

**“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

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*

# mindfulness



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## Mindfulness-Based Stress Reduction

Mindfulness-Based Stress Reduction (MBSR) is about paying attention to each moment rather than living, as most of us do, on “automatic pilot”. It helps to develop our moment-to-moment awareness, facing our experiences as they actually are, rather than coloured by anxiety about the future and preoccupation with the past.

Practices using the everyday functions of sitting, walking, body awareness and stretching are used to focus awareness on each moment, with an attitude of curiosity, acceptance and basic friendliness towards our experience. This way it is possible to reduce our anxiety and the stress both in challenging situations and throughout our lives.

This approach was initially pioneered working with patients with long-term illness and chronic pain and has now been adopted in many other situations within the NHS.

*Serenity is not freedom from the storm, but  
peace amid the storm. (Anon)*

There are two options to choose from:

**Mindfulness Practice Sessions-** These are only offered between courses (see below). Please call ahead to register your interest.

This group offers time to practice mindfulness-based practices and is particularly suitable for those who have some experience of mindfulness though anyone is welcome to attend.

### A Six-Week Course

#### “Introduction to Mindfulness-Based Practices”

This occasional course runs for six weeks. Each session is two hours and needs to be pre-booked.

**Please phone Paul Grace on ☎ 01392 406169 for dates and any further information.**