



HOW TO MAKE AN APPOINTMENT

Counselling Services at the Hamar Centre are provided by The Shrewsbury and Telford Hospital NHS Trust. This service is free, and you can be referred for counselling by a healthcare professional or you can self-refer by contacting the Hamar Centre directly.

To make an appointment please contact the Hamar Centre on 01743 261035.

Our administrator will take brief details from you (any information we have will be kept confidential). We will then arrange a date and time for one of our counsellors to contact you for an assessment appointment.

Appointments are 50 minutes to one hour.

The Hamar Centre counselling and wellbeing services are provided by The Shrewsbury and Telford Hospital NHS Trust and are supported by SaTH Charity.

The Hamar Centre welcomes and very much values donations made to its charitable fund, which supports a range of counselling and wellbeing services.

The Hamar Centre is also supported by a number of fantastic volunteers who make a real difference. If you would like more information about volunteering or making a donation then please contact the Hamar Centre administrator or SaTH charity on 01743 261446.

 01743 261035

 sath.hamarcentre@nhs.net

 www.sath.nhs.uk

 9am - 5pm. Mon - Fri

Hamar Centre

COUNSELLING
SERVICE FOR
PATIENTS



THE HAMAR CENTRE

The Hamar Centre provides psychological and wellbeing services for individuals who have been diagnosed with a life threatening or an acute and on-going illness such as cancer or renal failure.

Receiving a life threatening or an acute on-going illness can be frightening and overwhelming. The Hamar Centre offers 1:1 counselling, where you can talk to one of our experienced counsellors and access our other support services to help you through this difficult time.

Counselling offers you a time and place where you can explore your emotions and experiences in complete confidence. This confidential process can help you to identify problems, express your feelings and explore different ways of coping with the illness and treatment.

The counsellor is skilled in listening and in helping you to express yourself in a way that feels right for you. The regular sessions last for 50 minutes and the frequency will be discussed with your counsellor. Counsellors are impartial and may use a variety of approaches depending on your particular needs.

WHAT THE CENTRE OFFERS

A range of services and groups are provided from the Hamar Centre including:

- 1:1 counselling (face to face, video call or telephone counselling)
- A range of group work e.g. Mindfulness and Tai Chi
- Wig fitting Service

Please note that some services and groups will change throughout the year, so please contact the centre for more information about what is currently available.

The following services are also located within the Centre:

- Macmillan Information Support Centre
- Macmillan Welfare Support Team
- Lingen Davies Fund



COUNSELLING MAY BE HELPFUL IF YOU:

- Struggle to cope with your diagnosis and treatment
- Find that your life has been changed by your illness
- Are distressed by changes to your body and appearance
- Feel low and unable to enjoy life
- Feel anxious and avoid doing things
- Worry about the future
- Find that your illness is affecting your relationship with your partner
- Discover that illness is bringing up difficult memories of past experiences
- Want to clarify your thoughts, consider options and make your own decisions

CONFIDENTIALITY

Counselling is confidential, which means that anything you talk about will stay between you and your counsellor. The exception to this is if there is a legal obligation to disclose information, or if there is a possibility of serious harm to yourself or others. Your counsellor will talk to you in more detail about confidentiality during your first session.