



# *support for you*



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

*Exeter • Okehampton  
Tiverton • Honiton*





# *“if cancer has turned your life upside down, we can help restore the balance”*

**Having a diagnosis of cancer can be overwhelming but there are many things that can make a difference to support you and your family before, during and after treatment.**

FORCE offers free emotional and practical support for anyone whose life is affected by cancer.

You don't need a referral, so please feel welcome to drop in to our Support Centre in the grounds of the Royal Devon and Exeter Hospital, call **01392 406151** or e-mail **support@forcecancercharity.co.uk**

We also offer support in our FORCE @ locations in **Okehampton** every Wednesday, **Tiverton** every Thursday and **Honiton** every Friday.

## **Drop-in**

The FORCE Support Centre offers a relaxed and comfortable environment to have a cup of tea, rest between hospital appointments or drop-in for some advice. There is a lovely garden here to enjoy in the warmer months.

## **Information and advice**

Support is always available from either our Support Centre in Exeter or FORCE@ Okehampton, Tiverton and Honiton. A cancer diagnosis can be overwhelming and a member of our team can talk through how we may be able to help. Our support nurses are also available to answer questions or help you with concerns you may have about treatment. Please call **01392 406151** for more information.



### **Welfare benefits advice**

Having financial worries while dealing with cancer can be a struggle. For further information and advice on grants and welfare benefits that may be available, please contact **01392 406151**.

### **Support and counselling**

Counselling can offer time to talk about any concerns or fears that you may be facing because of a cancer diagnosis. Our FORCE Oncology Support Specialists offer sessions to individuals or family members and advice on talking to children about cancer. For an appointment please call **01392 406169**.

### **Complementary therapies**

Complementary therapies may help with the stress of cancer and its treatment. Many therapies are relaxing and can support your emotional and physical well-being, alongside medical treatment. FORCE can provide 6 free sessions from either Exeter, Okehampton, Tiverton or Honiton. Call **01392 402086** for further information.

### **Managing fatigue**

Fatigue is a very common problem for people with cancer and can be a difficult symptom to cope with. Our FORCE Oncology Physiotherapist can offer a one-to-one assessment and advice on managing fatigue. Acupuncture may also help improve energy levels. Please call **01392 403094** for an appointment.

### **Being active through and after cancer treatment**

FORCE offers a range of ways to keep active, from our Walking with FORCE groups in Tiverton, Okehampton and Honiton to our exercise programmes throughout Devon. Please call **01392 403094**.

### **Managing stress and anxiety**

Feeling stressed and anxious is a natural reaction to an uncertain situation, but it can affect your ability to cope day to day. FORCE offers help with managing stress and anxiety in a number of ways. We offer a weekly drop-in session or a six-week course to help you develop skills in relaxation and techniques to help manage anxiety. Please call **01392 406151**.

### **Mindfulness**

Mindfulness is known to be a helpful tool to help reduce stress. To find out more about this simple meditation practice, offered as either a six-week course or drop-in sessions, please call **01392 406169**.

### **Coping with hair loss, skin care and make-up workshops**

Some of the side-effects from cancer treatments may result in hair loss or changes in appearance. FORCE can offer support with our weekly wig fitting service or a chance to feel pampered with our 'Look Good Feel Better' sessions. Please call **01392 408535**.

# about **FORCE**

Since 1987 FORCE has raised more than £19 million to support local people affected by cancer, funding local research, the purchase of equipment and the building and operation of our **Cancer Support and Information Centre**.

FORCE receives no Government or NHS funding. We need to raise £1.7 million every year to maintain the services we offer, all of them free of charge.

The work of FORCE relies entirely on voluntary donations and legacies, fundraising events organised by individuals, Friends of FORCE groups and local businesses and our charity shop.

If you would like more information on supporting our mission to ensure that nobody in our area need face cancer alone, please call our fundraising team on **01392 402875**.

The FORCE charity shop in Heavitree has consistently won national awards for the profit it makes – success built on our supporters continuing to donate good quality items for us to sell. You can drop of items in store or organise a pick up by calling **01392 271652**.

## how to find us

### Exeter

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

**Tel: 01392 406151**

**Open:** Monday to Friday  
9:30am-4:30pm  
(Wednesdays 6:30pm)

### Okehampton

Castle Ham Lodge  
1 Castle Road  
Okehampton  
EX20 1HT

**Tel: 01392 406151**

**Open:** Wednesdays  
10am-4pm

### Tiverton

Tiverton Hospital  
Kennedy Way  
Tiverton  
EX16 6NT

**Tel: 01392 406151**

**Open:** Thursdays  
10am-4pm

### Honiton

Honiton Hospital  
Marlpitts Lane  
Honiton EX14 2DE

**Tel: 01392 406151**

**Open:** Fridays 9:30am-3:30pm

Email: [support@forcecancercharity.co.uk](mailto:support@forcecancercharity.co.uk)  
**[www.forcecancercharity.co.uk](http://www.forcecancercharity.co.uk)**

Patron: Mr Martin Cooper MS FRCS



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