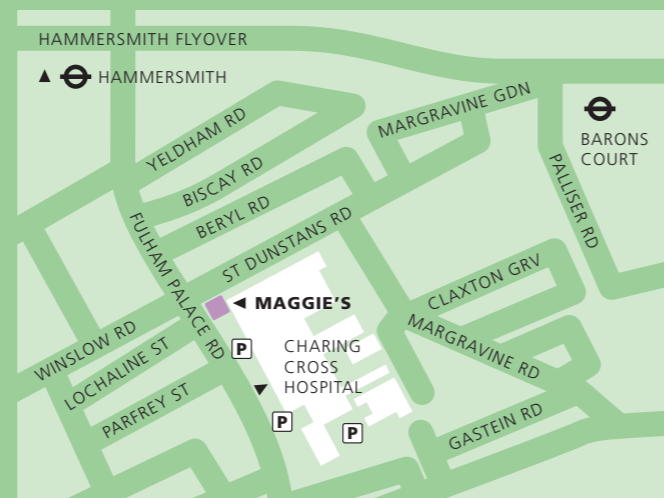




Please send your form to
Bernie Byrne, Maggie's, Charing Cross Hospital
Fulham Palace Road, London W6 8RF

Or if you have any questions
Telephone: 020 7386 1750
Email: london@maggiescentres.org
www.maggiescentres.org

Maggie's is open Monday to Friday 9am – 5pm



Maggie Keswick Jencks Cancer Caring Centres Trust (Maggie's)
is a registered charity, No. SC024414

maggie's

cancer caring centres

'Being at Maggie's is like
having someone put an arm
round you and say: you are not
alone, we are here to help.'

Maggie's can help anyone
affected by cancer.
Drop in and see how...

If you, your partner or someone in your family or a friend has cancer you may find yourself overwhelmed with questions.

'How am I going to deal with this?'

'What should I ask the doctor?'

'Who can I turn to?'

'Is there anything I can do to help with my treatment and to feel better?'

Maggie's Centres exist to help you find answers to these questions and many others. We provide information and support for you to address every aspect of living with cancer – from the practicalities of claiming benefits, to the physical and emotional effects that you may be experiencing.

Providing support alongside your medical treatment, our programmes are for every type and stage of cancer, whether you've just been diagnosed with cancer, are facing a recurrence, or are dealing with late-term lingering side-effects as a cancer survivor. Our aim is to enable you to manage the impact of cancer and to help you to live with hope and determination.

Walk through the door of a Maggie's Centre and you will be welcomed by a Cancer Support Specialist who can talk you through your concerns, and what we can do to help.

What makes a Maggie's Centre so special is its relaxing, homely atmosphere. We are open all day, so you can drop in at any point if you'd like a coffee and a chat, a browse of our library, the chance to explore our programme of support or just somewhere quiet to sit down.

Maggie's is a charity and all of our services are free to you. Our programme is provided by a team of cancer support specialists. The following is a guide to what you will find on offer:

Networking and support groups A range of groups run by Cancer Support Specialists for people with cancer, their family and friends. The sessions enable people to explore shared problems and ways of dealing with them.

Managing stress Regular individual and group sessions, discussions, courses and talks that teach relaxation and visualisation techniques to help cope with stress.

Information Learn about your cancer, its management, treatment and side-effects through lectures, a lending library, DVDs, access to the internet and advice from our information and support specialist.

Nutrition Workshops about eating well that combine theory and practical sessions.

Benefits Advice A Benefits Adviser will give advice about the financial help you may be entitled to. We will fill in the relevant forms and help you navigate the application process.

Look Good – Feel Better Give yourself a make-over! We hold these one-off sessions with trained beauticians on a regular basis to help you to take care of your appearance during and after treatment.

Breast Cancer Care Advisers are available to give prosthesis advice and information about support for people affected by breast cancer.

Expressive Art and Creative Groups Our trained staff will offer and provide a range of materials to help you explore your feelings within a creative context. This may include art, writing and music.

Individual Support A Cancer Support Specialist provides individual sessions where you can talk, get support and learn strategies for dealing with a diagnosis of cancer and its consequences.

Courses Our Cancer Support Specialists run a range of six week courses looking at living with cancer, understanding the diagnosis and treatment, and learning about the psychological and emotional impact that cancer has. Such as – *Men and Cancer*, *Caring for Someone with Cancer*, and *Relaxation and Stress Management*.

Please send me information about:

- Courses at Maggie's
- Joining a Support Group
- Relaxation Sessions
- Help with information
- Networking Groups
- Welfare and Benefits Advice
- I would like someone at Maggie's to get in touch
- I would like to talk to someone in a similar situation
- I would like to receive Maggie's Newsletter

Name

Address

.....

Postcode

Telephone

Email

Date

Send to Maggie's, Charing Cross Hospital, Fulham Palace Road, London W6 8RF