

What people have said about our Lymphoedema Self-management Course

'When I came to the course, I didn't know anything about lymphoedema; the course was excellent because it told me what lymphoedema was and how to manage it myself'. (Marion)

'I was very anxious when I was first diagnosed with lymphoedema. I was anxious that I would do something that would make it worse. I found the course was very beneficial. I realised I wasn't alone with this. You were given the tools and information to help you manage the condition and that reduced the anxiety for me'. (Mary)

'If anybody is thinking about coming on the course then I would certainly do it. My legs wouldn't be as good as they are now if I hadn't come on the course'. (Frances)

'You must learn to do it yourself, because you are with the lymphoedema 24/7'. (Jan)

The Haven provides a range of supportive services for people affected by life-limiting illness. If you require further information, or wish to book a place on a lymphoedema course, please contact:

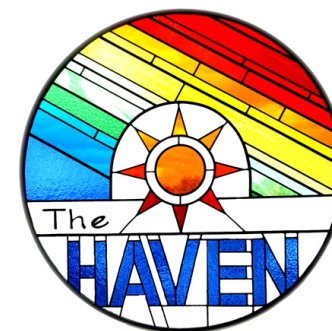
The Haven (Blantyre)
Blantyre Health Centre
Victoria Street, Blantyre
G72 0BS
Tel: 01698 727884

The Haven (Forth)
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Forth
ML11 8AJ
Tel: 01555 811846

The Haven (Wishaw)
Flat 78, Block 2
Wishaw General Hospital
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Tel: 01698 366948

Open: Mon - Fri: 10am - 4pm

Supported by:



Lymphoedema Support



Reg. Scottish Charity Number: SC032130

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What is Lymphoedema?

Lymphoedema is swelling caused when the lymphatic system does not easily drain fluid from areas of the body.

Lymphoedema affects 1 in 5 people who have lymph nodes removed for cancer treatment. It also has many other causes.

Lymphoedema may be a long term condition, but can be improved.

Lymphoedema checklist

Have you had cancer treatment?

Have you had lymph nodes removed?

Have you had cellulitis (infection)?

Do you have heaviness or swelling in any of these areas?

Arm/hand

Leg/foot

Breast/chest

Abdomen

Buttocks/genitals

Head/face

If you have ticked any boxes above, go to our website, or contact The Haven for more information.

Lymphoedema Care and Support at The Haven

We offer hope, care and practical support to help you to self-manage lymphoedema and reduce your risk of any lymphoedema problems. We recognise that having lymphoedema can be distressing.

Our approach is person-centred. We listen to you, and respect your individual needs, and those of your family and carers.

Support is provided in the calm and peaceful surroundings of The Haven.

We offer:

- ❖ Healthy Lymphatics after Cancer Treatment (information sessions)
- ❖ Lymphoedema Self-management courses
- ❖ One-to-one (individual) support including manual lymphatic drainage
- ❖ Information sessions for health and social care professionals.

The information sessions and self-management courses are run regularly. You can book your place by contacting The Haven.

Healthy Lymphatics after Cancer Treatment session

This is a welcoming, informative two hour group session for people at risk of lymphoedema after cancer treatment. You will learn how to care for your lymphatic system and prevent future lymphoedema problems.

Lymphoedema Self-management Course

This is a unique course developed at The Haven by our specialist lymphoedema team. Each course consists of:

- ❖ Four group sessions of two hours with around 6-8 people
- ❖ An individual session for you with a lymphoedema therapist.

Course content: understanding your lymphatic system; skin care; compression garments; exercise for the lymphatics; practical skills such as kinesio-taping and self-bandaging; emotional wellbeing.

Manual Lymphatic Drainage (MLD)

This is a safe, gentle, relaxing and very effective massage. It improves lymph drainage, reduces swelling and scarring, and improves your skin.