

Cancer Focus Northern Ireland is your local cancer champion, here to help you and your family if you have cancer. We'll help your community take positive steps to a healthier life, to lower your risk of cancer, and we're determined to bring a more hopeful future by funding ground-breaking research.

If you are unsure of what to do next you can talk with one of our nurses on the Cancer Focus NI Information & Support Helpline

**0800 783 3339**

Monday to Friday 9am - 1pm  
Calls are free from a landline  
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**Focus on  
Art Therapy**

# Express your feelings

**Many people with cancer have found the use of art has been key to processing and resolving difficult emotions which can reduce stress, increase self-esteem and improve overall wellbeing.**

Art Therapy is not about having artistic ability or creating great works of art, it's simply another way of helping you express how you feel when words don't come easily.

It also provides a time for relaxation and gives you a greater sense of well-being.

***In a recent survey of adults with cancer, 92% of participants found art therapy to be helpful.***



## Province Wide Groups

"My art therapy experience was very good for me. I met a lovely group of people and we all had one thing in common: Going through cancer."



## How can Art Therapy help me?

- Stress reduction
- Relaxation
- Emotional support
- Manage your feelings and fears
- Express feelings about diagnosis, treatment, prognosis
- Make friends and feel less isolated
- Increase your self-esteem and motivate you
- Improve quality of life
- Help you make sense of what is happening to you
- Have fun!



## Children's Hospital Service

Offers groups on Tuesday afternoons in the cancer ward at Royal Victoria Hospital for Young Children. Also, those in isolation can be seen at their bedside.

## Art Journaling

This activity enables you to use a mixture of art and writing to create and maintain a journal or diary of your experience on your cancer journey. This is a series of workshops which will give you the skills to continue your journal at home.



## One to One Sessions

These are private sessions between you and the Art Therapist that typically last for one hour. The number of sessions will be agreed with you based on your needs. You may want to work on specific goals, objectives and personal development. You may also have issues that you feel more comfortable talking about in a private one-to-one situation.

## Open Studio

This group is an open drop-in service that gives you the opportunity to decide whether or not to attend if your energy levels are fluctuating as a result of treatment. Friends, family, carers and cancer health care professionals are also welcome.