

**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 offer 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.

### **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 a valuable support service by healthcare professionals.**

**C.A.F.E.** — informal support groups, welcoming anyone affected by cancer, where patients, their carers, friends or family, 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. Just drop in to the **C.A.F.E.** nearest to you (see overleaf), no appointment required.

Or, for further information, call in confidence:

**0845 070 8910**



Free complementary therapies and light refreshments all help to make **C.A.F.E.** 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.

Therapies are available in our centres and information about them can be obtained when you visit; alternatively you can contact us using the number on the back of this leaflet. Therapies available may include:

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

## Musgrove Park Hospital

### Beacon Centre

When you visit the Haematology and Oncology centre we can help with stress management by being there to listen and by providing relaxing hand massages for you. We are usually there on weekday mornings but if you don't see us please ask a member of staff.

### Headwear

In the atrium in the Beacon Centre we offer a headwear service for patients. A volunteer is present each Wednesday advising on and selling inexpensive but attractive items of headwear. These items are also available on a self-help basis at all other times throughout the working week.

### Cancer Information and Support Centre

Located in the Old Building, 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 in Somerset 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 by calling 0845 070 8910, or join us at our local **C.A.F.E.s**. These are held once a week at the times and locations on the back page.

## C.A.F.E. Support Groups

### Cancer Aid For Everyone

- Taunton:** Robin Close Hall,  
Robin Close, Bishops Hull  
**Tuesdays 10am - 12noon**
- Minehead:** The Methodist Church Hall,  
The Avenue  
**Mondays 2pm - 4pm**
- Wells:** St Lawrence Day Centre,  
Chamberlain Street  
(off Union Street car park)  
**Fridays 10am - 12noon**
- Weston-super-Mare:**  
Summer Lane Care Home  
Diamond Batch, Worle  
**Tuesdays 10am - 12noon**
- Yeovil:** Octagon Theatre  
Hendford, Yeovil  
**Wednesdays 10.30am - 12.30pm**

**0845 070 8910**

[www.st-margarets-hospice.org.uk/  
Patient+Services/somersetcancercare](http://www.st-margarets-hospice.org.uk/Patient+Services/somersetcancercare)

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

Registered Charity Number 279473  
2011



## INFORMATION

**St. Margaret's**  
HOSPICE