The Sussex Cancer Fund is continuing to support Cancer patients and their families during the Covid-19 virus with virtual advice sessions.

Wednesday 25 March, 2020

The Sussex Cancer Fund is continuing to support the Sussex Cancer Centre and other cancer departments in the County but they are also trying to find ways to continue to support Cancer Patients in their homes through the virus crisis. They understand that anxiety among patients will be at an all-time high so continuing to support them through these very stressful times is exceptionally important.

Some of the services the Sussex Cancer Fund usually provide like the medical acupuncture and therapeutic massage have been put on hold for safety reasons but they are holding online sessions from some of their practitioners, covering self-massage techniques and advice on anxiety and general wellbeing for cancer patients, their families or indeed anyone that feels they could do with some additional support at this time.

The first of these sessions will take place on Facebook on Wednesday 1st April at 11.00 am.

The Sussex Cancer Fund and Dr Carolyn Rubens are running a live interactive Facebook event covering anxiety and well-being in these challenging times.

Carolyn runs the SCF funded Community Based Acupuncture Service and is Past President of the British Medical Acupuncture Society and also a GP.

Dr Carolyn Rubens will be presenting a live Facebook session delivering practical advice for Cancer Patients & their Caregivers on:

*** How they may all be feeling at present**

*** Concerns about their health**

*** The physiology of the fear response**

*** How to feel calm when everything is changing**

*** Top tips for keeping your immune system healthy**

The event will take place live on the Sussex Cancer Fund Facebook Page on Wednesday 1st April at 11.00 am.

While the session has been designed for Cancer Patients and their Caregivers, all are welcome to join us for this free live online event. Although the sessions are free any contributions towards the Sussex Cancer Fund's costs would be very much appreciated as supporting your hospital charities is ever more critical during these challenging times.

If you would like to find out more about the Sussex Cancer Fund please visit their website www.sussexcancerfund.co.uk

END

Media:

Related Sectors:

Charities & non-profits :: Health :: Medical & Pharmaceutical ::

Scan Me:

Company Contact:

Sussex Cancer Fund

T. 01273 664930
E. joanna.godden1@nhs.net
W. https://www.sussexcancerfund.co.uk/

View Online

Additional Assets:
word copy of press release

Newsroom: Visit our Newsroom for all the latest stories:
https://www.sussexcancerfund.pressat.co.uk