



# A 6 Month Holistic Support Programme for Adults Affected by Cancer

The   
Community  
Foundation



Department of  
**Health**  
[www.health-ni.gov.uk](http://www.health-ni.gov.uk)

[www.chariscancercare.org](http://www.chariscancercare.org)







# A note from the Director of Charis

My name is Imelda Mc Gucken MBE, and I am the Director for Charis and lead all operations, liaising closely within my team, to provide support to you and your families on your cancer journey.

Charis cancer care is located at the foot of the Sperrin's in Mid Ulster. Our Charity is active from 2010 offering psychological, emotional, and physical support to anyone diagnosed with cancer, their family members and those bereaved with cancer. Our aim is to improve people's quality of life. We offer a caring, holistic approach to cancer treatment within a beautiful, serene purpose-built environment. Our highly qualified counsellors and therapists support everyone, ensuring they benefit from advice and treatments which are all free of charge and assist through their conventional treatments. All therapies on offer at Charis, help clients reduce anxiety, improve their self confidence and sleeping patterns. We offer our services to everyone throughout N Ireland. We are delighted to have obtained 5\* Macmillan quality mark every three years from opening our doors. We have also received the MBE for voluntary services and voted the Best holistic cancer care centre in Northern Ireland.

The team and I at Charis welcome everyone onto this programme. We have developed a comprehensive programme to support you over a period of six months, including counselling, complementary therapies, and social workshops, see further information enclosed.



## How could you benefit?

- ✓ Aid relaxation
- ✓ Increase feeling of wellbeing
- ✓ Aid sleep
- ✓ Reduce feelings of distress
- ✓ Relieve stress and tension
- ✓ Reduce feelings of anxiety
- ✓ Improve coping with side effects of treatment

I hope you enjoy your time at Charis and benefit greatly from this programme. Feel free at any time to contact me if required.

In the words of a client:

“I can honestly say they may well have saved my life. The counselling I received has helped me get through this very difficult time in my life and it has also allowed me to start to believe I have a future. Charis is a lifeline I cannot do without.”

## ■ KEY CONTACT INFORMATION

Phone- **02886769217**

Email – **director@chariscancercare.org**

Website – **www.chariscancercare.org**



## About Charis Cancer Care

Charis Cancer Care is a unique cancer care centre, providing a range of holistic and complementary therapies and counselling to individuals affected by cancer- at any stage of their journey. We provide support and services also to families and loved ones of those living with cancer, or any adult bereaved by cancer.

Providing a home from home setting, with a dedicated professional and caring team offering a range of therapies and services is what makes Charis truly unique. Set in an idyllic location, looking over Lough Fea, clients can come to Charis to escape the worries and stress they may be dealing with. Many clients have described coming to Charis as 'coming home', where everyone is welcomed like family.

Our role is to listen and help, providing support from experienced professionals and therapists in a warm and nurturing environment. Our focus is on the whole person, their physical, psychological, and emotional needs. All our services are completely free of charge to clients.

Situated overlooking the serene Lough Fea outside Cookstown, Co. Tyrone, we are conveniently located in the centre of Northern Ireland to offer all our services to adults across the region.

## Charis Vision

“At Charis, it is our vision that nobody affected by cancer should ever feel alone. We believe that everyone should have ease of access to support services, from complementary therapies to counselling and support groups, and that this should be provided with warmth, compassion and understanding.”



## Charis Mission Statement

“To provide person-centred care for everyone affected by cancer, through personal diagnosis, family diagnosis or bereavement. Our service will be delivered through an individualised, free of charge programme offering complementary therapies and psychological support. At all times, the service will seek to work collaboratively with mainstream healthcare and other care partners, providing a holistic, supportive and empathetic resource”

# About The Programme

## Client Registration

Month	1	2	3	4	5	6
	6 One-on-one counselling sessions					
	10 Physical therapy sessions from aromatherapy massage or reflexology					
			1 Monthly one-on-one counselling session			
			1 Monthly group counselling session			
	Group workshops available to be booked from choice of; Yoga, Mindfulness Walk, Art, Healthy Cooking, Finance/benefits Advisor also available for appointments					

## Programme Summary

The Charis Cancer Care, 'Caring is Sharing' Support Programme, is a 6-month group support programme created to help support adults affected by cancer; including individuals with a cancer diagnosis, palliative cancer care patients, their next of kin and individuals bereaved by cancer.

The programme is made up of a combination of one-on-one counselling sessions and a range of group support workshops & activities. Clients are encouraged to take part in group sessions to experience the full benefits of the programme.

Group sessions include a choice of yoga classes, art workshops, healthy cooking workshops and mindfulness walking groups.

Each group will also have monthly scheduled group counselling sessions, as well their one-on-one counselling sessions and access to a financial advisor to provide advice and support on managing the financial impacts of a cancer diagnosis.

During the 6-month programme, clients will have the opportunity to avail of 10 complimentary therapy sessions each at Charis Cancer Care Centre.

Clients will be asked to complete regular feedback and evaluation forms to help us continuously review and improve the programme, so that we can support you better.

## Ongoing Support

On completion of the 6-month programme, further support & advice will be available at the discretion of the Director.



# Individual Sessions



## Individual Counselling

At Charis, our counsellors provide a secure, confidential, and caring environment for you, so you can explore your thoughts, feelings, and emotions in complete confidence and without judgement. This can help you any feelings of being alone, or unable to cope or process what you are going through.

Counselling can enable and empower you to find and use the resolve and inner strength to manage more effectively. Some people with a cancer diagnosis may find it difficult to talk to family, friends or supporters – this can be completely normal. Some people may describe putting up emotional barriers to protect the ones close to them, and counselling may help deal with this or any issues that could arise. Our counsellors understand what you may be feeling, and their role is to help you with any difficulties you may be experiencing.

## Financial Advice

Providing guidance and support to our clients who require assistance to access financial or social assistance as a result of their diagnosis and to signpost them as appropriate to various agencies or support services.

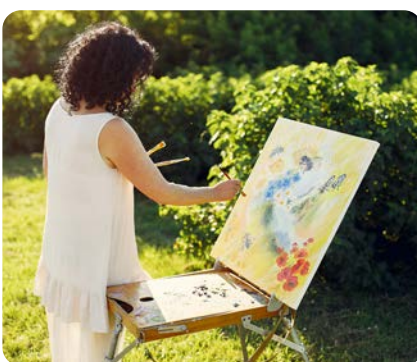


# Group Sessions

## Group Counselling Sessions

We offer our clients one free group counselling session per month for four months. This groupwork will assist our clients to share their experience, strengths and hopes and foster new potential friendships, in a caring, secure, and confidential environment led by a highly professional counsellor.

In the words of a client “Charis has been a pillar of strength since I was first diagnosed with cancer. They provide a wide variety of sessions to help improve psychological, physical and emotional well-being”



## Yoga

Yoga can be a natural way to help you relax and cope with stress, lift your mood and enhance your well-being. Join our professional yoga instructor for a gentle and relaxing yoga class. Help release any stored tensions and enjoy a calming relaxation and guided meditation at the end of each class.

This class will help you to face adversity with more clarity and strength whilst also gaining confidence through improvements each week. The sessions involve working with breathing, postures, gentle stretching, and meditation.



## Art Workshops

There are several studies to show that art is beneficial to cancer clients. Art workshops may be used to promote healing, addressing the physical and emotional needs of the clients. This could allow the client to express their feelings to their loved ones and more importantly to themselves. Allowing the client to be creative, holding a safe space for them to express their heartfelt emotions through art rather than words. It is also a time for quiet and relaxation at a very emotional time in their life.



## Healthy Cooking

Many people feel they would like to know more about nutrition after cancer has been diagnosed. Healthy eating can improve self-confidence and reduction in fatigue. At Charis we believe that food plays a significant role in our lives. Good food has the potential to be revitalizing, comforting and restorative and is vital for our wellbeing.

The focus on healthy eating and cookery demonstrations delivered to small groups of clients in Charis has several benefits.

A range of dishes are made to educate on the benefits of a balanced diet. Tips are given on how to modify recipes to support dietary guidelines e.g. incorporating more fruit and vegetables into the diet and reducing saturated fat, salt and sugar. The use of labour-saving equipment is incorporated into cookery demonstrations to maximise nutritional content of meals and encourage cooking from scratch with minimal effort.

Skills are demonstrated to encourage quick, healthy meal preparation using a range of fresh and convenient ingredients and ideas/recipes shared with the client groups.

Food which is prepared is sampled by client groups, allowing for social interaction around the table. Friendships are forged and clients can discuss individual experiences with likeminded people in a relaxed environment. Overall, healthy cooking/eating educates and contributes holistically to the health and wellbeing of clients who use the services offered by Charis.





## Mindfulness Walking Groups

Finding out that you or a loved one has a cancer diagnosis can be a distressing experience, often accompanied by a range of different emotions and responses. Relaxation, anxiety management and mindfulness techniques can help you in dealing with the situation. Mindfulness is an ancient wellness practice that focuses on training awareness, attention, and compassion. Recent research has found that meditation can help to:

- ✓ Reduce stress and anxiety
- ✓ Improve focus and concentration
- ✓ Increase feelings of calm and relaxation
- ✓ Lower blood pressure
- ✓ Ease symptoms of depression
- ✓ Improve sleep patterns
- ✓ Decrease pain
- ✓ Enhance overall health and wellbeing

Mindfulness is our awareness of what is going on both inside us and around us—the awareness of our physical, emotional, and mental states. Mindful walking is an excellent way to restore a sense of focus and a great excuse to get outside. These mindful walking activities can be done solo, with kids or as a family.



**Mindful  
breathing**



**Mindful  
observation**



**Mindful  
awareness**




**Mindful  
listening**



**Mindful  
appreciation**

Mindful walking simply means walking while being aware of each step and of our breath. Mindful walking allows us to be aware of the pleasure of walking. We can keep our steps slow, relaxed, and calm. There is no rush, no place to get to, no hurry.



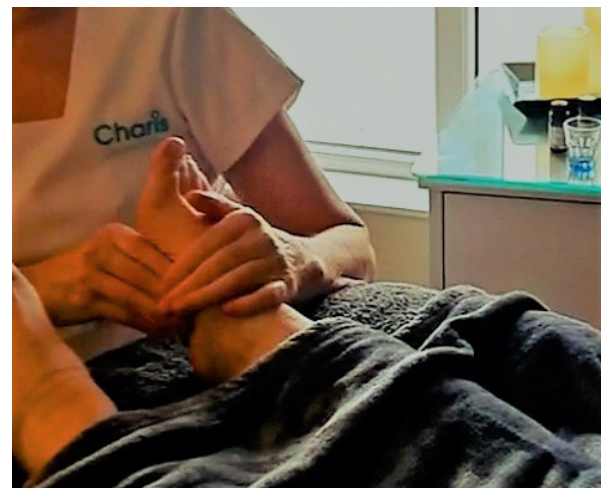
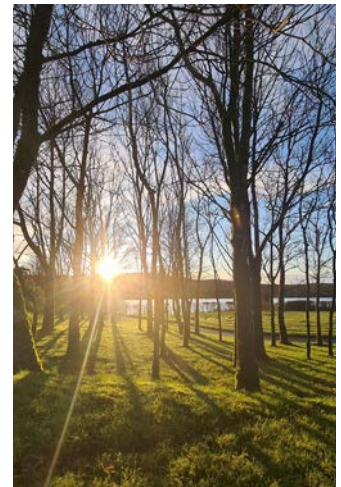
When you have completed your emotional support program at Charis Cancer Care Centre we would appreciate your feedback to enable us to maintain and improve the quality of our service we provide.

We would be grateful if you could take the time to complete the questionnaires and return to us in a pre-addressed envelope for the attention of our Centre Director



All questionnaires are anonymous, although you may sign it if you wish.







**Charis Cancer Care address**

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