

| Title/Leaders/Description                  | Session Friday 03/Jul/2009 at 15:30   | Max Numbers |
|--|---|-------------|
| <b>Session Friday 03/Jul/2009 at 15:30</b> |   |             |
|  | <b>BREAST AWARENESS IS FOR EVERYONE</b>   | <b>20</b>   |
| <b>Leader</b>                              | <b>Sadia Habib</b>  |             |
| <b>Description</b>                         | The workshop will cover breast awareness and areas such as signs and symptoms, reporting changes to the GP, breast screening and risk factors.                              |             |
| <b>Outcome</b>                             | Up to date information and hopefully feel more empowered to take care of their breast health. Breast awareness is for everyone, including those who have had breast cancer. |             |
|  | <b>CHANNELLING HEALING ENERGY</b>   | <b>25</b>   |
| <b>Leader</b>                              | <b>David and Marion Robinson</b>  |             |
| <b>Description</b>                         | Learning how to channel healing energy for the benefit of self and others   |             |
| <b>Outcome</b>                             | Be able to channel healing energy within own group situations.  |             |
|  | <b>CRYSTALS AND PENDULUMS FOR BEGINNERS</b>   | <b>12</b>   |
| <b>Leader</b>                              | <b>Helen Jackson</b>  |             |
| <b>Description</b>                         | Basic introduction to crystals, how to use them, cleanse and use them. Pendulums - also known as dowsing crystals - how do they work?                                       |             |
| <b>Outcome</b>                             | An interactive workshop which will offer information for beginners using crystals.  |             |
|  | <b>DEVELOPING YOUR COPING SKILLS</b>  | <b>16</b>   |
| <b>Leader</b>                              | <b>Suma Surenoranath and Lisa Cooper</b>  |             |
| <b>Description</b>                         | This workshop is designed to look at day to day ways in which you can help yourself to have a full and active life.   |             |
| <b>Outcome</b>                             | Coping strategies to use on a daily basis   |             |
|  | <b>GERSON THERAPY</b>   | <b>20</b>   |
| <b>Leader</b>                              | <b>Lesley Pearce and Joanna Hill</b>  |             |
| <b>Description</b>                         | Basic information on Gerson Therapy, a holistic and natural treatment which utilizes the body's own healing mechanism in the treatment of chronic, debilitating illness.    |             |
| <b>Outcome</b>                             | A basic understanding of Gerson Therapy   |             |
|  | <b>HYPNOTHERAPY WORKING WITH CANCER AND SIDE EFFECTS</b>  | <b>12</b>   |
| <b>Leader</b>                              | <b>Bernard Alvarez</b>  |             |
| <b>Description</b>                         | Working with pain, tension anxiety, low mood, anger, sleep disturbance, tiredness, breathlessness, nausea and bowel ?? To reduce these presentations and promote relaxation |             |
| <b>Outcome</b>                             | An understanding of Hypnotherapy as a means of promoting wellbeing, relaxation and the power of suggestion.   |             |
|  | <b>LIFE IN THE CANCER FALLOUT ZONE - HOW CANCER AFFECTS FAMILY AND F</b>  | <b>40</b>   |
| <b>Leader</b>                              | <b>Anne Orchard</b>   |             |
| <b>Description</b>                         | When cancer is diagnosed the effect spreads out to family and friends. The challenges are many and varied - but there are ways to make things better.                       |             |
| <b>Outcome</b>                             | To look at the issues faced by friends and families of those diagnosed with cancer, coping strategies and barriers to getting help.   |             |

**PATIENT CENTREDNESS - THE NATIONAL CANCER SURVIVORSHIP**

30

**Leader** Eric Watts  
**Description** We shall introduce the agenda and describe how this is working  
**Outcome** Involvement in the project

**POI FOR BEGINNERS**

15

**Leader** Emily Smith  
**Description** To give people an opportunity to try out this fun activity which can be used as a form of exercise. POI is the Maori word for "ball" which is on a cord - a form of juggling where balls are swung around the body.  
**Outcome** A fun workshop teaching basics in the art of POI - suitable for any age group.

**REAL MEN GET CANCER TOO**

20

**Leader** Pat McGrane and Ian Rothwell  
**Description** "A wide ranging discussion on men's health issues"  
**Outcome**

**SPIRIT SURGERY**

20

**Leader** Jenny Fletcher  
**Description** Non evasive surgery on your etheric body  
**Outcome** Talk and demonstration on volunteers

**THE FUTURE OF CANCER SUPPORT GROUPS**

16

**Leader** Tom Brown  
**Description** To get a view of the possible ways cancer support groups may develop  
**Outcome** Discussion

**THE HEALING JOURNEY PROGRAMME**

20

**Leader** Petra Griffiths  
**Description** We will look at the impact of the Healing Journey courses and of the adapted version piloted at Paul D'Auria Cancer Support Centre, London.  
**Outcome** An understanding of the different levels of the Healing Journey programme, an experience of some of the exercises, a dvd of people discussing the changes in their life resulting from committed participation, knowledge of support available.

**USING ALTERED STATES OF CONSCIOUSNESS AS A TOOL FOR HEALING**

12

**Leader** Carl Stonier  
**Description** An introduction to guided imagery in healing, meditation and 'tuning in' to personal energy and how this can be used to heal.  
**Outcome** To experience different ways, as described above, of contributing to their own/others wellbeing and healing.

**Session Saturday 04/Jul/2009 at 11:30**

**BREAST AWARENESS IS FOR EVERYONE**

20

**Leader** Sadia Habib  
**Description** The workshop will cover breast awareness and areas such as signs and symptoms, reporting changes to the GP, breast screening and risk factors.  
**Outcome** Up to date information and hopefully feel more empowered to take care of their breast health. Breast awareness is for everyone, including those who have had breast cancer.

**CHANNELLING HEALING ENERGY**

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**Leader** David and Marion Robinson  
**Description** Learning how to channel healing energy for the benefit of self and others  
**Outcome** Be able to channel healing energy within own group situations.

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| <b>Description</b>   | Basic introduction to crystals, how to use them, cleanse and use them. Pendulums - also known as dowsing crystals - how do they work?  |           |
| <b>Outcome</b>   | An interactive workshop which will offer information for beginners using crystals.   |           |
| <b>EMOTIONAL FREEDOM TECHNIQUES</b>                                      |  | <b>20</b> |
| <b>Leader</b>  | <b>Carl Stonier</b>  |           |
| <b>Description</b>   | An introduction to EFT (described as a universal healing aid)  |           |
| <b>Outcome</b>   | To learn about EFT and how to apply it for themselves or others  |           |
| <b>GIVE YOUR GROUP A MAKEOVER</b>  |  | <b>25</b> |
| <b>Leader</b>  | <b>Alan Gow and Deepa Masru</b>  |           |
| <b>Description</b>   | At some point in it's lifetime a group may feel it has run out of steam or has lost it's way. The workshop aims to help reinvigorate groups which may be feeling tired, stuck in a rut or simply looking for new ways to work or new things to do.           |           |
| <b>Outcome</b>   | Delegates will learn they are not alone in experiencing these issues and will learn how others have tackled the problem. They will learn creative ways of developing ideas for their group and will leave with a workplan and a list of resources available. |           |
| <b>HYPNOTHERAPY WORKING WITH CANCER AND SIDE EFFECTS</b>                 |  | <b>12</b> |
| <b>Leader</b>  | <b>Bernard Alvarez</b>   |           |
| <b>Description</b>   | Working with pain, tension anxiety, low mood, anger, sleep disturbance, tiredness, breathlessness, nausea and bowel ?? To reduce these presentations and promote relaxation  |           |
| <b>Outcome</b>   | An understanding of Hypnotherapy as a means of promoting wellbeing, relaxation and the power of suggestion.  |           |
| <b>LIFE IN THE CANCER FALLOUT ZONE - HOW CANCER AFFECTS FAMILY AND F</b> |  | <b>40</b> |
| <b>Leader</b>  | <b>Anne Orchard</b>  |           |
| <b>Description</b>   | When cancer is diagnosed the effect spreads out to family and friends. The challenges are many and varied - but there are ways to make things better.  |           |
| <b>Outcome</b>   | To look at the issues faced by friends and families of those diagnosed with cancer, coping strategies and barriers to getting help.  |           |
| <b>PATIENT CENTREDNESS - THE NATIONAL CANCER SURVIVORSHIP</b>            |  | <b>30</b> |
| <b>Leader</b>  | <b>Eric Watts</b>  |           |
| <b>Description</b>   | We shall introduce the agenda and describe how this is working   |           |
| <b>Outcome</b>   | Involvement in the project   |           |
| <b>POI FOR BEGINNERS</b>   |  | <b>15</b> |
| <b>Leader</b>  | <b>Emily Smith</b>   |           |
| <b>Description</b>   | To give people an opportunity to try out this fun activity which can be used as a form of exercise. POI is the Maori word for "ball" which is on a cord - a form of juggling where balls are swung around the body.  |           |
| <b>Outcome</b>   | A fun workshop teaching basics in the art of POI - suitable for any age group.   |           |
| <b>QUICK FIX MESSAGES</b>  |  | <b>12</b> |
| <b>Leader</b>  | <b>Barbara Wilson</b>  |           |
| <b>Description</b>   | Massage can help you cope with difficult situations and provide the quiet time necessary for giving renewed energy, help calm and lift the spirit. Eg for insomnia, headaches, eyestrain, stress, feeling down.  |           |
| <b>Outcome</b>   | Delegates will be given practical knowledge and demonstrations of quick techniques. Also an opportunity to practice them at the workshop.  |           |
| <b>SPIRIT SURGERY</b>  |  | <b>20</b> |
| <b>Leader</b>  | <b>Jenny Fletcher</b>  |           |
| <b>Description</b>   | Non evasive surgery on your etheric body   |           |
| <b>Outcome</b>   | Talk and demonstration on volunteers   |           |

**THE HEALING JOURNEY****Leader** Judy Benson and Francesca Hannah**Description** The Healing Journey Programme is a holistic approach to supporting people with cancer that is widely used in Toronto to help people to live life to the full. It teaches self-help techniques to help people to manage their cancer as well as possible.**Outcome** An overview of the Healing Journey with a chance to ask us about some of our experiences on having used it up to level 3. A taster of some of the exercises and topics on offer, a chance to consider if it may be useful for them or people they work with.**TRADITIONAL CHINESE MEDICINE****Leader** Mike Freeman**Description** Introduction into how Chinese medicine developed, how a diagnosis is established and how it works.**Outcome** An understanding of acupuncture (and/or herbs)**WORKING WITH YOUR HEALTH PROFESSIONAL**

16

**Leader** Juna Junenaranatu & Lisa Cooper**Description** This workshop is designed to look at ways in which you can make the most of your decisions with your health care professionals.**Outcome** Strategies to help you work as a team with your health care professional**Session Saturday 04/Jul/2009 at 15:15****BREAST AWARENESS IS FOR EVERYONE**

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20

**Leader** Isobel Wilson and Ann Dixon**Description** Have fun, learn about headwear for hairloss and how to tie scarves in a creative way, a useful skill to use yourself or take back to your group. Isobel and Ann are Breast Cancer Care HeadStrong volunteers at the Holistic Centre, James Cook Hospital.**Outcome** A fun workshop giving a useful skill. Delegates will learn how to tie headscarves as an alternative to wearing a wig when hair is lost due to chemotherapy. Take this skill back to their support group, use themselves or for family and friends.**HYPNOTHERAPY WORKING WITH CANCER AND SIDE EFFECTS**

12

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10

**Leader** Carl Stonier**Description** Undertake a native american style Shamanic Journey**Outcome** To experience a Shamanic Journey - first stage in Shamanic helping/healing**SPIRIT SURGERY**

20

**Leader** Jenny Fletcher**Description** Non evasive surgery on your etheric body**Outcome** Talk and demonstration on volunteers**THERAPEUTIC WRITING FOR NON-WRITERS**

12

**Leader** Mitzi Blennenhasset**Description** Therapeutic writing for non-writers and art therapy for non-artists.**Outcome** To be enabled to express feelings, emotions, things that could not be said at the time.**TRADITIONAL CHINESE MEDICINE****Leader** Mike Freeman**Description** Introduction into how chinese medicine developed, how a diagnosis is established and how it works.**Outcome** An understanding of acupuncture (and/or herbs)**USE OF HANDS IN REFLEXOLOGY**

12

**Leader** Barbara Wilson**Description** The palms of the hands contain a large number of reflex points and are considered to have an electrical property. The right hand palm is positive and the left negative. The reflex points the right hand can have a stimulating effect and the left calming.**Outcome** An opportunity to learn about the reflex points and their effects together with practical uses to the individual. Very much a 'hands on' approach. Hand-outs will be given.