

## Cancer charity partners with meditation app

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Leading cancer charity Penny Brohn UK has partnered up with Headspace to provide people living with cancer free access to the world's leading meditation and mindfulness App.

Through the Headspace App, this partnership enables Penny Brohn UK to further support people living with cancer with the tools to practice the meditation and mindfulness skills that they have been taught by the charity in the comfort of their own home, every day.

The partnership with Penny Brohn UK has a personal resonance with co-founder of Headspace Andy Puddicombe, who himself was diagnosed with cancer in 2013, and benefitted from the power of mindfulness and meditation in managing the emotional and psychological impact of cancer diagnosis, treatment and recovery. Andy's mum Hazel was a friend of Penny Brohn, who co-founded the charity nearly 40 years ago, and was of great support to Penny in the early days as she established the charity and built the support it offers for people with cancer across the UK.

Headspace makes meditation simple with hundreds of themed sessions and bite-sized meditations to guide the user through anything from stress and sleep to focus and anxiety. Through Penny Brohn UK, Headspace has generously made available free subscriptions to the App for people living with cancer to experience the benefits of meditation anytime, anywhere.

Dr Catherine Zollman, Medical Director at Penny Brohn UK, said: "Learning how to manage stress can be hugely important in helping people living with cancer cope with side effects and build their overall resilience. At Penny Brohn UK we offer therapies designed to promote deep relaxation and help the immune system to work at its best. We are delighted to be partnering with Headspace to enable our clients to take the techniques they learnt here, home with them."

Andy Puddicombe, co-founder of Headspace said: "I have very fond memories of Penny, she was an incredible woman. I have long admired what she was able to achieve in her lifetime, and the care and support that her team continue to offer to those in need. I'm delighted that Headspace and Penny Brohn UK are able to partner in this way and it's my sincere wish that it benefits all those who seek additional support in their diagnosis, treatment and recovery of cancer."

With over 38 years' experience, Penny Brohn UK recognises that people with cancer need more than medicine.

Its Bristol Whole Life Approach provides integrated whole person cancer support that works alongside medical treatment to achieve the best health and wellbeing.

The approach explores areas such as diet, exercise, relationships and managing stress, through free residential and day courses, one-to-one therapies, groups and Confidential Helpline.

Penny Brohn UK supports anyone with cancer and their loved ones, before, during and after treatment.

For more information about Penny Brohn UK visit [pennybrohn.org.uk](http://pennybrohn.org.uk). For more information about Headspace visit [headspace.com](http://headspace.com).

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## Company Contact:

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### Penny Brohn UK

T. 01275 370 100

E. [rebecca.ellison@pennybrohn.org.uk](mailto:rebecca.ellison@pennybrohn.org.uk)

W. <https://www.pennybrohn.org.uk/>

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