

“Paul’s Centre won’t exist for the next 35 years without the right support

Marsha de Cordova, MP for Battersea

For 35 years, Paul’s has provided support, understanding and friendship for people going through cancer and their families.

We are there for people in ways that the NHS cannot be – because we see the whole person – not just the diagnosis.

Each person brings their whole life to their cancer journey - with all its complexities, worries, circumstances and relationships.

We start from where they are – welcoming, listening, and providing a range of services to meet their needs at different stages – from diagnosis, through treatment and on to recovery or living with cancer. And our unique home visiting service reaches out to people who cannot leave home – often those at the end of life who are at their most vulnerable.

Our services are free and accessible to all.

We are proud of our professionalism, high standards of training and record of innovation over 35 years. And we are committed to being here, rooted in our local community, for the next 35 years and beyond.



Paul's Cancer Support Centre
20-22 York Road
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Telephone: 020 7924 3924

Reg charity no: 1128295
Company reg no: 06802920

We are here to help people affected by cancer, their families, and anyone who supports them, from our Centre in Battersea and through our Home Visiting Service.

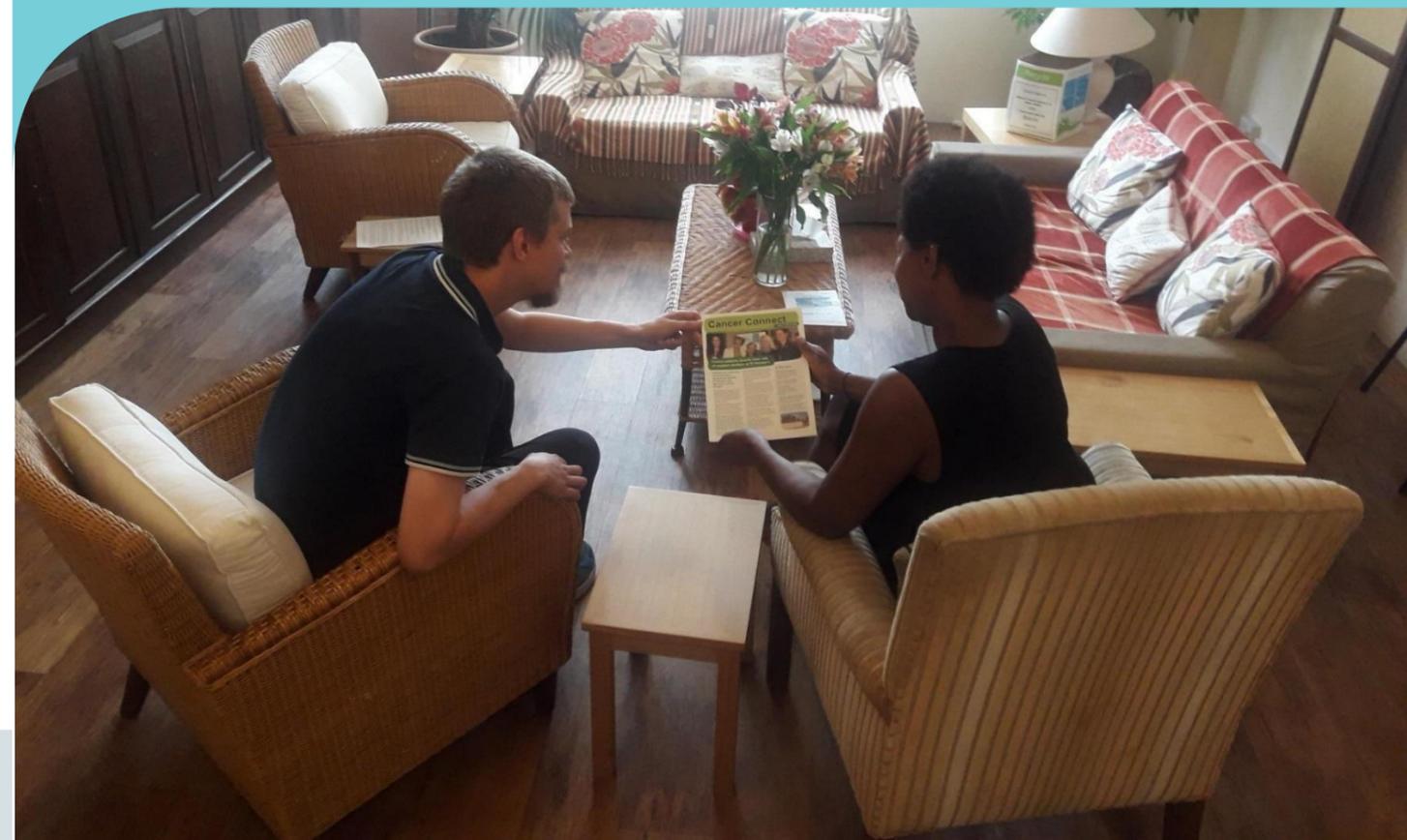
Paul’s offers time and space to be, where everyone is valued.

www.paulscancersupportcentre.org.uk

July 2018

A warm welcome at Paul’s Cancer Support Centre

Celebrating 35 years providing cancer support



35 years
providing
cancer support

“When I was diagnosed, I didn’t know what I wanted. But when I walked in to Paul’s, I knew that I’d found it.”

Claire, member

Celebrating a warm welcome at Paul's Cancer Support Centre for 35 years

"It's great to be part of Paul's Centre"

Jessica, therapist



In 1983 Rachael Clyne and Roger Potter started the Battersea Cancer Support Group because of the lack of information and support available to them after Roger's cancer diagnosis. Since then we have gone through name changes and venue changes, but the original aim of people supporting each other has remained and thrived. We are proud to be Paul's Cancer Support Centre celebrating 35 years of offering a warm welcome.

The warm welcome starts when people arrive at the Centre. We respect each person who comes through the doors and greet them as a valued guest. We are committed to a high quality of individual care and to creating a supportive community. We are there in people's darkest hours, but we also laugh and celebrate life.

"A diagnosis of cancer can make it hard to try new things, but the Centre motivated me to get out and get involved"

Shelly, client

Emotional support

From the beginning, we understood that cancer affects the mind as well as the body. The initial appointment is key to helping people decide which type of support is right for them. We offer one to one client-centred counselling, support groups and hypnotherapy.

Complementary therapies

The range of therapies we can provide has evolved over time. There is something for everyone from massage and reflexology to the Alexander Technique, Craniosacral therapy, Manual Lymphatic Drainage and ScarWork.

Home Visiting Service

In 1995, we decided to set up our Home Visiting Service for people with cancer who may be house-bound for any reason. Living with cancer can be an isolating experience. We offer counselling, befriending, massage, reflexology and healing through this award-winning service.

"I love coming to the Centre now, but I don't know what I would have done without the home visiting service"

Irene, client

"Volunteering here has helped me to rebuild my life after my wife died from cancer. I can see the difference we make to people"

Kevin, volunteer



Everyone is different

We are proud of the range of services we offer which reflects the diversity of our clients, volunteers and staff. We welcome everyone but there is no pressure to fit in.



The Paul's community

The Centre works because we all – clients, volunteers and staff – contribute and learn from each other. We open opportunities for starting a new life and help people to make links and connections.



Our place in the community

We are deeply rooted in our local community and try to be responsive to its needs. For example, we have support groups specifically for people from African and Caribbean or Asian backgrounds.



Because no two people are the same

We spend time getting to know each person and working with them to decide how they want to make use of our services.

This empowering approach helps our clients to exercise choice at all stages of their cancer journey.

Remembering Paul

In September 2008, the Centre was named after Paul D'Auria, a long standing and greatly loved Centre member who died in 2006.

How we help

- 77% of clients report feeling less alone
- 81% say they find it easier to talk about their feelings and problems
- 96% felt less anxious and stressed

Information

Having access to information is empowering for people wanting to understand what they are going through and the available support. We provide information about the range of services and practical help offered by other organisations.

Coping with cancer

We soon learnt that some clients value support to regain a sense of control. We deliver specific courses developed for people with cancer, and, in response to demand, we started to offer mindfulness and life-coaching sessions.

Wellbeing

Our wellbeing programme aims to improve recovery times, reduce the risk of reoccurrence, and reconnect with creativity and what is meaningful in life. Examples include: Get Active, yoga, Qigong, moving meditation, social mornings, and creativity and singing groups.

"We're not given the answers, we're given the tools to find our own answers"

Claire, member