

# Headstrong Appointment

What to expect:

- ❖ On your arrival at The Haven you will be greeted by two members of our Headstrong team.
- ❖ Your Headstrong appointment will take place in our quiet room and will last approximately one hour. It will be individually tailored for you.
- ❖ Family and friends are welcome to attend with you for support.
- ❖ The Headstrong team will provide practical information on caring for your hair and scalp before, during and after treatment.
- ❖ They will demonstrate different ways of tying scarves and a range of scarves, hats and other accessories will be available for purchase.
- ❖ You can attend for a Headstrong appointment as many times as you like.
- ❖ The service is available Monday to Friday by appointment only. To arrange a suitable time, please contact us at The Haven on 01698 727884

The Haven provides a range of supportive services for people affected by life-limiting illness. If you require further information, or are interested in becoming a volunteer or fundraiser, please contact:

The Haven  
Blantyre Health Centre  
Victoria Street, Blantyre  
G72 0BS  
Tel: 01698 727884

Open: Mon - Fri: 10am - 4pm  
Tues: 5pm - 8pm

Supported by:



[www.thehavencentre.com](http://www.thehavencentre.com)

*"The Haven is a place of emotional and spiritual calm; a healing sanctuary for the body, mind and soul. The Haven, its staff and volunteers all contribute to make it these things and more. They are*



## Headstrong Services

Support and advice on hair loss  
due to cancer treatment



Reg. Charity Number: SC032130

Company Number: 222783

## The Haven Headstrong Service

The Haven is a safe, warm environment that offers emotional support, advice, complementary therapies, counselling and relaxation for people affected by life-limiting illness. The services can be accessed by all members of the family.

'Headstrong' information and support is available to all Haven clients, affected by any type of cancer, who have lost, or are likely to lose, their hair as a result of cancer treatment.

The Haven provides a Headstrong service in partnership with Breast Cancer Care. Several of our volunteers have attended Breast Cancer Care's training and are now equipped with the knowledge and skills to support all clients who are experiencing hair loss.

Like all the services provided at The Haven the Headstrong service is confidential and free of charge.

*"I feel so very fortunate that I was given this help and advice at a very difficult time in my life. Meeting with someone I could talk to about how I felt and who could offer practical solutions really made a*

## Emotional Support

During your cancer journey when you are challenged by treatment regimes and have to cope with many changes to your life, losing your hair may feel like the final straw.

Hair loss may make you feel vulnerable and exposed, particularly since it is such a visible reminder of your cancer. Such reactions are completely normal and understandable and you may find it takes some time to adjust to losing your hair.

*"I got a fringe from the Headstrong service that had Velcro attached, allowing me to stick it onto a scarf or hat. This proved to be invaluable. It took away the cancer patient look even more."*



## Practical Support

There are other options to wearing your wig, including hats, scarves and turbans that can be found in a wide variety of styles and colours.

Diverting attention away from your hair and head, by highlighting other features, can also be effective. There are a number of simple ways this can be achieved. Wearing bright clothing, make up, jewellery and eye catching accessories can change the emphasis of your appearance.



*"Attending Headstrong at The Haven provided me with alternatives to wearing my wig. Wearing head scarves resulted in me getting lots of compliments. This gave my diminished confidence such a boost and I became less*