

“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

complementary therapies

Reflexology | Massage | Aromatherapy
Indian Head Massage | Bowen



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

www.forcecancercharity.co.uk



Registered Charity No. 1140676

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



Registered Charity No. 1140676

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

complementary therapies

Cancer brings about change in people's lives and hearing that you or someone close to you has cancer can be a distressing experience.

FORCE Cancer Support Centre offers a range of complementary therapies delivered by qualified therapists - some of whom are volunteers.

All our complementary therapies work alongside any medical treatment to help promote relaxation and improve emotional and physical wellbeing.

Six free sessions are available to both patient and their immediate carer and we currently offer;

Reflexology

Reflexologists work on the reflexes in the feet with their thumbs and fingers using specialised massage techniques. Clients will only need to remove shoes and socks/tights.

Massage

Massage is a "hands on" treatment in which the therapist manipulates muscles and other soft tissues of the body with a base oil to improve health and wellbeing.

Aromatherapy Massage

Aromatherapy is similar to massage, but in addition essential oils are used to suit individual requirements.

Indian Head Massage

This is a light massage to the head, shoulders and upper back whilst sitting comfortably in a chair. No oils are used and there is no need for any clothing to be removed.

Reiki

Reiki is a therapy which relaxes the body promoting a calm, peaceful sense of wellbeing. Clients remain clothed and can either lie on a couch or sit on a chair. The therapist will place their hands on or near the body but there is no actual massage or manipulation.

Bowen Technique

Bowen Technique is a gentle non-invasive therapy which treats the whole person. The therapist uses rolling type movements over specific points on the muscles. This stimulates the muscles, soft tissue, nerves, and energy within the body. After each movement the practitioner leaves the client for a minute or two, allowing messages to pass between the brain and muscles to aid the rebalancing process. The aim of this treatment is to promote relaxation and help the body recharge and rebalance.

Ward visits

Our Therapists do visit oncology patients on the wards so please let us know if you would like us to see someone who can't get over to the Centre.

How to make an appointment

It is necessary to make an appointment for all complementary therapies. For further information or to book an appointment please call Carol ☎ 01392 402086

Cancellations

Complementary therapies are extremely popular so if you are unable to attend an appointment please give at least 24 hours notice. This allows us to offer the appointment to someone else and also means you do not forfeit the cancelled session.