



living well

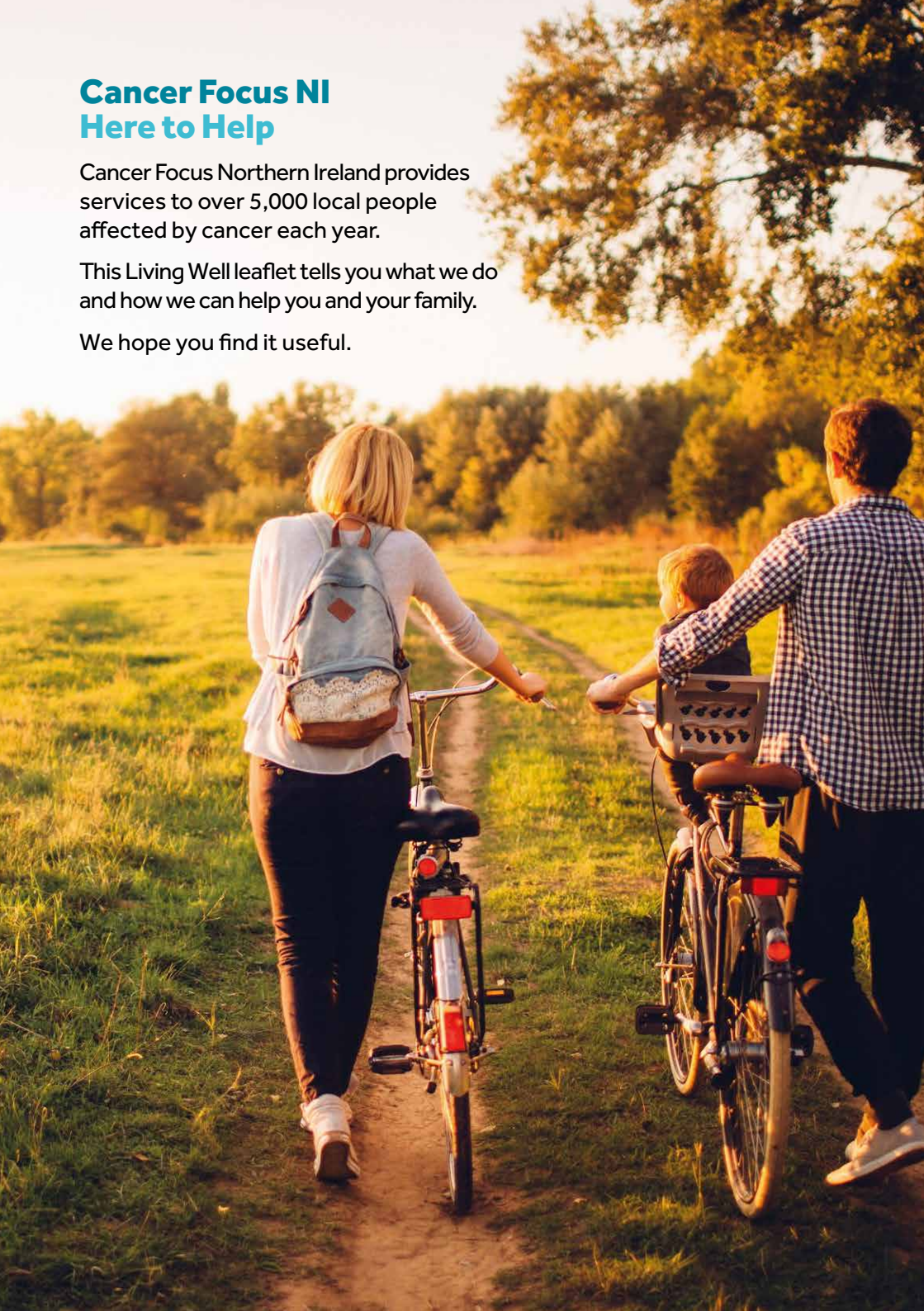


## Cancer Focus NI Here to Help

Cancer Focus Northern Ireland provides services to over 5,000 local people affected by cancer each year.

This Living Well leaflet tells you what we do and how we can help you and your family.

We hope you find it useful.



## Information and Support Nurse Line

We are the only local charity to provide a free support and information helpline, answered by one of our nurses, for anyone with worries or questions about cancer.

Call us on our Freephone Nurse Line, **0800 783 3339**

**Monday to Friday between 9am and 1pm**

Calls are free from your landline and your mobile

You can also email our nurses directly at:  
**[nurseline@cancerfocusni.org](mailto:nurseline@cancerfocusni.org)**

## Counselling service

When you or someone close to you has cancer, it's normal to feel frightened and worried. These feelings can be confusing and overwhelming.

You may benefit from talking to someone who understands the effect this has on your life.

**The counselling sessions can:**

- Help with the initial shock of diagnosis
- Help you process the information
- Help empower you to make decisions
- Help you deal with stress, negative thoughts and feelings of isolation





## Family Support Service

This service offers specialist support to help families cope when a significant adult has cancer. Issues such as how and what to tell the children can cause added stress and anxiety. We will discuss your needs and offer whatever support is best.

We support families as they collect memories after a loved one has died. We can also help parents leave a legacy in words or on film by recording their wishes, hopes and dreams for their loved ones.

## Sing for Life Choir

Our choir, a partnership between Cancer Focus NI and the Crescent Arts Centre, provides support for anyone affected by cancer. Based in Belfast, our choir members meet others living with cancer and learn new skills in choral singing. You can also take part in public performances if you wish.

There are no auditions – every voice counts!

## Art Therapy

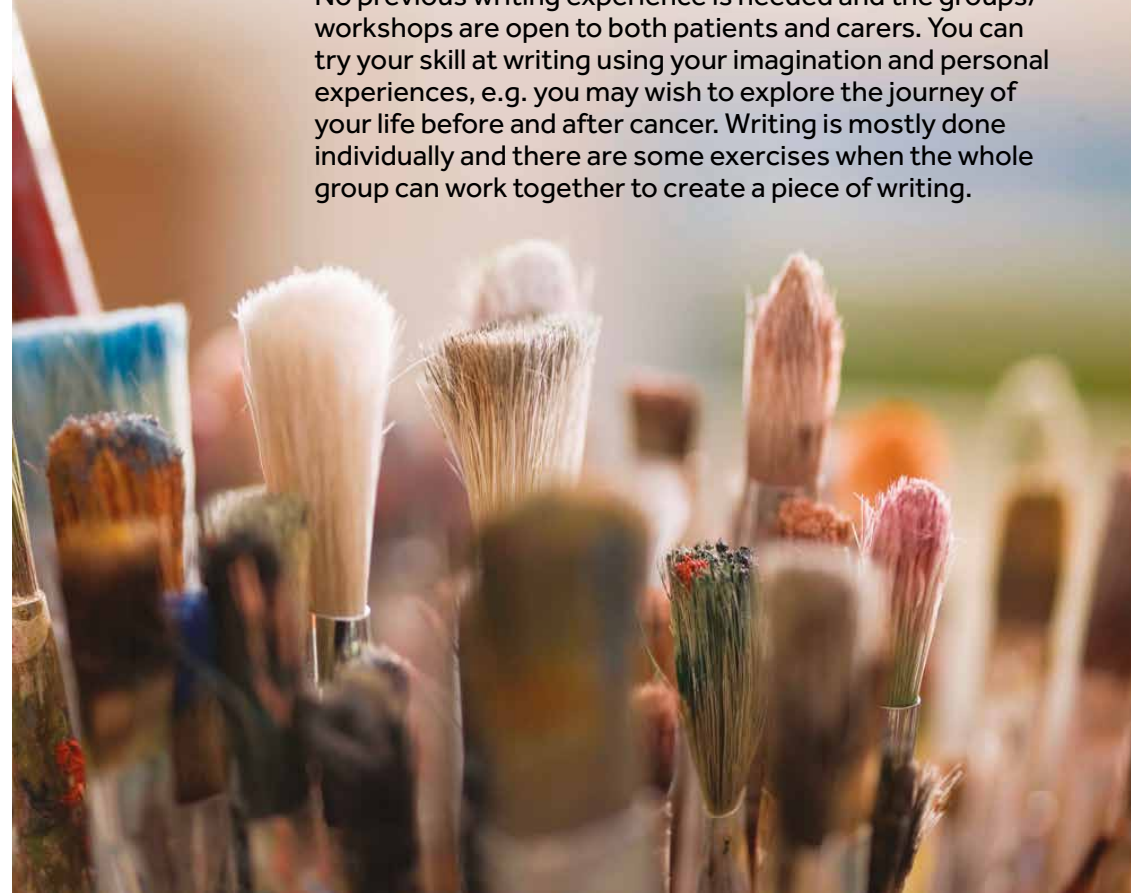
Art can help you to process and resolve difficult emotions. You don't have to be artistic, art therapy is simply another way of helping you express how you feel when words don't come easily. We provide both one to one and group sessions.

## Art Journaling

This is a mix of art and writing to create a journal or diary of your experiences on your cancer journey. Through a series of workshops, you'll pick up the skills to continue your journal at home.

## Writing for Life – Groups & Workshops

No previous writing experience is needed and the groups/workshops are open to both patients and carers. You can try your skill at writing using your imagination and personal experiences, e.g. you may wish to explore the journey of your life before and after cancer. Writing is mostly done individually and there are some exercises when the whole group can work together to create a piece of writing.



## Driving Service

Our Driving Service provides door to door transport for cancer patients to hospital appointments in the South East Trust area, Belfast and Newtownabbey. It is for patients who, for health, finance or personal reasons, cannot use other forms of transport.

## Cancer Support Groups

Many people with cancer would like to share their experiences with others in a similar situation and our informal support groups can help you make that connection. Meetings offer practical information on cancer as well as give support.

We have support groups for breast, prostate and laryngectomy patients.



## Bra and Swimwear Fitting Service

After surgery for breast cancer, some women feel less confident about their body. Our free specialist Fitting Service can help you find the right bra or swimwear.

We have a wide range of reasonably priced garments and our fully trained staff will make sure they fit properly. The service is available in several locations throughout Northern Ireland.

## Zest for Life

This 6 week programme helps you get back your 'Zest for Life'. It gives you the confidence to manage new feelings and experiences as you move on with your life after cancer treatment. It helps you understand and manage lifestyle changes and teaches you relaxation skills to overcome stress and anxiety.

## Nail Bar

Our trained beauty therapists offer mini manicures to patients waiting for appointments at Belfast City Hospital and at Craigavon Hospital.

## Email Forum (E Forum)

Cancer Focus NI invites cancer patients and their families to join its Service User Email - or E Forum. We would like to hear what you have to say about cancer services in Northern Ireland and other cancer issues via email at [care@cancerfocusni.org](mailto:care@cancerfocusni.org).

Our aim is to ensure you get the services and the support that you need in the future. With your feedback we can make improvements and ensure better outcomes for all.

**To book or find out  
more about the services  
in this leaflet:**

**T: 028 9066 3281**

**E: [care@cancerfocusni.org](mailto:care@cancerfocusni.org)**

**[www.cancerfocusni.org](http://www.cancerfocusni.org)**

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