

## I'M SUPPORTING SOMEONE WITH CANCER - WHAT DO YOU OFFER ME?

The Bristol Approach recognises that close family and friends of those living with cancer face their own challenges.

Combining practical advice with emotional support the Bristol Approach gives supporters the help you need to manage your own emotional distress and give you the strength to cope with your own everyday challenges.

## DO I HAVE TO TRAVEL TO BRISTOL TO GET THIS SUPPORT?

**Yes.** The Bristol Approach is a unique combination of therapies and self-help which will transform the way you live with cancer. The Approach was pioneered at the Centre, and is currently only available in Bristol. People travel from all over the world to benefit from our courses.

An important part of the Approach is the residential aspect of the courses which gives you a real opportunity to put yourself first and to leave behind the demands of everyday life.

*“What a revelation!...”*

*Thanks to Bristol I am healthier, happier and more fulfilled than ever before.”*

Nicky Jones

**Our Doctor-Phone-in service** is available to those who have been to the Centre. If you have any questions following a course – ring our national telephone helpline on 0845 123 23 10 or e-mail [helpline@bristolcancerhelp.org](mailto:helpline@bristolcancerhelp.org)

*“The Bristol Approach helped me immensely and encouraged me to try that little bit harder. It helped with my diet, and with ways to help myself and to cope with my emotions and, above all, to realise cancer was a fact of life not just a matter of death.”*

Tim Woods, Supporter

[www.bristolcancerhelp.org](http://www.bristolcancerhelp.org)

## WHAT ELSE DOES THE BRISTOL CANCER HELP CENTRE DO?

Courses and Workshops for Healthcare Professionals – we see hundreds of nurses, doctors and complementary therapists each year by on courses designed to integrate aspects of the Bristol Approach into healthcare practice to the benefit of patients.

For a brochure ring 0117 980 9520 or visit [www.bristolcancerhelp.org](http://www.bristolcancerhelp.org)

### COMMUNITY SERVICES

**Cancerpoint** – anyone living in the Avon, Somerset and Wiltshire Primary Care Trust area can access many of the therapies of the Bristol Approach on an individual appointment basis.

**Support Group** – we run a support group for people with cancer in Bristol. For up-to-date information on any of these services please ring 0117 980 9500 or visit [www.bristolcancerhelp.org](http://www.bristolcancerhelp.org)

### VITAMINS, BOOKS AND CDS – the Catalogue of Holistic Living

Everything you need to develop the Bristol Approach is available from CanHelpNow, our trading company. All profits are donated back to the charity, so all purchases directly support the Centre's vital work.

To order a catalogue ring 0117 980 9500 or visit [www.canhelpnow.com](http://www.canhelpnow.com)

## BRISTOL CANCER HELP CENTRE

transforming attitudes to cancer

**THE BRISTOL APPROACH:**  
Residential Courses for People  
with Cancer and Supporters

*“It has been a great satisfaction to me to see how strongly the approach pioneered at Bristol has influenced the development and improvement of cancer services all over Britain.”*

HRH The Prince of Wales,  
Patron of Bristol Cancer Help Centre

**national telephone helpline 0845 123 23 10**

centre information: 0117 980 9500

website: [www.bristolcancerhelp.org](http://www.bristolcancerhelp.org)

The diagnosis of cancer is a shocking event in anyone's life, and the attitudes of others are sometimes negative and depressing. Treatment itself can be intensive, challenging and very draining of the body's already depleted reserves. And the amount of information being offered from various sources can also be confusing and overloading.

This combination may leave those affected by cancer shocked, disoriented and low in energy.

We are here to help you and your family at this difficult time.

*"I returned home after my week a complete person once more... It truly was a life changing experience."*

Trish Barton-Hill

## WHAT IS THE BRISTOL APPROACH?

Developed by doctors, nurses, therapists and people with cancer, the Bristol Approach combines a range of complementary therapies and self-help techniques to help you, and those close to you, to deal with the very specific challenges a cancer diagnosis brings. It is designed to enhance your health and well-being, and will enable you to take back some control over your life.

Based on the science of Psycho-neuro-immunology (PNI), that demonstrates clearly the impact that our emotions have on our physical health, the Bristol Approach is all about helping you to develop very practical ways to help yourself in everyday life.

The Approach works hand-in-hand with medical treatment, and will help you to cope with any side effects and to enhance the effectiveness of treatment.

Bristol Approach courses are run residentially at the Bristol Cancer Help Centre, and on these courses our experienced multi-disciplinary team will help you to develop your own self-help plan.

## YOU WILL LEARN:

- How to strengthen your body's immune system and to enhance your potential for recovery.
- How to prepare for, cope with, and benefit more from medical treatment.
- How to reduce fear and anxiety in the most difficult of circumstances.
- How to recover your sense of control and self-esteem.
- How to increase your energy and strength.

The team will also help you to explore

- The role you can play in your own health and well-being
- The impact that your emotions have on your physical well-being
- The ways in which you can introduce balance into your lifestyle

The overriding aim of the Bristol Approach is to help you, and those close to you, to transform the crisis of cancer into an opportunity to enhance your quality of life.

In our experience Bristol Approach courses will leave you re-energised and with practical ways of helping you to live positively with cancer.

*They gave me hope! Within 30 minutes of arriving I began to feel the hard knot of terror inside me begin to dissolve. The care I received, as well as the information, helped me regain some measure of control over my life and to begin to see how I could use the whole experience of healing cancer creatively."*

Penny Graham

[www.bristolcancerhelp.org](http://www.bristolcancerhelp.org)

## WHAT COURSES DO YOU OFFER?

We offer a 2 day **Bristol Approach course** and a 5 day **Bristol Retreat course**.

Both are residential because it is important for you to concentrate entirely on your own health and well-being without the distraction of other claims on your time and energy. You will be cared for by our very experienced team, having the space and time to learn new things in a safe and tranquil environment.

On both courses there is a combination of group work, individual appointments, and creative work.

Group work includes developing the useful self-help techniques of

- relaxation
- meditation
- visualisation and use of imagery

These techniques can be used to help you cope with strong emotions, like fear, anxiety or anger. They also help with medical procedures and their side effects, and make a valuable contribution to your recovery process. So whenever there are difficult moments, whether in the middle of the night or in the hospital, you will have the tools to promote a more positive and calm mood. Visualisation and imagery can also help you to benefit more from your treatment.

There is also a healthy eating session where you can ask questions about diet and nutrition, how to shop, how to cook and any concerns you may have.

There are individual sessions with:

- A doctor
- A counsellor
- A nutritional therapist
- A healer
- A massage or shiatsu therapist (Bristol Retreat course only)

These sessions give you the chance to develop a very individual self-help plan that will continue to work for you on your return home.

In addition there are creative sessions on each course including art therapy and music therapy.

For a more detailed discussion about which course is going to best suit you, please ring our national telephone helpline on 0845 123 23 10, or our bookings department on 0117 980 9502 and they will be happy to talk this through with you.

## CAN I FIND OUT MORE ABOUT THE BRISTOL APPROACH BEFORE COMING ON A COURSE?

**Yes.** The Centre has produced a self-help pack for anyone who has been diagnosed with cancer who would like to know what they can do immediately to help themselves.

The pack includes a video which clearly explains the range of therapies and self-help techniques most beneficial to people with cancer, and how the holistic approach to cancer care works. In addition there are practical meditation, relaxation and visualisation exercises to help you get started with these useful techniques.

The pack helps you to get started quickly on many of the things that will improve your well-being. It is also the first step of any course at the Centre, so if you decide to then come on one of our courses it is important that you have absorbed the information it contains.

## WHEN SHOULD I COME TO THE CENTRE?

We recommend that you come to the Centre as soon as possible following a diagnosis.

The Approach works hand-in-hand with treatment, and can enhance its effectiveness by helping you to be better prepared and to cope with the treatment itself, as well as minimising side effects. What you learn here will also help you after treatment.

## DOES THE BRISTOL APPROACH WORK FOR ALL CANCERS?

**Yes,** we see people with a wide range of different cancers. The Bristol Approach is designed to help you live positively with cancer, and we will tailor this to suit your own individual needs and circumstances.

*"At a time when I was frightened and ill Bristol gave me comfort and advice. I left ready to face anything. I want more people – indeed one day everyone – to have the same support."*

Sheila Harcock

national telephone helpline: 0845 123 23 10