



**Beatson
cancer
charity**



Beatson cancer charity

WELLBEING SERVICES



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At Beatson Cancer Charity we believe that no one should face cancer on their own. This has always been our aim and we work hard to ensure our support reaches anyone who needs us.

Across our Wellbeing Centre, eight satellite locations and including our online digital support, we work alongside people with cancer and their families and friends providing expert wellbeing care at one of the most challenging times of their lives.

Find out more about the range of wellbeing services we provide within this leaflet.

Wellbeing Centre

Beatson Cancer Charity's Wellbeing Centre is a unique environment designed to be an uplifting space that supports the care you receive within the hospital. Whether this is sitting back in one of our tranquil lounges to relax and put your feet up whilst taking in the views over the West End of Glasgow, or discussing the latest news headlines in one of our more social spaces. We have a dedicated TV room where you can watch major sporting events with our Sky Sports and BT package, enjoy a movie or watch one of the many TV channels available.

Complementary Therapy

Our experienced therapy team offer a range of over 17 different therapies designed to help you manage the side effects and symptoms of cancer and cancer treatments. We also work alongside the people you care about, supporting them as they support you, to develop coping strategies that can enhance your sense of confidence and wellbeing during treatment and beyond.

From physical symptoms, such as muscle tension, nerve pain and constipation, to emotional matters such as anxiety, stress and problems sleeping – our team will work with you on an individual basis to design and deliver a unique support package that best fits your needs. Whether it's a one-off session or a series of treatments we will personalise your support to enhance your overall sense of wellbeing.





Hair and Wig Services

Hair loss can be a challenging aspect of cancer treatment as it has a significant impact on self-esteem, confidence and body image. Our hairdressing and wig team have expert knowledge in all aspects of hair loss, scalp care, hair regrowth and wig fitting.

Our support starts with a conversation - How are you feeling about hair loss? What matters to you most about managing this? We then work together to build a package of tailored support every step of the way. From hair loss or thinning through to re-growth and styling, our team are on hand to provide support, information and the best wigs and hair care products for your own personal situation.

Working from our fully equipped hairdressing salon, the team also provide a range of hairdressing services from cuts and styling to hair ups and pleats, giving you the chance to feel cared for and more confident.

For more information or advice on our hairdressing service please call 0141 301 7667, or 0141 301 7439 for any wig enquiries or appointments.

Podiatry Services

Caring for your feet when going through cancer treatment is an integral part of your treatment plan. Without the right care and attention foot problems can impact on mobility, cause pain and discomfort and be a potential route to infection.

Our Podiatrists are on hand to help. Experienced in dealing with all types of foot conditions, they have specialist knowledge in how this relates to cancer and cancer treatments. They can support you to understand the potential impact of your treatment and work with you to plan and provide the best footcare options.

In addition to their professional and technical support they can also work with you to develop good footcare routines as part of your overall self-care plan. This helps you to build confidence in how to manage your footcare through treatment and beyond.

For more information and advice on all our services or to book an appointment please call 0141 301 7667. You can find a full list of wellbeing service locations on our website at [beatsoncancercharity.org/how-we-help](https://www.beatsoncancercharity.org/how-we-help)

WITH YOU AT HOME

Virtual Relaxation Sessions

We are committed to offering our support to anyone who needs us even if physical, geographical and practical circumstances make it difficult for you to be with us in person. Our Virtual one-to-one relaxation sessions offer the same level of care and support as our in-person sessions, whether you are at home or in hospital we're with you. Whether by phone or computer our team are here to support you, your family and the people who care for you.

All it takes is one phone call and we can arrange a time that works for you. Our team are available to set this up on 0141 301 7667.

My Light

We understand the importance of having 24-hour access to the right information and resources when you feel worried, concerned or just want to understand what is happening a bit better.

From technical and practical information on cancer and its treatments to our online self-care resources. My Light is designed to help you find what you need every step of the way.

Simply visit our website beatsoncancercharity.org/My-Light



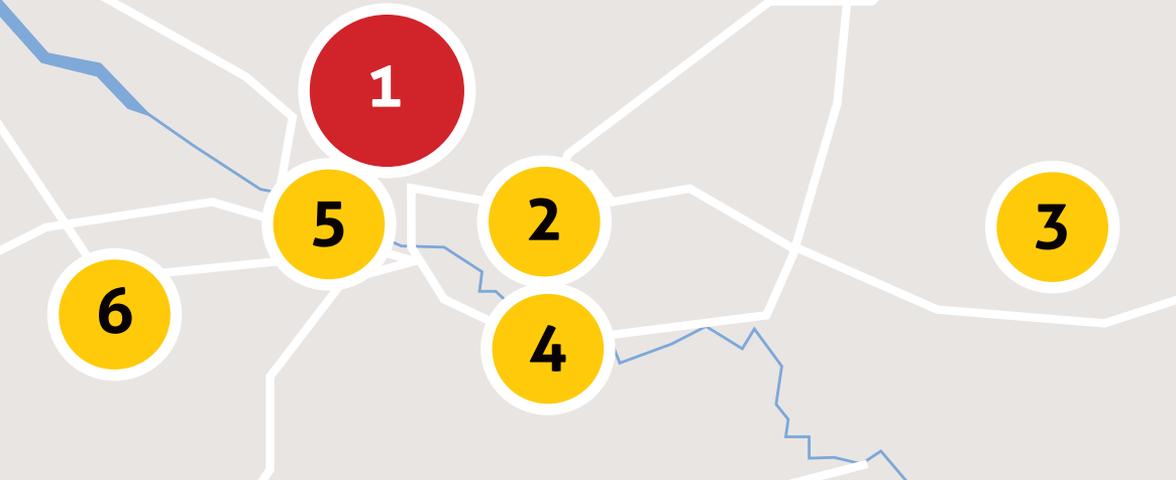


1. The Beatson West of Scotland Cancer Centre, Glasgow
2. Glasgow Royal Infirmary, Glasgow
3. Lanarkshire Beatson, Airdrie
4. New Victoria Hospital, Glasgow
5. Queen Elizabeth University Hospital, Glasgow
6. The Royal Alexandra Hospital, Paisley
7. Inverclyde Royal Hospital, Greenock
- 8/9. Vale of Leven Hospital and Vale of Leven Health Centre, Alexandria

WELLBEING SATELLITE SERVICES

We work with our NHS colleagues across eight satellite locations. This allows us to provide wellbeing support in key wards, clinics and outpatients.

If you are interested in accessing support across any of the locations we cover, please call the Wellbeing Centre or speak to the clinical team when you are next in.



Beatson Cancer Charity, The Beatson West of Scotland Cancer Centre,
1053 Great Western Road, Glasgow G12 OYN

0141 212 0505 | info@beatsoncancercharity.org
www.beatsoncancercharity.org



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We're with you