

Self Discovery Group with Barbara Siddall

2.00pm – 4.15pm

**Fridays: 30 May, 13 June,
18 July, 15 August**

This is a supportive group with a focus on learning self-help methods. Healing practices of relaxation, visualisation, meditation, movement and breath work may be used in order to promote self awareness, and wholeness. People are encouraged to come for a series of groups, although you can join on any of the above dates.

Barbara is a very experienced group leader and counsellor in the cancer field. Her training is in transpersonal psychology, yoga, movement and breath work. Her tape, *Moving Stillness*, a journey through meditation and relaxation, is available from the Centre.

Asian Support Group with Nazira Visram

Last Tuesday of the Month

10.30 am – 12.30pm

The group offers a safe environment in which to exchange experiences, meet others, and to develop a network of support and mutual aid. There will be opportunities to discuss living with cancer and its effects, and to share the changes that cancer has brought to people's lives.

Nazira is herself living with cancer. She works to promote cancer awareness among minority ethnic communities. She is committed to user involvement in cancer services, and works with Macmillan CancerVoices in the UK and internationally.

Creativity Group with Honor Brogan

Tuesdays: 11am – 12.30pm

**20 May, 17 June, 22 July, 5 August,
8 September**

How can we express ourselves, be more creative, access our imagination, surprise ourselves? Do you need encouragement with a project you have in mind? Honor leads these creativity sessions to nurture inspiration and maintain energy and enthusiasm. Come and join us.

Honor is one of the Centre's Support Officers and has 25 years experience as a professional artist.

Mindfulness with Gary Born

Saturday: 14 June

Arrive 9.45am for 10am - 1pm

We all encounter stress in our lives, and this is particularly difficult when a life-threatening illness like cancer arises. Cancer, and the treatments for it, can have a profound effect not just on the body but also on the emotions.

One way to deal with stress is that of mindfulness, the moment-to-moment awareness of physical, mental and emotional sensations. Using traditional techniques of meditation and gentle bodywork, this approach helps people to help themselves, by learning to recognise and deal effectively with the causes and effects of stress.

Gary has a regular meditation practice and is one of the organisers of London Insight Meditation, which organises regular meditation days and courses in London. He has completed the teacher training in mindfulness-based approaches taught by the University of Wales at Bangor.

Yoga Class with Caroline Cullinan

Tuesdays (*Last of the month*):

12.45pm to 1.45pm

**29 April, 24 June, 29 July
and**

Wednesdays: 10.30am – 11.30am

2 April, 16 April,

7 May, 14 May

11 June, 2 July, 16 July

Gentle yoga class adapted for people affected by cancer.

Caroline Cullinan has practiced yoga for over 30 years. She trained with a pupil of Vanda Scaravelli, author of *Awakening the Spine*. Scaravelli Yoga is a gentle, fluid form of yoga which is about mental and physical grounding and the release of energy that comes with it.

Caroline aims to help people develop a practice of their own that will help to improve flexibility, fitness, posture and lower stress levels.

* Please wear loose, comfortable clothing

User Involvement Meeting

Monday 21st July: 6pm – 7.30pm

All service users, present and past, are welcome to this informal meeting with, Petra, Centre Director, Claire, a long term user representative and volunteer, and a Trustee. Bring your ideas and comments about the Centre's services. We will give updates on our premises move, rebranding and other developments.

IMPORTANT:

Centre events are open to people with cancer, their relatives and carers (unless otherwise stated on the particular group's details).

Occasionally a group leader may be indisposed. Please call the Centre to check for any changes to the programme.

**Qigong
with Gary Born**

**Fridays: Weekly Class 10am - 11.30am
from 16 May.
No class 31 May or 27 June
Please check for August**

Qigong (pronounced chee-gung) is a gentle exercise that promotes body fitness and builds internal energy and awareness. It is one of the oldest, and possibly the most popular exercise systems in the world.

In this class, several forms of Qigong movement are taught. They include mindful walking, Qigong breathing, gentle muscle stretches and joint movement. We also teach correct posture and balance, which can be very useful in ordinary life. The movements are simple to do and can be practised by anyone, in any physical condition. They can also be practiced at home if desired.

In doing the class, any loose clothing is suitable, with heel-less shoes, socks or bare feet.

Gary has been practising tai chi and qigong for more than ten years and has been teaching both practices along with meditation for 5 years. He has completed a three-year Qigong training with Karel and Eva Koskuba, who themselves have been trained by a number of Chinese masters for more than 25 years.

**Meditation
with Sud Ubayasiri**

**Fridays: 2.30pm – 4pm
23 May, 20 June, 18 July**

Attaining a relaxed state of mind is difficult when we are busy or pulled and pushed by strong emotional issues. Practicing letting go and focusing the mind on a neutral object, such as the breath or our walking, can help us to attain a sense of calm; putting the baggage down even for a few minutes can refresh us. New techniques are also available to help us improve our experience of difficult situations even if they cannot be changed, these techniques can be learnt in a short time and practiced as required.

As a mature student Sud qualified as a medical doctor in 2007. He has been professionally trained in Mindfulness techniques and has practiced 'Tranquillity' meditation for over 7 years. His practice is grounded in impartial kindness, sympathetic joy and being gentle with oneself.

Please wear comfortable clothing that does not restrict movement.

* Please call the centre in advance to confirm your attendance

African-Caribbean Support Group

Coordinator: Comfort Mante
Every 2nd Friday of the month, 12 - 2
Please call for more information

The Healing Journey Programme

This is running for the first time in the UK during 2008 at CRC. See www.cancer-resource-centre.org.uk/healingjourney.html for information and details of future courses.

**The Cancer Resource
Centre**



**◆ Groups ◆ Classes
◆ Workshops
◆ User Involvement**

**For people with cancer,
their relatives and carers**

May - August 2008

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