

COUNSELLING CAN HELP YOU TO:

- ▶ Feel emotionally supported
- ▶ Have a greater understanding of your (sometimes) complex feelings
- ▶ Explore your feelings
- ▶ Be able to talk about things that you may feel unable to say to others
- ▶ Find ways to cope with your diagnosis and treatment
- ▶ Improve your communication with loved ones and with your medical team
- ▶ Live your life beyond your illness.

WE OFFER:

- ▶ One to one Counselling
- ▶ Couples Counselling
- ▶ Complementary Therapy (including aromatherapy, Indian head massage, reflexology, hand/foot massage, reiki, and relaxation)
- ▶ Macmillan Cancer Information and Support Centre
- ▶ Exercise advice and support
- ▶ Wig fitting services
- ▶ Red Cross massage
- ▶ Group sessions / Support groups
- ▶ Therapeutic art sessions
- ▶ Walking group
- ▶ Mindfulness/Meditation
- ▶ Quiet, relaxed space
- ▶ Refreshments are available without charge
- ▶ Summer house and garden haven.

TO ACCESS OUR SERVICES

Services are free and there is no need for a referral. Sometimes referrals are made by GP's or Healthcare professionals, however anyone can turn up and make a booking or simply relax in a quiet environment or in our garden haven.

VISIT US

When you enter the hospital via the main entrance, the Hamar Help and Support Centre is located on the right hand side after the main public car parks (opposite the Ward Block entrance and the School of Health).

PARKING

The nearest public car park to the Centre is Pay Car Park 4, which is opposite the Lingen Davies Centre. There are further public car parks nearby. Also spaces for blue badge holders.

CONTACT US

The Hamar Help and Support Centre, Royal Shrewsbury Hospital, Mytton Oak Road, Shrewsbury, SY3 8XQ.

Phone: 01743 261035

Email: hamarcentre@sath.nhs.uk

Opening hours:

Monday - Friday 9am-5pm

Closed on Bank Holidays and Christmas week

If you have any queries, or wish to know more about how we can support you, or to make an appointment please don't hesitate to get in touch.

The Shrewsbury and Telford Hospital **NHS**
NHS Trust

THE HAMAR HELP AND SUPPORT CENTRE



HEALTH, WELLBEING AND COUNSELLING

WHO WE ARE

The Hamar Help & Support Centre offers access to Counsellors and Healthcare Practitioners who can help, advise and support you.

Our team of experienced therapists offer emotional support during and after diagnosis and treatment.

SOMEONE TO TALK TO

Talking through your thoughts, fears and emotions can be very therapeutic. Some people find it easier to talk to a person who isn't related to them, and we provide a confidential and non-judgemental setting in which to do this. Our specialist counsellors have supported many people diagnosed with cancer throughout their illness and beyond.

HOW WE CAN HELP

The emotional turmoil associated with diagnosis can be overwhelming for you and your family. It is important that you feel supported during this time and we're here for you. For some people, short term help is all that they require whilst others find longer term support beneficial.

WHO CAN ACCESS OUR SERVICES

Anyone with a diagnosis of cancer can access the services. Close family members are also welcome to come to us for help.



"The sessions at the Hamar Help & Support Centre have been a life line to me."

A QUIET PLACE TO THINK

The Centre occupies a calm corner within the grounds of the Royal Shrewsbury Hospital, away from the hustle and bustle of the main hospital. Our attractive garden and summer house offer a quiet haven where everyone is welcome to visit to take some time out.

A MEETING PLACE

The Hamar Help & Support Centre is a meeting place for a variety of support groups. These groups are a great way to meet other people who might be going through a similar experience to you.