

## **SUPPORT PROGRAMMES**

### **OCTOBER, NOVEMBER, DECEMBER 2011**

This programme is designed for people who have had a cancer diagnosis and their support people. The sessions are FREE but please phone 379 5835 to book in.

The programmes are held in the Knox Church Centre, 28 Bealey Avenue, Christchurch. Parking is available at Knox Car Park, Bealey Avenue.

***ROSEMARY MANNING - STRESS PHYSIOTHERAPIST***

***Wednesday 26th October 10.30-11.30am followed by morning tea***

Rosemary teaches people how to recognise physical signs of stress. She will talk about breathing techniques to reduce stress and anxiety. There will be some relaxation but the main focus of the talk will be breathing.



***SARAH CLIFFORD - BUDDING ASHBURTON JEWELLERY ARTIST***

***Wednesday 9th November 10.30 – 12.30 including morning tea***

Come and enjoy a creative morning with Sarah. She started making beaded necklaces and bracelets for herself, friends and family and wants to share her artistic skill with you. If you have attended a previous workshop could you please bring with you your tool kit and any creations you have made.



**CANCER INFORMATION DAY**

**Wednesday 30<sup>th</sup> November 10.00am – 2.00pm (lunch provided)**



A very informative day commencing with –

- \* 10.00 – 11.00am - Ali Scott, (NLP) Neurolinguistic coach and trainer  
How to care for yourself, care for others and how to balance the two.
- \* 11.15 – 12.15pm Cancer Information Nurse

Lunch 12.15 – 1.00pm

- \* 1.00 – 2.00pm - Gary Sword, Social Worker, Christchurch Hospital  
The role of a Social Worker and how they can help you.

**I CAN COPE**

**Friday 9th December 10.00am – 2.00pm (Lunch provided)**

- \* 10.00 – 12.00 (midday) This is facilitated by Deborah Hercock from Nurse Maude Association. An informative and helpful morning discussing different ways of coping with a cancer diagnosis, coping with treatment and dealing with family and friends

Lunch 12.15 – 1.00pm

- \* 1.00- 2.00 pm – Helen Brown, Dietitian, Nurse Maude Association

**CHRISTMAS GET TOGETHER**

**Thursday 15<sup>th</sup> December Afternoon Tea party 2 – 4.30pm**

Come and join Frankie and the Support team for a fun time to celebrate Christmas



**HAPPY CHRISTMAS TO YOU ALL**