



for anyone
affected by cancer

TheMulberryCentre

Support Services

Face to face and remote services offered free of charge

One to One Support

- Emotional Support
- Counselling
- Legal Information
- Welfare and Benefits
- Befriending Service
- End of Life

Wellbeing Classes

- Art Class
- Meditation
- Yoga
- Tai Chi
- Creative Writing
- Book Club

Support Groups

- Patients
- Carers
- Bereaved
- Mens
- Breast Cancer

Complementary therapies

- Massage
- Reflexology
- Acupuncture
- Reiki
- Emotional Freedom Technique (EFT)
- Shiatsu

Online Workshops

- Cancer Nutrition
- Managing Stress
- Emotional Freedom Technique
- Paired Massage
- Sleep Management
- Soft Tissue Release after Surgery
- How People Grieve
- Ladies Morning
- Hot Flushes, Body Image & Impact on Sex Life
- Introduction to Aromatherapy

To register please visit our website
for the timetable and more information.

www.themulberrycentre.co.uk

The Mulberry Centre

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Registered Charity No: 1108999

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**For more information
call 020 8321 6300**