

Help us to make a difference

A little or a lot, it all counts. A one-off donation of **£10 can pay for art materials for our young people's support group** or **£35 can cover the cost of a counselling session** for someone coping with the loss of a loved one.

Donate to CancerCare

Title

Name Surname

Address

Postcode

Email

Please accept my gift of £

To set up a regular monthly donation or to donate online go to www.cancercare.org.uk/get-involved/donate

Method of Payment

- I enclose a cheque/postal order made payable to CancerCare
 OR Please debit my Visa/Mastercard/Switch/CAF card with the amount specified

Card Number

Security Code Issue Number
(Switch/Maestro)

Start Date Expiry Date

Signature Date

Make your gift go further at no extra cost

giftaid it

If you are a UK Taxpayer, Gift Aid can make your donation worth even more. For every £1 you give, we get an extra 25p from HMRC.

I am a UK taxpayer and would like CancerCare (Registered charity number 1120048) to claim Gift Aid on this donation, any donations I have made in the last four years and on all donations hereafter until I notify them otherwise. I understand that if I pay less Income Tax and/or Capital Gains tax than the amount of Gift Aid claimed on all my donations in that tax year, it is my responsibility to pay any difference.



Get in touch

The minute you pick up the phone or walk through the door, you'll see why CancerCare is the go to charity for professional and compassionate support across north Lancashire and south Cumbria.

Email: info@cancercare.org.uk

Text: 07860 018278

www: www.cancercare.org.uk

Our Centres

Lancaster 01524 381820
Slynedales, Slyne Road, LA2 6ST

Morecambe 01524 381820
34 Northumberland Street, LA4 4AY

Kendal 01539 735800
Lakes Centre, Blackhall Road, LA9 4BT

Barrow 01229 836926
76 Duke Street, LA14 1RX



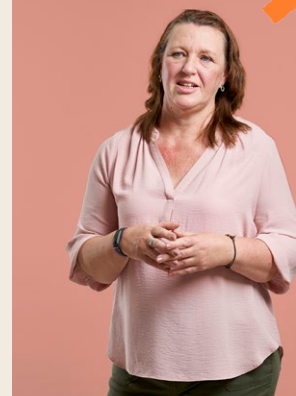
Keeping in touch

We send our supporters updates by email and occasionally by post including news about how your gift is helping and with updates about other ways that you can help CancerCare. We will never share your personal information with third parties for marketing purposes.

Your support means a lot to CancerCare and we want to communicate with you in the right way so you can opt-out of receiving these updates by ticking the box below or unsubscribing at any time. To request a copy of our privacy policy or if you'd like to change the way we contact you, email us at fundraising@cancercare.org.uk or call 01524 381820.

- I would prefer not to receive these updates (Ticking this box will mean all communications you currently receive from CancerCare's Marketing Team will stop)

CancerCare



cancercare.org.uk



Who we are

Whatever you are going through - whether it's anxiety about your health, the sadness of loss or the side-effects of treatment - we are here to ensure you get the kindness and support you need, when you need it.

CancerCare is an independent charity that has been helping people just like you, across the Morecambe Bay area, since 1983.

What is more, it won't cost you a penny. All our services are provided free of charge so you won't have to worry about money on top of everything else you are dealing with.

Who we help

We understand that it won't just be you that is struggling. Your family will also be going through the mill - perhaps trying to be too strong or bottling up their emotions. That is why all our services are also open to your loved ones, again, completely free.

No doctor's note needed. A quick, informal chat with our friendly referral team, so we can find out a bit more about you and what you need, and we'll be able to discuss the right course of therapy for your own unique situation.

We aim to ensure this happens as quickly as possible so you aren't kept waiting for the help you need.

How we help

A cancer diagnosis or sudden bereavement is a huge life event. The enormity of it can be frightening, isolating and overwhelming.

Mental strength and physical well-being are vital and we can help you cope with the maelstrom of emotions caused by cancer or grief. We also have the know-how to help answer any practical questions you may have and the understanding to provide some moral support when you need it.

All our services are delivered by qualified and experienced practitioners and are designed to complement treatments from healthcare professionals.

We offer:

- Acupressure
- Alexander Technique
- Aromatherapy massage
- Counselling
- Creative groups (art, jewellery making, woodwork)
- Hypnotherapy
- Indian head massage
- Mindfulness
- Nutritional advice
- Physical well-being classes (yoga, pilates, swimming)
- Reiki
- Reflexology
- Simple Lymphatic Drainage
- Specialist children's counselling and play therapy
- Young People's Peer Support Group