

Haven Services

- ❖ **Children and Family Service**
individual and group support based on play therapy to help children cope with loss and grief; strategies to enable parents and families to support the children and young people in their care.
- ❖ **Active Steps** - to encourage and facilitate participation in community based exercise activities, appropriate to each person's medical condition and level of fitness - walking groups, swimming, gym activities and Tai Chi.
- ❖ **HeadStrong** - advice and emotional support for those losing their hair due to cancer treatment.
- ❖ **Lending library** - of books CDs and DVDs
- ❖ **Arts and Crafts** - informal, friendly and fun!
- ❖ **Social Work** - outreach sessions.
- ❖ **Bladder and Bowel Dysfunction** - advisory service.



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

Telephone:

01698 727884 or 01698 727881

Open: Mon - Fri: 10am - 4pm

Tues: 5pm - 7pm

Supported by:



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 listeners, guides, helpers and friends."



The Haven

Information and Support
for people affected by:

Cancer
Multiple Sclerosis
Motor Neurone Disease
Parkinson's Disease

Reg. Charity Number: SC032130

Company Number: 222783

The Haven

Is a registered charity providing support to people affected by a range of life-limiting illnesses and to their family members and carers. The centre operates on a drop in basis and referral is not necessary. All our services are free and totally confidential.

We support people affected by illness such as [cancer](#), [multiple sclerosis](#), [motor neurone disease](#) and [Parkinson's disease](#) and will signpost others to services appropriate to their needs.

We aim to empower people to cope with the complex emotional, physical and practical impacts of illness; to enable them to better understand their illness, treatment and care; to reduce stress and relieve anxiety.

Above all we aim to improve the quality of life of our clients and support them to live on positively and with hope.



The Haven Team

The Haven programme is provided by a multidisciplinary team of nurses, therapists and volunteers who work closely together to ensure you receive the highest standard of care.

Volunteers - are a very important part of our service - providing informal support and a friendly, caring 'listening ear'. They are always pleased to welcome you to our comfortable lounge where you can relax, have tea and coffee and chat to volunteers or other visitors.

Haven Nurses - can provide information on all aspects of your illness and treatment. Consultations take place in our 'Quiet Room' and following this, individual programmes of care are arranged from the full range of Haven services. The nurse will remain as your key contact person, ensuring continuity of care and ready access to information and support as long as required.

Therapists - a dedicated team of professionally qualified therapists and counsellors provide an extensive range of services, on an individual basis, in groups and in workshops.

"Sometimes you come across diamonds in the world but you have to seek them out and I did at The Haven."

Haven Services

Haven supportive services are constantly evolving to meet the needs of our clients.

Complementary therapies - aromatherapy, Indian head massage, reflexology, Reiki manual lymphatic drainage, yoga and hypnotherapy, are provided on a 1:1 basis. **Haven Scents'** - is a series of aromatherapy workshops; **'Haven at Home'** enables those who are no longer able to attend the centre, due to advanced illness, to receive complementary therapies in their own home.

Relaxation - a drop in relaxation class is available once each week; **'Lifting Your Spirits'** is an eight week programme that teaches relaxation, visualisation and meditation techniques.

Counselling - is provided by professionally qualified practitioners, to support clients to develop positive coping strategies. Bereavement counselling for families is also offered.

