

**“FORCE – a local charity, funded by local people for local people.”**

### About FORCE

Since 1987 FORCE and its supporters have raised over £17 million.

Almost £900,000 was raised specifically to build a dedicated Cancer Support Centre, located in the grounds of the Royal Devon & Exeter Hospital, Wonford.

The Charity funds:

- FORCE Cancer Support Centre Services
- Pioneering local cancer research\*
- State of the Art equipment

Anyone treated for cancer locally is almost certain to benefit from the work of FORCE.

### Open

Monday, Tuesday, Wednesday, Thursday and Friday:

9.30 am to 4.30 pm

Late evenings on Wednesdays:

9.30am to 6.30 pm

Closed on bank holidays.

\*Research that does not involve animals or animal testing

### FORCE Support Services are FREE and include:

- A warm welcome
- Somewhere to wait before a hospital appointment
- An information Library
- Oncology Support Nurse
- Oncology Support Specialists – for emotional and psychological support
- A range of complementary therapies
- A range of support groups
- A wig fitting service
- Stocks of scarves and other head ware (for sale)
- Relaxation Classes (and CDs for sale)
- Look Good Feel Better Workshops

To run these services FORCE continues to rely on:

- Voluntary Donations
- Friends of FORCE fund-raising groups
- Fund-raisers/sponsors
- The Award Winning FORCE Charity Shop, Heavitree

# acupuncture



Force Cancer Support Centre  
Corner House  
Barrack Road  
Exeter EX2 5DW

**Tel: (enquiries) 01392 406151**

**Tel: (charity office) 01392 402875**

**Tel: (charity shop) 01392 271652**

Email: [forcefr@forcecancercharity.co.uk](mailto:forcefr@forcecancercharity.co.uk)

[www.forcecancercharity.co.uk](http://www.forcecancercharity.co.uk)



Registered Charity No. 1140676

*working locally to support anyone  
affected by cancer ~ face to face*



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## Acupuncture Treatment

The FORCE Cancer Support Centre offers acupuncture to patients who are experiencing fatigue, anxiety or hot flushes as a result of their cancer treatment.

### How can acupuncture help?

Techniques similar to acupuncture were originally developed in the Far East and have been used for over 5,000 years. Patients often notice an improved sense of well-being and it may also help some of the symptoms of fatigue, anxiety and hot flushes.

### What should I expect?

Acupuncture treatment sessions are held in small groups.

You will be seated comfortably for the duration and there will be no need to remove any clothing.

The needles used are very fine and acupuncture is generally pain-free, but a tingling sensation or dull ache may be experienced.

The acupuncturist will explain the treatment to you and a small number of acupuncture needles will be inserted into specific points on the outer ear and thumbs. These will be left in position for up to 30 minutes.

Once the needles have been removed your treatment is complete and you are free to leave. Your appointment will last between 45 and 60 minutes.

### When are the sessions held?

- Fatigue and Anxiety Group : Tuesdays at 12pm
- Hot Flushes Group: Tuesdays at 11am

*But you do need to pre-book to attend a session*

### How often do I need to have acupuncture?

You will be offered 6 consecutive weekly appointments which will be booked in advance. Top-up appointments may be available after this, depending on service demand.

We would be grateful if you would be prepared to help us evaluate this form of treatment and therefore you will be asked to complete a questionnaire at various intervals.

### How do I make an appointment?

If you are interested in knowing more or joining one of the groups please contact:

**Anne on ☎ 01392 403094**

Other complementary therapies are also available at the FORCE Cancer Support Centre and can be booked in addition to acupuncture.

For further information please contact Carol on ☎ 01392 402086.