



The Centre

Widnes & Runcorn Cancer Support Group

# Widnes & Runcorn Cancer Support Group

**We offer a community based welcoming environment where emotional and psychological support is available for people from Halton whose lives have been touched by cancer, whether they are patients, carers, or those who have been bereaved. The Centre is open for pre-arranged appointments between 10am and 3pm Monday to Friday, offering a number of services:**

## Professional Counselling

Private and confidential 1-2-1 counselling sessions with trained counsellors available for patients, carers and those who have been bereaved. This is available at any stage for anyone affected by cancer.

## 1-2-1 Listening and Support Sessions

An opportunity to discuss your thoughts and feelings privately with a member of our team. Provided in a comfortable community setting.

## Support for Children and Young People

In school 1-2-1 support sessions provided by a trained, experience counsellor for children and young people who have an adult in their life affected by cancer. Sessions are arranged directly with the school following consent from parents/guardians.

## Holistic and Beauty Therapies

Various therapies such as Reflexology and Reiki, offered by trained, experienced therapists. Beauty treatments are offered by level 3 students from Riverside College. Please contact for current therapies and availability.

## Peer Support Groups

A space where adults of all ages can book a place, chat, support one another, enjoy a cup of tea, and relax amongst others affected by cancer.

Mixed adult peer support group - Every Thursday  
1:30pm – 2:30pm (excl bank holidays)

Male adult peer support group – Every Wednesday  
1:30pm – 2:30pm (excl bank holidays)

## Monthly lunch meet-ups

Adults of all ages meet to chat, support one another, and enjoy a light lunch amongst others affected by cancer. This is also an opportunity to link with our team and be welcomed to our other services. Meetings are in Runcorn once per month at The Health Business Park in conjunction with 'Eat at The Heath'. Dates vary so please get in touch to arrange.

## Telephone Support

Help, information and support available during opening hours. Do you have a specific question or need, or would you like someone to talk to? An answer service also available out of hours.

## Online Community/Support

Closed private groups operated via Facebook providing uplifting quotes, mini-activities and quizzes and the opportunity to connect with other local people affected by cancer.

## Respite caravan

Situated in North Wales on a peaceful site,

Prioritising those needing a relaxing break during or following cancer treatment.

Please make contact to discuss.

## Contact us: Tel - 0151 423 5730.

Website:

[www.widnesandruncorncancersupport.org.uk](http://www.widnesandruncorncancersupport.org.uk)

Email:

[info@widnesandruncorncancersupport.org.uk](mailto:info@widnesandruncorncancersupport.org.uk)

Register online:

[www.widnesandruncorncancersupport.org.uk](http://www.widnesandruncorncancersupport.org.uk)