



themulberrycentre

for anyone affected by cancer

ONLINE SUPPORT SERVICES

For anyone affected by cancer and/or COVID-19

Services and registrations are free of charge



ONE-TO-ONE SUPPORT CONSULTATIONS

Counselling

Complementary therapies
including relaxations, EFT, and Reiki

Aromasticks

to aid sleep, reduce anxiety and many more.

Online massage techniques

including trigger points, stretches to help with lower back pain, neck and shoulder pain and hip and knee issues.

Emotional support

Legal information

Welfare and Benefits service

including help with benefit applications, debt, housing, employment and support with grant applications

End of Life and bereavement

Befriending service



ONLINE WORKSHOPS AND WELL-BEING CLASSES

Managing Stress

Emotional Freedom Technique (EFT)

Paired Massage

Self-Massage techniques

Sleep Management

Introduction to Aromatherapy

Flower Remedies

Legal Support

How People Grieve

Hot Flushes, Body Image and Impact on Sexual Health

Ladies morning

Guided Meditation

Yoga

Tai Chi

Creative Writing

Book Group



SUPPORTING

Patients

Keyworkers

Carers

Those affected by Covid 19

Bereaved

NO APPOINTMENTS NEEDED

To register, please call:

020 8321 6300

PLEASE VISIT OUR WEBSITE

for the timetable and for
more information

www.themulberrycentre.co.uk

