

Living Well therapies  
Whole person care to  
support you through  
treatment



CANCER PARTNERS UK



“ It might sound silly, but before I came to Penny Brohn I had no concept that you could 'live well' with cancer. ”

Joe, prostate cancer patient

## Whole person care to support you through treatment

Many cancer patients can greatly benefit from support, counselling and complementary therapies alongside their treatment. Cancer Partners UK is committed to providing our patients with support and whole person care while they are being treated at one of our centres.

We appreciate that being diagnosed with cancer and undergoing treatment can be challenging at every stage, and your care team will take the time to talk to you and understand any particular concerns you may have.

To enable us to provide additional support and holistic care, Cancer Partners UK has created a unique partnership with Penny Brohn Cancer Care, a national charity which was set up over 30 years ago to support men and women affected by cancer.



**Penny Brohn**  
**Cancer Care**

Penny Brohn Cancer Care provides information, one-to-one sessions, group day courses and residential courses to help people live well with cancer. The charity's Living Well programme works alongside treatment, and combines physical, psychological, emotional and spiritual support to provide the practical tools necessary to help people manage the impact of cancer and improve their quality of life.

## Living Well support at Cancer Partners UK

Being diagnosed with cancer or being told your cancer has returned can be a traumatic time, often evoking a range of emotions and anxieties.

To help support you, Cancer Partners UK's Living Well service has introduced key elements of Penny Brohn Cancer Care's Living Well programme for our patients, within our centres. This is managed and delivered by the charity, and the evidence-informed therapies and self-help techniques available include counselling, relaxation, reflexology and acupuncture.

All the counsellors and therapists working in Cancer Partners vw centres are fully trained, accredited and experienced, and have the specific knowledge, understanding and empathy we believe is essential when treating patients affected by cancer.

“ At a time when I felt really powerless and scared Penny Brohn helped me to take some control over my situation. ”

Suzannah, breast cancer patient

\*Details of studies and research quoted can be found on information sheets available from your Living Well co-ordinator or by visiting [www.pennybrohncancercare.org/information-sheets](http://www.pennybrohncancercare.org/information-sheets)

## **Counselling**

Counselling is a type of psychological therapy where the relationship between you and the therapist would be built on trust and understanding.

Counsellors can help support a variety of emotional and personal issues, and can help people to deal with these issues in a positive way. Research has shown counselling may be beneficial for psychological health including anxiety, depression and helping with the sexual side effects of cancer.

## **Acupuncture**

Acupuncture consists of very thin needles being inserted through the skin at various points on the body to stimulate 'energy flow'.

Acupuncture is not offered as a cure or treatment for cancer; however there is some evidence to suggest that it may be useful in helping to ease pain and other cancer related symptoms. It can be enjoyable, relaxing and beneficial for some symptoms.

## **Reflexology**

During reflexology the therapist's thumb and fingers are used to apply pressure to points on the body – usually the feet.

Reflexology uses the principle that these points have a link to organs, glands and other parts of the body.

Reflexology may be beneficial to help reduce stress and promote relaxation, and people have reported benefits such as relaxation and reduced anxiety.

There is growing, but not yet conclusive, research evidence\* that reflexology can help reduce pain and anxiety associated with cancer and its treatments. It has also been shown that reflexology can reduce fatigue and improve mood and quality of life.

## **Relaxation**

Relaxation aims to release tensions and produce a state of deep rest and calmness. Relaxation sessions usually involve listening to instructions given by a therapist or on audio recordings, and take place lying down or in a reclined chair.

Studies\* have shown that it is an effective technique for people with cancer, helping to reduce nausea, pain, anxiety, depression, high blood pressure and stress. Relaxation can be used to help relieve sleep problems and promote wellbeing, and is considered safe and effective before, during and after treatment.

## How to access Living Well services

Living Well co-ordinators are experienced healthcare professionals who are based within our centres and will be the point of contact for patients.

Your Living Well co-ordinator will be on hand to talk with you and listen to any particular concerns or anxieties you may have. After meeting you for an assessment they will carefully consider your needs and wishes, and suggest a personalised programme of support. This may include one or more of the therapies described, and will only be carried out with the full support of your oncologist.

Patients using the Living Well service within Cancer Partners UK centres can rest assured that they will not be charged for these therapies. If you are using private medical insurance to pay for your treatment, and your policy covers complementary therapies, we will liaise with your insurance company for payment.

**Your centre's patient liaison officer or anyone in your care team will be pleased to discuss the Living Well programme with you, or to arrange for you to meet the Living Well co-ordinator.**

## Additional support

By working alongside national charities, including Macmillan Cancer Care, as well as local charities and support groups, your Living Well co-ordinator will also be able to direct you to additional support services you may require.

After treatment, patients may arrange to continue with the Living Well programme directly with Penny Brohn Cancer Care. The charity offers a wide range of services and residential programmes at its National Centre in Pill, Bristol. These include the provision of information, one-to-one sessions, group day courses and residential courses– all aimed at helping people to live well with cancer.

For more information about Penny Brohn Cancer Care, please visit their website or contact the charity's helpline.

Website: [www.pennybrohncancercare.org/support-for-you](http://www.pennybrohncancercare.org/support-for-you)

Helpline: **0845 123 23 10**

Email: [helpline@pennybrohn.org](mailto:helpline@pennybrohn.org)

“ Penny Brohn gave me the strength to take control; I found the courage to manage things. ”

Lucy, breast cancer patient



## Further information

If you would like more information or have any questions, please speak with your Living Well co-ordinator or someone within your care team.

[www.cancerpartnersuk.org](http://www.cancerpartnersuk.org)

[www.pennybrohncancercare.org](http://www.pennybrohncancercare.org)



CANCER PARTNERS UK

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Registered number 05796994. Registered in England and Wales.

CORP RT159 v1