



Cancer Charity

— EST. NORFOLK 1980 —

Complementary therapies for *wellbeing.*



Here to support you

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Complementary therapies for wellbeing at the Big C Spa

We know that cancer can affect us all in different ways. From the physical effects of a diagnosis and its treatment, to dealing with the emotional impact on ourselves, our families, and those close to us.

In addition to our own wellbeing, those who care for us can also be affected. Therefore it is incredibly important to ensure that those around us take care of themselves and their own wellbeing.

It can be a lot to manage, but at Big C we offer a wide range of support to ensure your physical and emotional wellbeing is cared for throughout, no matter at what stage you may be. One way we can help is through our **complementary therapies**.

What is a complementary therapy *and how can it help me?*

A complementary therapy is a type of therapy that can be used alongside your standard medical treatments to enhance your wellbeing, relaxation, and the care of yourself and those caring for you.



It is important to know that complementary therapies cannot cure cancer or be used as a treatment for cancer. They are used to allow your mind and body the time and space to relax and release tension.

Many people find that using complementary therapies can help ease some of the physical, psychological and emotional side effects of their treatments for cancer.

How can Big C help me?

At Big C, we offer complementary therapies in our Support & Information Centres to the person diagnosed, plus one person from your close support network (for example partner, carer, friend or family member caring for you), for up to three sessions. A course of therapies are provided free of charge, at any stage, from diagnosis, through treatment and beyond.

We currently offer the following complementary therapies at the Big C Spa:

Relaxation Massage
Reflexology Reiki



Complementary Therapies at Big C

Gentle Massage Therapy

Massage is a form of therapeutic touch which can be used to aid relaxation and comfort.

It is a hands-on, gentle massage to help with neck, shoulder and back aches. Massage can help to reduce stress, tension, and anxiety.

Our massage therapy is not suitable for everyone; it's important to speak to the therapist to see if this would be suitable for you.



Complementary Therapies at Big C

Reflexology

Reflexology is a specialised form of foot massage. It is a non-intrusive therapy that involves applying pressure to 'reflex' zones in the feet.

It follows the theory that these zones correspond with different parts of the body and, by applying pressure to these points, health and wellbeing is improved and the body is relaxed with tension reduced.



Relaxation for wellbeing

We hold virtual sessions to help improve relaxation, restfulness and wellbeing, which are suitable for anyone affected by cancer.

Many people find they benefit from this prior to treatment, in between appointments, or to combat the stresses that surround cancer.

10 sessions involve sitting in a chair fully clothed, with a trained facilitator virtually talking you through a relaxation programme. Many find they are able to continue the practise of relaxation following the course to relax at home.

Complementary Therapies at Big C

Reiki

Reiki is a form of light touch therapy focusing on the flow of positive energy through the body.

While sitting fully clothed in one of our chairs, sofas or therapy chairs, a Reiki Practitioner will place their hands on or just above certain areas of focus.

People often find that a session of Reiki creates a sense of restored calm, relaxation and mindfulness.

It aims to restore energy, balance and vitality by relieving the physical and emotional effects of unreleased stress that can come from cancer treatments, or caring for loved ones with cancer.

It follows the theory that the therapy channels the flow of energy through the body, to promote restfulness and wellbeing.



The word Reiki is a Japanese word meaning 'universal life energy'.



Jennifer Young Treatments at Big C:



JENNIFER YOUNG

As Unique as You

Manicure & Pedicure

These specially designed hand, nail and foot treatments are created to support anyone living with or beyond cancer.

They offer luxurious and restorative care to soothe dry skin sore cuticles and brittle nails resulting from cancer treatments like chemotherapy.

Providing physical as well as emotional wellbeing, they use 100% natural skincare products to gently nourish the skin and nails, combined with aromatherapy to bring a sense of calm.

Jennifer Young Treatments at Big C:

Rejuvenating Facial

A specially designed facial treatment for those living with or beyond cancer. As well as practical skincare benefits, this gentle facial can provide a profound sense of well-being and may also help to address the sometimes painful and distressing side effects of cancer treatments like chemotherapy.

This relaxing facial treatment, using only natural products, combining soothing crystal therapy with light touch acupressure to nourish the skin and restore balance, leaving your skin feeling rejuvenated and glowing.

Your Jennifer Young therapist will discuss your skincare concerns with you prior to treatment to ensure your facial is tailored to your individual needs.



Jennifer Young Treatments at Big C:

Therapeutic Oncology Massage

Using Aromatherapy Oils:

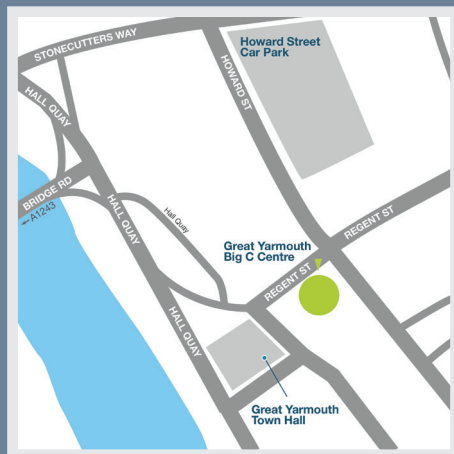
This gentle touch therapy combines acupressure points, skincare and aromatherapy to help ease the side effects of cancer treatments like chemotherapy. It's a deeply soothing massage designed to be adapted to the individual and focusing on nine core areas:

Relaxation • Sleep • Focus • Energy
Confidence • Headaches • Nausea
Holistic Wellness • Calm

We provide a full health and skincare consultation prior to treatment to ensure you receive the best experience for your needs. Please note Jennifer Young treatments are only currently available at our main Centres.

Your nearest Centre

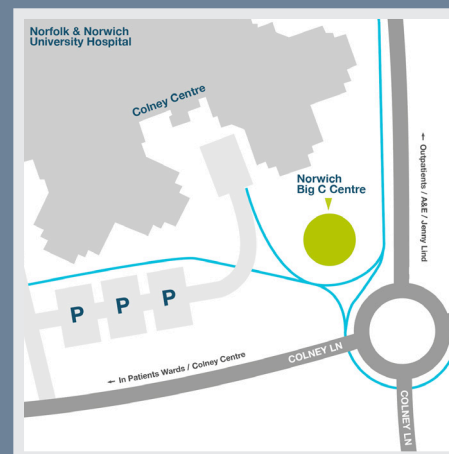
All our Centres are open Monday - Friday 9.00am - 4.30pm.



Gt. Yarmouth Centre

25 Regent Street
Great Yarmouth
Norfolk
NR30 1RL

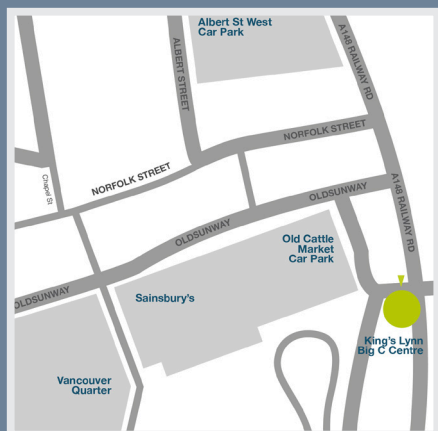
✉ support@big-c.co.uk
☎ 0800 092 7640



Norwich Centre

Norfolk & Norwich University Hospital
Colney Lane
Norwich
NR4 7UY

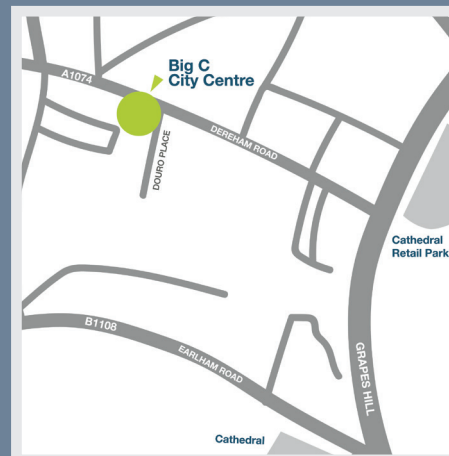
✉ support@big-c.co.uk
☎ 0800 092 7640



King's Lynn Centre

17-19 Railway Road
King's Lynn
Norfolk
PE30 1NF

✉ support@big-c.co.uk
☎ 0800 092 7640



City Centre

66-70 Dereham Road
Norwich
NR2 4BU

✉ support@big-c.co.uk
☎ 0800 092 7640

Frequently asked questions



Who can use a Big C Centre?

Anyone who is, or has been, affected by cancer.

So a Big C Centre is not just for patients?

That's right. A cancer diagnosis also affects those close to the patient. We are here to support families and friends as well as the person diagnosed.

Do I need to make an appointment?

Complementary therapies for wellbeing are booked by appointment only. To book an appointment please call **0800 092 7640** or email us on **support@big-c.co.uk**

Do I have to be referred by my GP or medical team to visit a Big C Centre or book an appointment?

No, whilst we accept referrals from GPs and other medical professionals, you do not need a formal referral to access our support.

Do I have to pay for support at a Big C Centre?

No, thanks to the generous support and fundraising from the local community, all services at Big C are free at point of access.

Collection of Information - Big C will sometimes collect information about visits.

This informs us of the groups of people who visit our Centres and helps us to develop our support. Any information collected will be handled securely, no identifiable information will be shared with a third party unless you consent for us to do so.

Accessibility at our Centres



Communication for other languages (inc. sign and braille) can be arranged.



The Centres have taken part in training to ensure we are Dementia Aware.



Disabled access facilities are available at the Centres for wheelchair users.



Facilities are available for those who are deaf or hard of hearing.



Guide Dogs/Assistance Dogs for the disabled are welcome in the Centres.



Our Centres welcome people from Gypsy, Roma and Traveller communities.

Hospital/public parking is available nearby. Local charges will apply.

Having your say

Feedback



We're always interested to know what we're doing well, and ways to improve the services we provide to you.

Your feedback is helpful in enhancing the support we provide and meeting your needs. Please write to us at: Big C, Centrum, Norwich Research Park, Norwich. NR4 7UG, email enquiries@big-c.co.uk or call 01603 619900.

For more information on our feedback and complaints procedure, please visit www.big-c.co.uk/contact-us/.



Cancer Charity

— EST. NORFOLK 1980 —

**Support
Research
Equipment
Education**

Cancer affects us all in different ways. We know it can be difficult.

We're here to support anyone affected by cancer. You may be living with cancer yourself, or it may affect someone close to you. Whether you would like to talk in confidence, get practical information and support, or simply need a calm space.

We can help.

For more details visit:

big-c.co.uk/support

Call us for free on:

0800 092 7640

Calls are free of charge from all consumer landlines and mobile phones.

Big C is the working name of The Big C Appeal Ltd. Registered charity, number 281730 and a company limited by guarantee, registered in England & Wales, number 1521441. VAT Registration number 688 7342 76. Registered office as below.

Big C, Centrum, Norwich Research Park,
Colney Lane, Norwich, NR4 7UG.

Connect with Big C online:

