



Cancer Support Scotland
Tak Tent - Take Care

**Complementary Therapy
Counselling
Podiatry**
A guide to our free services

Here for you today, so you can face tomorrow

www.cancersupportscotland.org  Tel: 0141 337 8199



The Cancer Support Scotland Centre

Located in the grounds of the Gartnavel Hospital campus in Glasgow. The beautiful centre offers a peaceful sanctuary for patients to relax and enjoy our facilities.

Our unique drop in centre offers a tranquil space and picturesque garden. Whether you are looking for information about our services, waiting on a hospital appointment or simply in need of a cup of tea and a friendly face to chat to, you are more than welcome to pop in at any time.



Beautiful, light and tranquil area for relaxing - an oasis to retreat to. ”

John Burns



Complementary Therapy

Cancer Support Scotland offer a range of therapies and other services to people affected by cancer to improve their physical, emotional and mental well-being. Some of the therapies and services we provide include:

- Aromatherapy
- Podiatry
- Guided Progressive Muscle Relaxation
- Massage (various different techniques)
- Reflexology
- Reiki (Japanese stress-reduction and relaxation therapy)
- Nail Treatments

Our qualified therapists tailor a plan to suit each patient's needs based on their medical history. Our complementary therapies can help to alleviate aches and pains as well as reduce stress. Therapy sessions take place in a calming and tranquil environment, allowing patients to have a positive and relaxing experience.

We offer 6 appointments per person. All of our services come completely free of charge and are available to access at any stage of your treatment. We rely on donations and legacies to fund them.

**Coming here has brought me back to life. “
My therapies, both massage and counselling, have made my days so much easier. I greatly appreciate all the support I have been given by the centre.**

David Allan



To make an appointment for any of our services:



Counselling

Being diagnosed with cancer is the start of a very emotional time for the patient, their families and friends. Cancer Support Scotland know that help in dealing with these emotions is vitally important throughout treatment and recovery.

We offer one-to-one counselling as part of our emotional support and host support groups where people can come together and discuss what they are going through.

Our counselling service is available to anyone affected by cancer, including those who have suffered the loss of a loved one. These sessions can cover a range of issues such as anxiety, bereavement, relationship concerns and facing change.

Our support groups allow people to discuss their issues and support one another. Talking about cancer in an open and supportive environment can be very beneficial and these groups are open to everyone.

I was very nervous and tearful when I went in - I came out a different person.



Mary Irvine





Community Outreach

We work in partnership with Macmillan and various local authorities to provide counselling and/or complementary therapies in a number of locations throughout the Central Belt.

We currently have Community Outreach Centres in Drumchapel, Dennistoun, Partick, Govan, Royston, Glasgow City Centre, Castlemilk, Rothesay, Campbeltown, West Lothian and Edinburgh.

The Cancer Support Scotland Centre Opening Times:

Monday: 9am - 5pm
Tuesday: 9am - 5pm
Wednesday: 9am - 5pm
Thursday: 9am - 8pm
Friday: 9am - 5pm
Saturday: 10am - 1pm
Sunday: Closed

I am very grateful to Cancer Support Scotland. They were extremely helpful and supportive to me during one of the most tragic and difficult times of my life.



Deborah McAuley





Fundraise for us

Take part in Cancer Support Scotland's fundraising events or organise your own. There are lots of options - it could be a sponsored walk, a coffee morning or you could host your own Chari-Tea. Check out our website for more information. We'll be happy to offer our advice and ideas.



Volunteer

We have several rewarding volunteer positions open at Cancer Support Scotland and welcome anyone who wishes to help; whether it be as a therapist, a counsellor or administration assistant, your efforts could go a long way to helping Cancer Support Scotland.



Lottery

Take part in our weekly draw by becoming a lottery member. For just £1 a week you have the chance of winning £100!



The Calman Centre
75 Shelley Road
Gartnavel Campus
Glasgow
G12 0ZE



0141 337 8199



www.cancersupportscotland.org



info@cancersupportscotland.org



twitter.com/CancerSuppScot



facebook.com/cancersuppscotland



youtube.com/cancersuppscotland

Cancer Support Scotland rely heavily on the generosity and kindness of the public to fund our work. Please consider making a contribution, leaving us a legacy or setting up a monthly donation so that we can continue to provide our services to people when they need them most.

Donate

I would like to make a regular donation of:

£6.50 £15 £24 £54 £

£6.50 per month would kit out one of our complementary therapy rooms with all the creams needed for facial reflexology.

Please start on / / and each month until further notice.

Bank name and address _____

Account Name(s): _____

Account No: _____ Sort Code: _____ - _____ - _____

Please debit my/our account accordingly.

Signature: _____ Date: _____

Address: _____

_____ Post Code: _____

Tick this box if you are happy for Cancer Support Scotland to keep in touch

Tick the box to add an extra 25p to every £1 you give at no extra cost

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Yes, I pay tax in the UK. Please treat all donations I make or have made to Cancer Support Scotland for the past four years and for the future as gift donations until further notice. You must pay income tax/capital gains tax at least equal to the amount of tax reclaimed on your donations. Please tell us if your donations no longer qualify for Gift Aid.



Please send this form to Freepost RTAA-LGLH-LCYA, Cancer Support Scotland, The Calman Centre, 75 Shelley Road, Glasgow G12 0ZE.
We will forward this on to your bank to setup the Standing Order.



Thank You.

Registered Charity in Scotland SC012867

Please consider making a one off donation or setting up a standing order to help us fund our support services.

There are various ways you can donate:

Via cheque:

Made payable to 'Cancer Support Scotland' and sent to the address at the back of this page.

Via phone or in person:

We can accept payment over the phone or at The Cancer Support Scotland Centre.

Via our website:

cancersupportscotland.org/donate

Via text:

Text CALM13 followed by the amount of your donation to 70070 eg. To donate £10 text CALM13 £10

Via our Just Giving page:

Visit www.justgiving.com/cancersupportscotland/donate

Alternatively you can make a one off donation paid directly in to Cancer Support Scotland's bank account or set up a regular monthly donation via standing order.

I would like to make a one-off donation of:

£6.50 £15 £24 £54

£24 funds one counselling session. £54 funds two complementary therapies.

I have paid directly in to Cancer Support Scotland's bank account

Account no: 06002431 Sort code: 80-07-24
Please return this form and use your surname as the bank reference for your donation so we can identify you.

I enclose a cheque payable to Cancer Support Scotland

I am happy for Cancer Support Scotland to keep in touch.

Tick the box to add an extra 25p to every £1 you give at no extra cost

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Yes, I pay tax in the UK. Please treat all donations I make or have made to Cancer Support Scotland for the past four years and for the future as gift donations until further notice. You must pay income tax/capital gains tax at least equal to the amount of tax reclaimed on your donations. Please tell us if your donations no longer qualify for Gift Aid.

Title: _____ Name: _____

Address: _____

_____ Post Code: _____

Email: _____

Signature: _____ Date: _____