

The **Oldham Cancer Support Centre** provides emotional and practical help for cancer sufferers, members of their families/carers, and also to those who have been bereaved by cancer.

In addition to complementary therapies we offer counselling sessions which are delivered by Counsellors who all adhere to the code of professional ethics of the British Association of Counselling and Psychotherapists (BACP).

A Carers' group meets on the last Monday of each month, when a light lunch is provided. This offers an opportunity for anyone who is caring for a family member or friend to have a break for a few hours. Most carers can feel quite isolated and the group provides companionship and the realisation that they are not alone.

A Patients' Support Group meets on the last Wednesday of each month. This is facilitated by a chemotherapy sister from Christie's and by one of our own Counsellors, but all activities/discussion topics are decided by members of the group.

You do not have to come to the Centre only if you are having a therapy or counselling. Anyone who is affected by cancer is always welcome to drop in for a cup of tea with one of our volunteer receptionists – with or without a chat! They will also have plenty of relevant information available.

Cancer patients must be registered with a GP

Opening hours:

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|-----------|------------------------|
| Monday | 9.30 a.m. - 3.30 p.m. |
| Tuesday | 9.30 a.m. - 6.00 p.m. |
| Wednesday | 9.30 a.m. - 3.30 p.m. |
| Thursday | 9.30 a.m. - 6.00 p.m. |
| Friday | 9.30 a.m. - 3.30 p.m. |
| Saturday | 9.30 a.m. - 12.30 p.m. |

Carers' Group: last Monday of each month.
10.00 a.m. - 2.00 p.m.

Patients' Group: last Wednesday of each month.
11.00 a.m. – 2.00 p.m.

e-mail address:

oldhamcancersupportcentre@hotmail.co.uk

website:

www.oldhamcancersupportcentre.com

Telephone: 0161 770 8751

Oldham Cancer Support Centre

Registered Charity No. 1150581

Complementary Therapy Service



Oldham Cancer Support Centre
Ena Hughes Centre
Ellesmere Street
Failsworth
M35 9AD
Tel: 0161 770 8751

What treatments are on offer and what are the benefits?

Indian Head Massage

Indian Head Massage is performed on the clothed body, massaging the back, neck shoulders, arms and head. This is a very relaxing massage and is effective at reducing stress and tension. It can help improve mental concentration, relieve eye strain and sinusitis, and promote healthy hair growth.

Reflexology

Reflexology is performed on the feet, providing a therapeutic massage that helps to clear toxins from the body and thus to balance the body. It can alleviate the effects of stress by inducing deep relaxation and allowing the nervous system to calm down and function more normally.

Hot and Cold Stone Therapy

Basalt mineral stones are used for this therapy. This is a type of volcanic stone which retains heat for long periods of time. The stones are used in conjunction with massage. Together they promote a harmonising, balancing and clearing effect, thus allowing for a meditative state of deep relaxation, well-being and calm.

Holistic Facial

A facial cleanse followed by a relaxing face and neck massage.

Thai Foot Massage

Thai foot massage is a unique and powerful therapy and is an ancient form of therapeutic healing which combines acupressure, energy balancing and stretching with applied yoga exercises. The Therapist combines the use of thumbs, hands and a wooden acupressure tool; massage is applied to the lower legs and feet using rubbing, kneading, stretching and vibration techniques. It is a wonderful treatment to promote overall health and increase energy. It brings feelings of well-being, balance and relaxation.

Reiki

‘Reiki’ means life force energy. This hands-on healing treatment helps to balance and restore depleted energy in the body, thus promoting harmony and healing. A reiki practitioner is trained to detect imbalance in the body and a reiki treatment helps to correct this imbalance. This promotes relaxation and healing.

Aromatherapy

Aromatherapy massage is an individual prescriptive blending of essential and carrier oils applied to the body during a massage. A hand and arm massage is a very effective way of relaxing the body and is a useful first treatment for anyone new to massage. The fragrances are pure essential oils extracted from plants valued for their therapeutic properties. Treatments aim to improve healing, physically, mentally and emotionally.

How long does a treatment last?

All therapies last for approximately 45 minutes.

Is there a charge for this service?

There is no charge for the first six therapies. If a client would like further treatments then there is a charge.

Can anyone have a treatment?

Treatments are offered to people whose lives are affected by cancer.

I have limited mobility and do not have my own transport. How can you help me?

We have volunteer drivers who will collect you at a pre-arranged time from your home, and then return you after your treatment. There is no cost involved.


