

The Natural Rhythms Group

sara Lee



This weekly session combines group support and creative therapy in a natural setting for people with cancer and other life-threatening illnesses. The group is sensitively facilitated to encourage sharing and personal reflection. Participants are invited to slow down and enjoy being in natural surroundings, with attention paid to the changing seasons. Sometimes there might be a short guided relaxation exercise or a walk in the woods. Any activities offered are entirely optional and require no particular skill.

Where does it take place?

In the late spring, summer and early autumn the group meets at Powdermill Wood in a yurt. This is a Mongolian tent, which provides a lovely, light, circular space. In the winter we use a log cabin in the woods.

Times and dates

The group meets for two hours on Wednesdays in four-week blocks, with a short break between each block. A list of the dates is available on our website: www.saraleetrust.org.

We start at 10.30 but you are welcome to arrive from 10.15 for refreshments. The morning finishes at 12.30.

Booking

You do not need to book a place, however, please do let us know when you are planning to attend your first session so that we can provide you with directions and inform the facilitator. Thereafter you are free to participate as and when you want.

Access

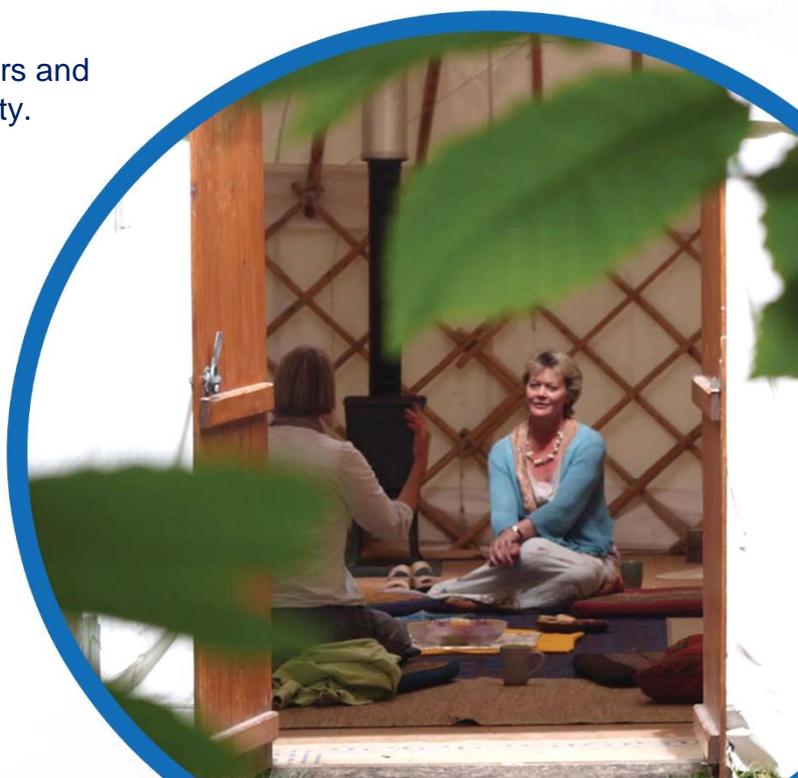
Toilet facilities are available nearby up a flight of stairs and may not be accessible to those with restricted mobility.

Facilitators

The group is led by fully-qualified, experienced facilitators.

Transport

If you require transport please contact the office on **01424 456608** and we will do our best to arrange this for you.



Further Information on The Sara Lee Trust Services

Who we are and what we do

The Trust was established in 1996, in memory of Sara Lee, who lived locally and died from cancer, aged 32. Today the Trust continues to provide essential care and services to people in Hastings and Rother affected by cancer and other life-threatening illnesses, including family members and carers.

We provide, free of charge, counselling, complementary therapies and group activities. The Trust delivers over 80 hours of therapy care per week to local people, including patients of St Michael's Hospice and The Rye, Winchelsea and District Memorial Hospital where we have treatment rooms and provide care on the wards. We also provide therapy in the community by visiting patients in their own homes, and from July 2017 our Therapy Centre in Sidley, Bexhill will be operational.

To be referred for our services

Please speak to a health professional responsible for your care (e.g. nurse specialist, GP or consultant). They will need to complete a referral form, which can be downloaded from our website (see below for details).

To find out more about our services, or if you have any comments or suggestions to make about the Sara Lee Trust, contact us at:

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St Leonards on Sea
East Sussex
TN38 0LB

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Email: info@saraleetrust.org
Website: www.saraleetrust.org

Registered Charity Number 1055048

