

“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

relaxation and anxiety management



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*



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relaxation and anxiety management

Hearing that you or someone close to you has cancer can be a distressing experience. A diagnosis is often accompanied by a range of different emotions and responses, some of which can be helped by relaxation and anxiety management techniques.

Relaxation can.....

- Relieve tiredness and stress
- Help manage anxiety
- Enhance coping ability
- Help restore and replenish the mind and the body.
- Contribute to a sense of well-being and peace

Who is it for?

Anyone affected by cancer who would like to:

- Learn relaxation techniques
- Meet other patients and carers
- Have time out for yourself

Do I need to bring anything?

No, but it is a good idea to wear loose, comfortable clothes. Mats or relaxation chairs, blankets and pillows are provided.

Where?

Meet in the Reception Area of the FORCE Cancer Support Centre.

There are two options to choose from:

Relaxation and Anxiety Management Drop-in Classes

These are drop-in sessions, offering an opportunity to discover and practice anxiety management techniques and guided relaxation.

When? Every Wednesday

11:45 for 20 minutes of anxiety management, followed by 12.05 to 1pm for relaxation

You do not have to stay for the whole 75 minutes. You can stay for the anxiety management or join us at 12.05pm for relaxation.

A Six-Week Relaxation & Anxiety Management Course

Relaxation is a skill which anyone can learn. This course provides a supportive environment to:

- Learn relaxation
- A space to practice simple skills
- Explore anxiety management skills and resources
- Encourage bringing your learning to everyday life

This occasional course runs three times a year and needs to be pre-booked. For information, dates and booking please phone:

Emma 📞 01392 403051

Relaxation CDs are available from the Centre.

Each CD contains: Lead in music, guided relaxation, music to help you stay relaxed, a brief visualisation and guidance for ending your relaxation.