

## Where to find us

**Buses** A number of buses go to the hospital which is situated just off the A3. The Royal Surrey is clearly signposted from all directions of travel.

For the latest timetable please contact Arriva 01483 505693 or visit the website on [www.surreycc.gov.uk/buses](http://www.surreycc.gov.uk/buses)

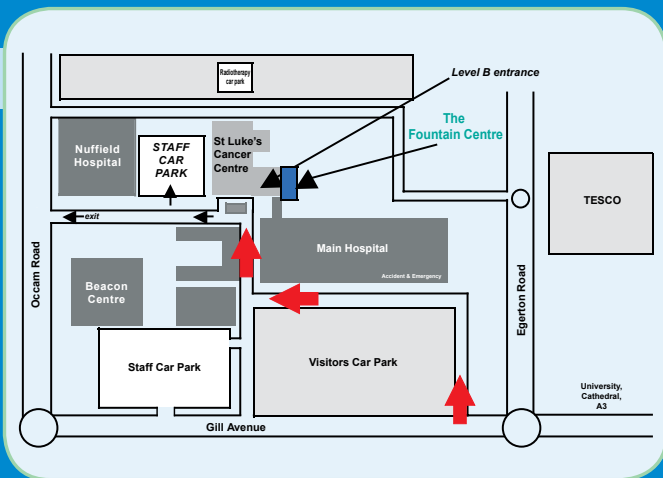
**Train** information  
08457 484950 (24hour) or [www.nationalrail.co.uk](http://www.nationalrail.co.uk)



The Fountain Centre is located in the St Luke's Cancer Centre, which is situated in the grounds of the hospital. Please see map below.



## Patients may receive four free therapy sessions



Royal Surrey County Hospital **NHS**  
NHS Foundation Trust

**The Fountain Centre, St Luke's Cancer Centre**  
Royal Surrey County Hospital NHS Trust Foundation  
Egerton Road, Surrey GU2 7XX

Open Monday to Friday 9am-5pm

Telephone: 01483 406618 • Fax: 01483 408321

Email: [rsc-tr.fountaincentre@nhs.net](mailto:rsc-tr.fountaincentre@nhs.net)

Website: [www.fountaincentre.org](http://www.fountaincentre.org)

PIN 100826 - 240

Registered Charity Number: 1089086

# Living with cancer



## Who we are

The Fountain Centre is a drop in centre within St Luke's Cancer Centre at the Royal Surrey County Hospital. We offer information and support, counselling and a wide range of complementary therapies. We are open to cancer patients past or present, relatives or friends, those bereaved and staff.

The Fountain Centre is closely aligned with the medical oncology team within St Luke's. Nurses, doctors and other health care professionals are able to freely suggest that patients and carers use the range of services offered by the Fountain Centre.

The Fountain Centre is a small independent charity, staffed mainly by volunteers and funded by caring individuals, companies and other charitable organisations.



## Services we can offer you



- Acupuncture
- Aromatherapy
- Art for health
- Bodywork
- Counselling
- Craniosacral Therapy
- Healthy Steps
- Homeopathy
- Hypnotherapy
- Hydrotherm Massage
- Indian Head Massage
- Manual Lymphatic Drainage
- Massage
- Music
- Reflexology
- Reiki
- Relaxation and Visualisation
- Shiatsu
- Yoga

There is no scientific evidence that complementary therapies are effective in treating cancer. However, clinical studies have found complementary therapies to be effective in treating some side effects caused by the treatments for cancer. Therapy sessions last for approximately one hour. Services may change from time to time, please contact the Fountain Centre for more information.

All of our therapists have approved qualifications in line with the criteria set by the Surrey West Sussex and Hampshire cancer network (SWISH).

The Fountain Centre has a vast **library** of books, CDs, DVDs and audio tapes about cancer and related issues. These can be borrowed to use at home and returned to the centre. We understand the need for support for both the patients and carers and offer a **comprehensive counselling service**. The service provides clients with a one to one opportunity to make changes in their lives and to make sense of their individual circumstances. Our counsellors will help to identify their choices for change and support them during their process of change. The counselling is provided for as long as clients require it, with the end result leaving them better equipped to cope with the future.

We hold **educational programmes** throughout the year. These positive health programmes have been designed to enable participants to maintain and improve their health after a significant health incident. Groups include self-help support, look good feel better, relaxation and visualisation classes and group yoga.



## What can we do for you

Unfortunately cancer knows no boundaries and may strike at any time. People faced with cancer experience emotions that are diverse and individual to them. This is also the case for parents of children affected by cancer. At the Fountain Centre we offer an holistic approach to help meet their needs by offering care and support at what may be a difficult time.



## Our aims

- To provide a patient led service, offering information and support to patients and carers alike. Our ultimate goal is to empower those touched by cancer to regain control over their lives.
- To be the central information point within St Luke's for all cancer patients and carers.
- To make our services available to all patients at the point they decide they need our help. This may be during screening, diagnosis, and during and after treatment.
- To care for the physical, emotional, social and spiritual need of patients and their families.