

AYRSHIRE & ARRAN CANCER SUPPORT THERAPIES



INFORMATION HANDBOOK FOR PEOPLE IN AYRSHIRE & ARRAN

Visit our website at
www.ayrshirecs.org

Ayrshire Cancer Support

Ayrshire Cancer Support was founded in 1982 to provide emotional support and practical help to cancer patients and their families throughout Ayrshire.

The services have grown in direct response to the needs of those affected with cancer their families and the bereaved.

Our team of professional experienced staff & volunteers led by our Macmillan Nurse Manager provides a free and confidential service.

Including:-

- Counselling
- Support Groups
- Hypnotherapy
- Reflexology
- Aromatherapy
- Reiki
- Information

Counselling

Counselling provides the client with an opportunity to share their thoughts and feelings with a sensitive and responsive listener.

Counselling can help people to come to terms with their own illness or that of a loved one.

Some people are fortunate on having support from their family, while other people find themselves isolated. People are often encouraged to be “positive” by their families whereas what they actually want is to express their despair. Counselling with its particular combination of understanding, concern and objectiveness can be of help to people in this situation.

Although counselling can be difficult to ask for, people often find it a relief to talk to someone outside the family who can enable them to explore their feelings at all stages of the cancer experience.

The benefits of counselling vary depending on the problems presented by the client. It can help alleviate feelings of isolation; assist clients to develop new coping mechanisms; help reduce symptoms of anxiety and depression; enhance communication skills; promote a deeper understanding of emotions and increase a sense of control

Support Groups

Support groups are provided for both men and women within local centres. Local support centres provide a quiet, safe and supportive environment for groups to share experiences, express feelings and explore new ways of coping and living with cancer. Group members are encouraged to play a more active role in their rehabilitation process. This can enable members to regain a sense of control and improve communication with medical and nursing teams.

Other goals of support groups are to alleviate feelings of isolation, reduce anxiety, redefine life priorities and develop new coping mechanisms therefore reducing distress, increasing feelings of well being and ultimately enhancing quality of life.

There is now a growing body of evidence suggesting the benefit of support groups for people with cancer.

Informal Groups

An arts and craft group is available at Ayr Centre and open to anyone affected by cancer.

At Kilmarnock centre a friendship group meets weekly and is also open to anyone affected by cancer.

Hypnotherapy

Hypnotherapy is a technique used to guide someone willingly into relaxation, it has nothing to do with sleep, in fact, people in hypnosis are incredibly aware of every thing that is going on. This relaxation is a very natural, calm state in which positive, beneficial suggestions are accepted more readily by the unconscious mind. Hypnotherapy helps people get in touch with the resources ***they already have***; positive changes can be very quick to appear and feel very natural.

Hypnotherapy is usually carried out on a one to one basis. Clients are encouraged to use the techniques learned for relaxation purposes at home.

Hypnotherapy can be beneficial for many things including, confidence building, stress relief, stopping smoking, pain control, weight issues, fears and phobias.

Hypnotherapy is a method which some people find helpful in dealing with the symptoms of cancer. It can be helpful in reducing some of the side effects associated with chemotherapy and radiotherapy, such as nausea and vomiting.

Relaxation CD available on request.

Aromatherapy

Aromatherapy is an ancient art, which combines a soothing massage with the use of essential oils that can enhance the mind, body and spirit and provide a very relaxing, pleasant treatment. Essential oils contain many healing and beneficial properties, which may be either relaxing or invigorating, depending on the essences chosen and they make full use of our most important senses—smell and touch. A full consultation is carried out before treatment to give background information to the practitioner. As a result, essential oils are selected and the treatment tailored specifically for each person. Massage can be a form of communication between the massager and the patient. It can also relieve muscle pain and tension and promote relaxation.

Reflexology

Reflexology is a specialised form of massage that works on the principle that there are reflexes in the feet and hands which are directly connected to each organ and every part of the body, and that by stimulating these reflexes the body is brought to balance.

Reflexology can promote overall relaxation, the massage itself can soothe and relieve muscle tension. Some people find that symptoms such as pain, constipation and sickness can be relieved.

Reiki

Reiki is a gentle but powerful “hands on” technique, which restores the natural balance in the body. It provides deep relaxation thus evoking a sense of peace and well being. It works on the emotions, mind and spirit as well as the physical body. It complements but does not substitute the healing properties of all modalities, including orthodox medical treatment, natural therapies, massage, physiotherapy etc.. It can be given in conjunction with any other treatment. A Reiki treatment stimulates the immune system, reduces stress and inflammation, can reduce/relieve pain, especially chronic pain, by bringing the body to balance. A Reiki treatment is safe, non intrusive and non manipulative.

Information

Research has indicated that the provision of information can reduce uncertainty and anxiety, facilitate coping and regain a sense of control. Information is available at both centres in range of formats including booklets/leaflets and internet access.

Trained staff will ensure clients are provided with information tailored to their individual needs and delivered in a timely sensitive manner.

We cannot provide information on individual medical treatment plans, however we can signpost clients to the appropriate specialist nursing/ medical team.

AYRSHIRE CANCER SUPPORT

AYR CENTRE
22 WELLINGTON SQUARE
AYR
KA7 1EZ

KILMARNOCK CENTRE
16 PORTLAND ROAD
KILMARNOCK
KA1 2BS

KIAMA TRUST
BREAST CANCER CENTRE
22 WELLINGTON SQUARE
AYR
KA7 1EZ

OUTREACH SERVICES PROVIDED
THROUGHOUT AYRSHIRE

**FOR FURTHER INFORMATION/ADVICE
ON ALL SERVICES**

Tel: 01292 269888 or 01563 538008

ARRAN CANCER SUPPORT
ARACAS
ARRAN
01770 860259

www.ayrshirecs.org