Free weekly support for people affected by cancer

Wednesday 3 April, 2019

Leading cancer charity, Penny Brohn UK, is providing free weekly support to people affected by cancer with its Introduction Days and Treatment Support Clinic.

Introduction days run every Tuesday, 9.30am – 1.15pm, and gives a taste of what it's like to be at the National Centre, share with others and discover how people can support their own health and wellbeing. The short course includes taster sessions and the chance to ask experts who are experienced at supporting people living with cancer. Attendees learn simple relaxation techniques, discover how food and exercise can improve health and wellbeing and explore the science behind how the mind, body and emotions are connected. Lunch and healthy snacks are also included.

Each week, Penny Brohn UK also runs a free Treatment Support Clinic on a Monday, 9am – 1.30pm, designed to help anyone preparing for, undergoing or recovering from chemotherapy or radiotherapy. The clinic, run by a Penny Brohn doctor and chemotherapy nurse, offers advice and guidance on many different ways to manage side effects from treatment. There's a chance to share experiences, find support through guided relaxation and nutritional advice and the chance to try acupuncture and gentle exercises.

Steve, attended an Introduction day at Penny Brohn UK before starting treatment for prostate cancer. He said: "I went to an Introduction day with my wife and the information helped me to make changes to my lifestyle to help me through chemotherapy. I changed my diet and began meditating twice a day, using the techniques I learnt on the course. I incorporated these changes into my lifestyle and tried to make it fun. Penny Brohn UK made me feel like a person again and helped me take back control of my life."

Dr Catherine Zollman, Medical Director at Penny Brohn UK, said: "Cancer can be overwhelming, but many small things can add up to make a big difference to the way people cope as they prepare for, undergo or recover from treatment. Our Introduction day and Treatment Support Clinic help empower people to reclaim control of their life, build their resilience and discover the joy of living. People can find that they can get through treatment feeling much better than they feared.

"Being close to someone who has cancer can have a huge impact on their life as well; all our courses are also open to the loved-ones of someone living with cancer."

With nearly 40 years' experience, Penny Brohn UK recognises that people with cancer need more than medicine alone. 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 national helpline.

Places at the Introduction day and Treatment Support Clinic are limited and first come, first served. To book or for more information, call 0303 3000 118, email bookings@pennybrohn.org.uk or visit www.pennybrohn.org.uk.

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Company Contact:

Penny Brohn UK

T. 01275 370 100
E. rebecca.ellison@pennybrohn.org.uk
W. https://www.pennybrohn.org.uk/

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