

The Sara Lee Trust: Therapy Services

A registered charity, The Sara Lee Trust was set up in memory of Sara Lee (left) who died aged 32 after a two year battle with cancer. Almost two decades later the Trust continues to improve the lives of people with cancer and other life-threatening illnesses, and their families and carers, in the Hastings and Rother area. We provide complementary therapies, counselling, and therapeutic group activities, all free of charge.

Therapies

The Trust delivers over 60 hours of therapy care per week to local people, including patients of St Michael's Hospice, and The Rye, Winchelsea and District Memorial Hospital, where we have treatment rooms and provide care on the wards. We also provide therapy in the community by visiting patients in their own homes, and are currently developing a Therapy Centre in Bexhill. See overleaf for a full list of our complementary therapies and therapeutic group activities.



To find out more about our services: contact our office on 01424 456608 or info@saraleetrust.org

To be referred for our services: please speak to a health professional responsible for your care (e.g. nurse specialist, GP or consultant). They will need to complete a referral form, which can be downloaded from our website.

To find out how you can get involved in service development:

The Trust is committed to involving service users in the development of its activities. If you are a past or current service user and are interested in getting involved, please email info@saraleetrust.org.

www.saraleetrust.org

Providing essential care and support to local people



sara Lee



T R U S T

The individual and group therapies offered by The Sara Lee Trust include:

Counselling

A life-threatening illness can affect your life in many ways, including how you see yourself, relate to others, feel about life, and think about the future. One to one counselling can help support you through this process. Family members and carers can also benefit from the opportunity to explore their thoughts and feelings when a loved one has a life-threatening diagnosis.

Therapeutic Group Activities

- Our weekly group, **Natural Rhythms**, combines group support and creative therapy in a natural setting. The group is sensitively facilitated to encourage sharing and group work.
- Once a month, a small group of people with life-threatening illnesses join facilitators and therapists for a **Sanctuary Day**. These days are designed to create and hold a safe space for personal reflection, group support and relaxation. Complementary therapies are available during the day, and transport and lunch are provided.



Complementary Therapies

Our range of therapies can help with pain, stress and sleeplessness, and reduce some of the side effects of medical treatment. Therapies provided include:

- **Aromatherapy** – a therapy that uses essential oils extracted from plants for their therapeutic effect. The oils are carefully blended for each individual, and used in gentle massage.
- **Reflexology** – an ancient therapy based on the principle that reflexes on the feet and the hands correspond to parts of the body. Massaging these reflexes in a special way helps to restore balance and harmony within the body.
- **Shiatsu** – during a Shiatsu massage energy paths throughout the body are gently manipulated using palm and finger-tip pressure in flowing movements. This therapy is performed through clothing.
- **Acupuncture** – a traditional Chinese practice using very thin needles inserted through the skin at certain points on the body to stimulate energy flow.
- **Craniosacral therapy** – a highly developed sense of touch is used, mainly on the head and tailbone, to gently sense and respond to the movement of cerebrospinal fluid in the body, to encourage healing.

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Registered
Charity Number
1055048