

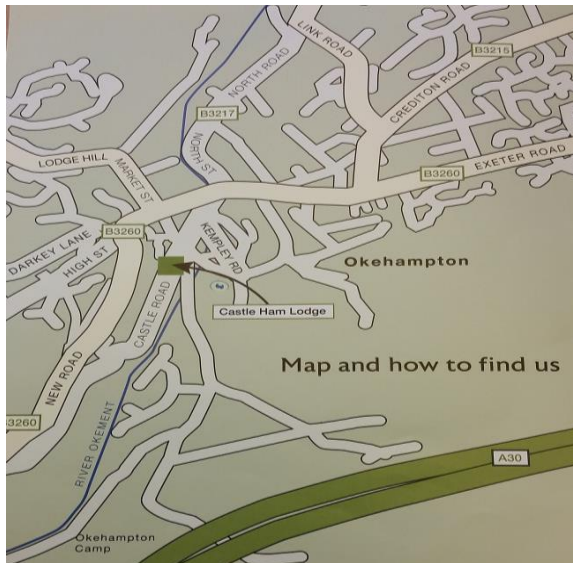
*"FORCE – a local charity, funded by local people for local people."*

At the traffic lights turn off Fore Street into George Street, between National Westminster bank and White Hart pub (Weatherspoon's)

Go straight ahead and then turn right at the post office into Castle Road.

Straight on and then where the road divides take the left hand fork into the grounds of Castle Ham Lodge.

Parking can be found to the side of the building.



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*

# force @ Okehampton



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## Wednesdays 10am - 4pm Castle Ham Lodge



FORCE Cancer Support Service is available in Okehampton every Wednesday providing support closer to home. It is available to anyone at any stage of a cancer diagnosis, and their relatives or friends.

You don't need a referral which means you can simply call in and find out more about us. All our services are funded by the charity FORCE, so there is no charge to you.

### Information and Advice

A cancer diagnosis may mean having to deal with a lot of questions, worries and uncertainty.

Advice and support is available through our Support Services Team in Okehampton. Written information and booklets on specific cancer treatment or self-help guides are available.

Sign-posting to other services, such as benefits advice or help for carers is also available.

### Support & Counselling

Counselling is available in Okehampton but sessions need to be booked in advance.

FORCE Oncology Support Specialists are trained counsellors who as well as offering support, can also give more time and in-depth help in the form of counselling.

Counselling offers a safe place where you can speak about feelings that may worry or frighten you. It gives time and privacy to talk about how cancer has affected your life.

To enquire about this service please phone ☎ 01392 406151



### Complementary Therapies

All of our complementary therapies are delivered by qualified therapists, some of whom are volunteers. All our therapies work alongside any medical treatment to help promote relaxation and improve emotional and physical wellbeing.

All therapies need to be booked in advance by contacting Carol on: 01392 402086

**For further information about force @ Okehampton please contact us on ☎ 01392 406151**

*Directions to find us overleaf. Castle Ham Lodge, Castle Road, Okehampton, EX20 1FA*