



Care pack

Receiving a cancer diagnosis can be a scary and daunting event. Below is a list of additional resources that I encourage you to seek out as soon as possible. The immune system is compromised when we feel scared, the hormones released are to help with immediate survival such as running away or fighting, this is essential short term but unhelpful if we remain in this state long term. By finding qualified and specialist help, you will help regulate your nervous system to that which is more conducive to healing and repairing.

Maggies

Maggies are a fantastic charity who will offer support for both you and your family. They are all specially trained to help individuals whose lives have been affected by cancer. Receiving a cancer diagnosis is a shock but sometimes we don't realise the extent of this shock until months after, by contacting Maggies they can talk through what support you need, physically, mentally and financially. Best of all you don't need to make an appointment, you can just walk in.

Website: <https://www.maggies.org/cancer-information/cancer-treatment/making-treatment-decisions/>

Find your closest Maggies centre: <https://www.maggies.org/our-centres/>

Email: enquiries@maggies.org

Telephone: 0300 123 1801

Edinburgh Clinic of Nutrition

Kate Swaine is a highly recommended nutritionist who specialises in Gastrointestinal Health, Immune System, Cardiovascular Health, Metabolism, Hormone Health and Detoxification. She's also certified in functional medicine, upon running tests, she can target nutrition and hormone deficiencies using a carefully tailored diet to supercharge your healing journey.

Website: <https://www.edinburghclinicofnutrition.com/>

✉ INFO@EDINBURGHCLINICOFNUTRITION.COM

Telephone: 07813 018 908

Napiers Herbalist

Napiers herbalist offer high quality herbal remedies and food supplements, they are more expensive than buying anything from the supermarket, however bear in mind that cheaper alternatives often contain negligible measures and packed with caking agents. They also run a wide range of complementary therapies, accepting referrals from other health care professionals and from the NHS and will work with you and your health care team. Dee is the senior herbal practitioner at Napiers, she has trained in orthodox medical science and clinical diagnosis but also have an understanding that illness has both a physical and an 'energy' side. Napiers run a free 15 minute consultation to ask any questions.

Website: <https://napiers.net/pages/napiers-edinburgh>

Email: edinburghclinic@napiers.net

Telephone: 0131 225 5542

Edinburgh Community Yoga

The core principles of ECY is to empower people and communities by improving access to the therapeutic benefits of yoga by working across cultural, economic and health barriers that inhibit people from taking part. All of their classes are suitable for beginners, as well as being trauma informed. For cancer specialist classes seek out Moira McFarlane, who herself had breast cancer and has found numerous benefits from practicing yoga.

Website: <https://edinburghcommunityyoga.co.uk/>

admin@edinburghcommunityyoga.co.uk

Telephone: 07966502085

Talking to children about cancer

It can always be difficult how to approach the subject of talking about cancer to children. Cancer Research has some good advice on how to talk to children in a way that helps them understand without feeling overwhelmed.

Website: <https://www.cancerresearchuk.org/about-cancer/coping/mental-health-cancer/talking-children>

Nurse Helpline: 0808 800 4040

Psychotherapy and Counselling

If you found any of the therapy sessions worthwhile at Maggies, you may want to seek out additional therapy to help with adjusting back to your usual regime. Wellsprings are a great organisation offering affordable sessions at a sliding scale, depending on your income.

Website: <https://www.wellspring-scotland.co.uk/>

Email: mail@wellspring-scotland.co.uk

Tel: 0131 553 6660

Knitted knockers

Knitted Knockers are special handmade breast prostheses for women who have had breast cancer and undergone mastectomy or lumpectomy. Traditional breast prosthetics can be hot, heavy and sticky.

Website: <https://www.knittedknockersuk.com/>

Email: <https://www.knittedknockersuk.com/knocker-request-form>

Tel: 07850 026264

Mastectomy / Lumpectomy Handmade Pillow

Mastectomy / Lumpectomy Handmade Pillow Wide Pocket + Gel Pk Option Surgery
Recovery Pillow Post Surgery Chest Surgery Heart Cushion Gift

Website: <https://www.etsy.com/uk/shop/Pastelbrightdesigns>