tuesday afternoons from 1.30pm.

## Headwear

Every Wednesday from 12.30 - 2.30pm, in the above department, we offer a headwear service for patients, advising on and selling inexpensive but attractive hats and scarves.

## Cancer Information and Support Centre

Located close to the Haematology and Oncology department, our volunteers, together with the Nurse Specialist manager, offer extensive information, internet access and a high level of support for all visitors who can drop in at any time Monday to Friday, 9.30am - 4pm.

## Who to contact

It doesn't matter where you live - if you are affected by cancer, either in your own life or the life of somebody you are close to, you are welcome to talk to one of our volunteers on the phone, arrange a home visit or join us at our local CAFEs. These are held once a week at the times and locations below. Please call us if you have any difficulties.

### Cancer Aid For Everyone centres

Taunton: Tuesdays 10am - 12noon

Robin Close Hall, Robin Close, Bishops Hull. Taunton

Minehead: Mondays 2 - 4pm

The Methodist Church Hall, The Avenue. Minehead

Wells: Fridays 10am - 12noon

St Lawrence Day Centre, Chamberlain Street, (off Union Street car park). Wells

Weston Super Mare: Tuesdays 10am - 12noon

Summer Lane Care Home, Diamond Batch, Worle

Yeovil: Wednesdays 10.30 - 12.30

Methodist Church, Vicarage Lane (Lower Quedam). Yeovil

For more information call our Freephone Number:

0800 7314608