

Booking

When you have booked the appointment to attend one of these Clinics, we require your commitment to enable our team to do the very best for you.

If you have to cancel your appointment for any reason, this should be done as soon as possible to enable your space to be given to someone else. A contact number will be given to you for this.

This service is unique in Wales and, we are very lucky to have it here in the Valleys. It is important that if you say you are coming, you do turn up on time. The Clinic costs the Hospice £140 for each person, and other patients are waiting to come.

(NB: we do NOT charge patients for attendance at the Clinic. We ask for a donation, if you can afford one, of what you can well afford; and £3 for lunch).

Therapies :

- Yoga
- Chi Kung
- Meditation
- Deep Relaxation
- Aromatherapy
- Massage
- Healing
- Reiki
- Art Therapy
- NLP
- Counselling
- Dream Therapy
- Acupuncture
- Thai Massage
- Shiatsu
- Reflexology
- Indian Head Massage
- Lymphodema Drainage



Hospice of the Valleys

Park Gate Business Centre
Morgan Street, Tredegar
Blaenau Gwent.
NP22 3ND

Phone: 01495 717277
Fax: 01495 724188
E-mail: enquiries@hospiceofthevalleys.com



Hospice of the Valleys Cancer Help Clinics

Prospective Patients for Clinics:



*'A specialist community palliative care team serving
North Gwent and the valley communities of South Wales'.*

Phone: 01495 717277
Fax: 01495 724188

Cancer Help Clinics

The Cancer Help Clinic of Hospice of the Valleys is held at Tredegar General Hospital twice a month, on the first and third Saturdays.

When anyone is told they have cancer, or other life-threatening illnesses, emotions come to the surface. Fear, dread of the future, thoughts of the family – who to speak to? Inevitably you may feel it is the end.

The Cancer Help Clinic is a full day of love, care, understanding and giving you the opportunity to share all these emotions in private with a therapist.



Welcome

When you arrive you will be made welcome. There are numerous therapies on offer. A key worker will assist you to prepare a programme of therapies to help you to relax, and other techniques will be taught for you to use at home to strengthen you further.



Our aim as a team is to help you to deal with your trauma and teach you methods to fight your illness. You will have the opportunity to discuss your concerns and we will do our best to give you all the help you need to get well.

Luckily we have an excellent cook who prepares an organic vegetarian lunch – another way of helping you to build up your immune system. There is also dietary information for you to read.



We hope by the end of the day you will feel calmer, more confident and relaxed, and will know that we are with you, helping you through your illness.

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