Welcome to
Leeds Cancer Support at the
Sir Robert Ogden
Macmillan Centre

Here to help you through
and after cancer

Information for patients,
families and friends
Leeds Cancer Support complements care provided by your clinical team. We offer information and a wide range of support, in a warm, welcoming environment.

How can we help you?

At the Sir Robert Ogden Macmillan Centre and the Macmillan Information Centre, Level 1, Bexley Wing, the Leeds Cancer Support team offer a comprehensive range of support services, from information and advice to health and wellbeing therapies. The team also offer outreach support to cancer patients in all areas of Leeds Cancer Centre.
Who can access Leeds Cancer Support?

The services are available to anyone who has been affected by cancer; patients, those supporting them and their families. We have specialist staff and trained volunteers who can talk you through the services available and help you to decide which are the most beneficial for you.

All our services are free of charge and include:

- Information about cancer and all aspects of living with & beyond cancer.
- Supportive therapies to improve your general wellbeing and help you cope with fatigue and anxiety.
- Programmes, classes and groups helping you to adjust to your experience of cancer.
- Hair loss support - practical and emotional support for people experiencing hair loss due to cancer treatments.
- Support with body image issues.
What are health & wellbeing therapies?
These therapies are used alongside conventional medical treatments to treat the whole person - holistically.

Sessions may:
• Help you cope better with symptoms or side effects caused by cancer treatments
• Promote wellbeing and relaxation
• Aid in relieving stress and reduce anxiety and fatigue

Most of our therapies take place at the Sir Robert Ogden Macmillan Centre.

Support on the ward
If you are an inpatient at St. James’s Hospital and are unable to get to the Centre, some of our therapies can take place on the ward. Please contact us for further details.

Please be advised that the following therapies and support services are subject to change. Please check availability with a member of the Leeds Cancer Support team before booking.

Therapies offered include:
Massage
This can help to promote physical and mental relaxation. The therapist will adapt the techniques used to suit your individual needs after your initial consultation.
Indian Head Massage
This is a massage technique which works on the shoulders, arms, neck, scalp and face. It can help ease tension, promote relaxation and help to reduce stress. This therapy can be performed with or without the use of essential oils.

This treatment is not suitable if you are currently having radiotherapy to your head or neck area or if you are currently suffering hair loss.

Holistic Facial
A holistic facial is an ideal therapy for those who prefer a natural approach to skincare. The inclusion of aromatherapy affects the whole body, making it a truly holistic experience.

This treatment would not be suitable if you are currently having radiotherapy to your head or neck area.

Reflexology
This is a specialised form of foot massage which involves applying pressure to reflex points on the feet that connect energetically and physically to the organs in the body. People may find this treatment deeply relaxing and helpful in relieving stress and tension.

Hand, Arm and Shoulder Massage
This session may promote a sense of wellbeing, help relieve stress and can aid relaxation.
Basic massage techniques are used, consisting of:

- Hand and arm massage
- Neck and shoulder massage.

You remain fully clothed throughout this treatment.

Cranio-Sacral Therapy
This is a gentle therapy which involves a therapist applying a very light touch to different areas of the body. The therapist ‘listens’ to your body with their hands. You should feel at ease with what is happening at all times. The experience may give you a sense of deep relaxation.

Reiki
The aim of Reiki is to treat the whole body rather than specific symptoms. The therapist’s hands may be placed gently onto, or held slightly away from, your body in a sequence of positions which work to harmonise and balance all aspects of your wellbeing. All can benefit from the relaxing and energising effects of this gentle therapy.

Hand & Foot Massage
A gentle hand and foot massage can be extremely relaxing and can enhance circulation.

Nail Care
A simple file and polish of your fingernails.

Pedicure
A pedicure is a treatment to improve the appearance of the feet and their
natural nails. Please let the therapist know if you have any health problems with your feet or if you have diabetes so they can discuss whether a pedicure is appropriate for you.

**Acupuncture**

Acupuncture is a gentle and holistic therapy which involves qualified acupuncturists applying fine needles to precisely located points of the body; typically the arms and legs. By stimulating the body’s various systems, the aim is to promote relaxation, help resolve pain, improve sleep and provide a sense of well-being.

**Hypnotherapy**

Hypnotherapy involves reaching a deep and natural state of relaxation, which helps to relax and calm the body and mind. The therapist will help you to enter a very relaxed state and will take you through a relaxation routine. Hypnotherapy sessions can help you find the inner resources you need to deal with your emotions in a positive way. At all times during the session, you will have complete awareness and control.

**Meditation & Relaxation**

This is a natural energy holistic therapy which treats the whole person.

*Benefits may include:*

- Inner peace and strength
- Improvement in quality of life
- Deep relaxation
- Relief from pain
- Ability to cope with stress and anxiety
- Improved sleep patterns
Hair Loss Support

Leeds Cancer Support offers a professional wig fitting and hair loss support service provided by qualified hairdressers. They offer practical and emotional support for people experiencing hair loss due to cancer treatments.

The service includes:

- Hair loss advice, support and cutting.
- Wig fitting, cutting and styling to specifically suit you and wig care advice.
- Hair re-growth support, including first cut and advice on colouring.

Hair Loss Workshop

Leeds Cancer Support hold a Hair Loss Workshop every month, where attendees receive professional advice, guidance and support from the Hair Loss Support team. You will have the chance to ask any questions and share any concerns you may have about losing your hair.

At the workshop, you will learn:

- How to look after your hair and scalp before, during and after cancer treatment.
- How to care for your wig.
- How to use cosmetics to create eyebrows and apply eyelashes.
- About hair re-growth and what to expect.
• How to look after your new hair.
• Different ways to tie and wear scarves and hats

There will also be demonstrations on different ways to wear hats and scarves.

To book your place on the workshop, please contact the Leeds Cancer Support team.

**Group support, courses and activities**

We also have various support groups, courses and activities available at the Sir Robert Ogden Macmillan Centre.

*These include:*

• The Leeds Cancer Support Programme
• Knit & Natter
• Tai Chi
• Walking Group
• Various Support Groups for specific cancer sites
• Meditation & Relaxation
• Auricular acupuncture for prostate cancer patients.

The activities available at the Leeds Cancer Support change regularly. Please speak with a member of the team.
Contact Details

The Sir Robert Ogden Macmillan Centre
St. James’s University Hospital,
Beckett Street, Leeds, LS9 7TF
Tel: 0113 206 6498

Or

The Macmillan Information Centre @ Leeds Cancer Support
Level 1, Bexley Wing,
St. James’s University Hospital
Tel: 0113 206 8816

For more information, contact us or drop by our centres:
Monday to Friday
10am - 4pm
Answerphone available for out of hours calls.

Or email us: Leedsth-tr.Cancersupport@nhs.net
St James’s University Hospital

1. Gledhow Wing
2. Lincoln Wing
3. Bexley Wing
4. Chancellors Wing
5. Sir Robert Ogden Macmillan Centre.

↑ Entrances
P Visitor parking
P Disabled parking
P Staff parking
Bus stops