

Group Therapy

Group therapy workshops are available to clients including Yoga, Art therapy, Healthy Eating and Walking mindfulness groups.

Professional Hairdresser

CHARIS can also offer the services of a professional hairdresser who is specialised in wig consultations and fitting, providing advice on cutting and styling.

How Will I Benefit?

Complementary Therapies aim to make you feel good about yourself and could:

- Aid relaxation
- Increase feelings of well-being
- Aid sleep
- Reduce feelings of distress
- Relieve stress and tension
- Reduce feelings of anxiety
- Improve coping with side effects of treatment

The Charis Labyrinth

The Labyrinth is open to be used by all clients and visitors at CHARIS and is part of the unique package that we provide for clients. Our Labyrinth was constructed to provide our clients with an opportunity to connect with nature, to allow them the chance to spend time outdoors.



For Further Information About Charis:


Charis Cancer Care Ltd

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Company Registration NI070807

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An Introduction to
Charis Cancer Care for Clients

Clients coming to CHARIS can be assured that they are in a supportive and welcoming environment that is entirely separate and different from a clinical setting.

We are here to support men and women affected by cancer at every stage of their journey. We also assist and support the families and supporters of those living with cancer or any family member bereaved by cancer.

Our focus is on the whole person, their physical, psychological and emotional needs. Our complementary approach covers the following services:

- **Psychological - counselling and nutritional advice**
- **Physical – body therapies, reflexology, massage and aromatherapy**

For people living with cancer – our role is assisting them to understand and help themselves.

CHARIS Cancer Care works in conjunction with clinical treatments for cancer and our comfortable treatment rooms are purpose-designed for the delivery of complementary therapies by trained practitioners free of charge. Individual and group therapies are available.

Our staff will offer our clients every form of support that is possible. Our role is to listen and help. We provide a warm and nurturing environment, with support from experienced professionals and therapists.



Upon Arrival

On arrival, our clients, their family members and supporters are shown round the building and encouraged to feel at home and make themselves comfortable.



A Peaceful Setting

In our gardens you can take a walk, or sit and enjoy the peaceful setting. Additionally we have a walking Labyrinth if you wish to be alone with your thoughts in meditation. Alternatively you may wish to have a short walk on the path along the banks of Lough Fea.



Our Therapies

At CHARIS, we offer complementary therapies to work alongside conventional medical treatments. These therapies may enhance your sense of well-being and improve your quality of life. For some clients, complementary therapies help ease the anxiety and pain of medical treatment.



Massage

The art of massage is centuries old. There are numerous techniques of massage involving the rubbing and stroking of the body's soft tissues. The massage techniques used in CHARIS are focused on gentle, movements over the skin and muscles to allow the body tissues to release strain and tension to achieve relaxation. The movements of therapeutic massage are adjusted to meet each person's needs. For example, the touch does not necessarily have to be deep to be beneficial.



Aromatherapy

Using oils extracted from bushes, flowers, plants and herbs, aromatherapy massage makes use of touch and smell to help relieve anxiety and some types of pain. The oils from these plants, known as essential oils, release fragrant aromas and have many uses. They are used in baths, massage and can also be inhaled for their medicinal properties. Aromatherapy massage combines rubbing the body with the medicinal properties of essential oils.



Reflexology

Massage treatment to the reflex areas of the feet and hands is known as reflexology. It is believed that for each of the body's organs and glands, there is a corresponding reflex area on the foot and the hand. Through applying pressure to a particular area, a response may be brought about within the appropriate area of the body.



Counselling

When you or someone close to you is diagnosed with cancer it is normal to experience a range of emotions. This is entirely understandable. At this stage it can be helpful for you to speak to a professional, trained counsellor.



Healthy Eating Workshop

Healthy eating can improve self-confidence and reduction in fatigue. At Charis we believe that food plays a significant role in our lives. Good food has the potential to be revitalizing, comforting and restorative and is vital for our wellbeing. The focus on healthy eating and cookery demonstrations are delivered to small groups of clients within Charis.



Relaxation

The therapy of relaxation seeks to promote peace and balance. Relaxation techniques taught by our experienced therapists include relaxing groups of muscles, breathing exercises and the imagining of relaxing scenes. These methods help ease stress and tension throughout the body and can also help