

We are here for you!

Working alongside the HCCN nursing service, we aim to help people who have received a cancer diagnosis, are recovering from or living with cancer in the Huntingdonshire area to take control of their lives and play an active part in managing their health.



Below are brief descriptions of our complementary activities. They are provided for you with zero cost. To learn more and get contact details please go to www.hccnthecharity.org/ouroffer to register your interest. With all our complimentary therapies, to keep you safe, you MUST ensure that you have checked with your medical team or GP before you take part.

Bradbury House Drop-In Group

We offer a drop-in space where people can come together to talk freely and gain mutual support. There is always a warm welcome and lots of laughter. It is an ALL-DAY drop-in centre with plenty of activities throughout the day. It's a lovely meeting area and tea, coffee, cake and biscuits will of course be available, and you are welcome to bring your own lunch or snacks.

There are lovely gardens so as it warms up you can spend time outside. Green fingered volunteers will be welcomed. We have a large car park so you will always be able to find a place for your car without walking too far. All areas are accessible.

We would love you to come and join us on Fridays from 10.00am to 5.00pm (Huntingdon). If you would to find out more chat to one of our volunteers to get to know someone before you come along, please contact Carol 07484 279623.

Yoga (on Zoom) with Cherie Luckman

Chair-based yoga ongoing practice so new participants are welcome at any time. You need a chair, Wi-Fi, zoom on a device, comfortable clothes, good sense of humour too!

When: Fridays from 10.30am to 11.00am (via Zoom)

Tai Chi with Thelma Segal

Tai Chi Qigong is an ancient Chinese holistic practice of slow, low impact movements that incorporate posture, breathing and focus to cultivate a smooth energy flow through the body. It calms the mind, improves wellbeing and fitness. It is described as a gentle moving meditation. As it is low impact it is suitable for all ages and abilities. It can also be effective if done in a seated position just gently moving the arms.

When: Fridays from 13.00pm (Huntingdon)

Yoga with Linda Garrett

Chair-based yoga sessions with some standing poses using support if needed. Bring your own drink, you will also need a yoga strap and a tennis or massage ball would be useful.

When: Tuesdays from 10.00am to 11.00am (Bury)

Footcare with Ali Murley

Thinning thickened nails then cutting and filing for comfort, give advice of fungal nails for treatment, remove corns, callus advice on athletes foot treatment. Advice on keeping the diabetic foot safe from infection and harm. Advice on overall foot care. Up to 4 sessions per person.

When: Once a month on the first Friday of the month.

Counselling on Zoom and In Person and Keeping In Touch via telephone

A chance to talk and get support, available by appointment.

Pilates with Mel Batterbee

Pilates builds functional, everyday movement allowing you to discover the strength and mobility of your body. Positions can be adapted for individual needs (standing or seated) and breath work will be a key part of every class to facilitate a sense of well-being and release tension. There are so many physical and mental benefits with Pilates but most importantly, classes will be fun and social.

When: Friday from 15.00pm to 16.00pm (Huntingdon)

Yoga with Judy Duddridge

The first class is an adapted more active class with breath work and a shorter relaxation. Bring your own mat, blocks and yoga strap/belt/tie. The second session is mainly chair based which includes basic movement, breathing practices and a longer relaxation.

When: Fridays from 10.00am (Mat) and 11.05am (Chair based) (Huntingdon)

When: Wednesdays from 11.45am (Chair based) (St Neots) (Starts 6th Dec 2023)

Men's Support Group with Andi Lines

A drop-in group of guys gassing together. Support, chats, keeping in touch, jokes and thoughts etc. Also included is a WhatsApp group that is active daily.

When: Wednesdays, 10.00am to 1.00pm (Huntingdon)

Women's Support Group with Penny Peck

Hollywood or Bust is a drop-in group of ladies chatting, sharing experiences and having a cuppa together. Drop in for a chat at 6.30pm with the main activities starting 7pm. Support, laughs, keeping in touch, crafts, fundraising and much more.

When: Wednesday from 6.30pm to 9.00pm (Huntingdon)

Reflexology with Lynn Reader

Reflexology is a touch therapy that is based on the theory that different points on the feet, hands and face correspond to our organs and body systems. Reflexologists believe that applying pressure on these points offers a range of health benefits. Up to 6 sessions per person.

When: Fridays from 9.30am to 5.00pm (Huntingdon)

Reiki with Shelley Robins

The correct energy flow can help relaxation, pain relief, start a healing process and be soothing. During the session, Shelley will either hold her hands above your body or place her hands gently along the energy points located in your body. You may be able to feel temperature changes, may see colours and should feel relaxed throughout. All treatments are carried out fully clothed.

Occasionally some crystals will be used in the treatment. Up to 4 sessions per person.

When: Fridays from 9.30am to 5.00pm (Huntingdon)

Get Active Exercise with Darren Lander

We have classes for prehabilitation to help you to prepare for treatment from the point of diagnosis. We do this through promoting healthy behaviours such as exercise. The aim of our prehabilitation programme is to empower you to maximise physical and emotional resilience to treatment and improve long-term health.

Prehabilitation is part of a continuum to rehabilitation. After treatment it is important to get fit, healthy and feel good. Through our classes our aim is to help you to return from being a patient to being a person, ensuring you stay well and resilient in your survivorship journey.

When: Tuesdays from 9.30am to 10.30am and Thursdays 12.30pm to 13.30pm (from 4th Jan 2024)

Beauty & Massage with Karen

We are able to offer various treatments for ladies and gentlemen alike. Up to 6 full sessions per person plus unlimited toes and fingernail cutting. Karen is a local Beauty Therapist of 13 years offering a range of comprehensive beauty hand and body treatments in a relaxing and professional environment. When: Fridays from 9.30am to 5.00pm (Huntingdon)

Yoga Nidra

It promotes deep relaxation, and the best bit...no movement is involved! Yoga Nidra has been shown to help reduce stress and anxiety, improve sleep patterns, boost immune function, and promote emotional healing, all of which can be especially beneficial for those undergoing cancer treatment, and a 45 minute session can have the same mental and physical benefits as a three hour nap. When: **Coming Soon** (Huntingdon)

To find out more visit www.hccnthecharity.org/ouroffer or call 01480 416410