



support for you



*working locally to support anyone
affected by cancer ~ face to face*
**FORCE Cancer Support Centre,
Exeter**



Registered Charity No. 1140676



“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.

As with all the health services you are using, FORCE is offering

its services in a different way. We can now provide support via the phone, via video call, via email or by face to face appointment.

You don't need a referral, so please feel free to contact us on **01392 406151** or e-mail **support@forcecancercharity.co.uk**. You can also drop in to see us at our Support Centre in the grounds of the Royal Devon & Exeter Hospital.

Information and advice

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. 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. Please call **01392 403094** for an appointment.



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 can 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 practice, 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 on scarf fitting and advice on wig fitting. We can also signpost you to advice about make-up and skincare. Please call **01392 408535**.

Skin care through treatment

FORCE offers a selection of products to help with some of the side-effects experienced through treatment. Please feel free to come and browse the selection at our Support Centre or browse our website.

about FORCE

Since 1987 FORCE has raised more than £22 million to support local people affected by cancer, fund local research, purchase equipment and building and operate our Cancer Support and Information Centre.

FORCE receives no regular 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. For more information about dropping off goods or arranging a collection, please call **01392 271652** or visit our website **forcecancercharity.co.uk/the-shop/**

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

By appointment only

Email: support@forcecancercharity.co.uk
www.forcecancercharity.co.uk



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