



Cambridge Cancer Help Centre – Therapy Room Upgrade

Centre Facilities – Supporting Over 350 Members

- Founded in 1986
- Safe haven for friendship and support
- Helps deal with the impact of Cancer on daily life
- Spacious modern and purpose built
- Complementary therapies with ..
- Dedicated therapy rooms
- Managed by a staff of two and volunteers
- Rotary involvement and support



Support During Lockdown

Our team offer support to anyone affected by cancer, their families, carers and friends.



- 1:1 Emotional and Bereavement support
- Reducing pressure on the NHS
- Guided Imagery, Mindfulness & Relaxation
- Fatigue Management
- Macmillan Hope Course
- Talking Together – A time to chat

Open virtually through the COVID-19 pandemic

Support Groups

- Head and Neck Cancer Support Group
 - Lymphoma Support Group
 - MDS Support Group
 - Melanoma Support Group
 - Myeloma Support Group
 - Ovarian Cancer Support Group
 - Cambridgeshire Prostate Cancer Support Association
 - Urostomy Association Support Group
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Activities

- Art
- Computing
- Craft
- Mindfulness
- Nutrition
- Pamper Mornings
- Singing
- Yoga



Therapies

- Aromatherapy
- Bach Flower Remedies
- Bowen Technique
- Indian Head Massage
- Massage
- Reiki
- Reflexology
- Counselling



What We Need

- Funding for 5 specialist medical spec air filtration units. c£1000 each
- 4 Clubs to donate £500 each
- Named publicity will increase awareness of support available and Rotary involvement
- Please discuss with club members



[AIRVIA Medical high-end air purifier - Official site | Airpurifier.co.uk](https://www.airpurifier.co.uk)



Therapy Room 1

Contact Information

- Please get in touch if you would like us to speak at one of your meetings or provide you with more information about the Centre.
- The Centre website is:
<https://www.cambridgecancerhelp.org/>
- Rotary – edward.sage@ntlworld.com



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