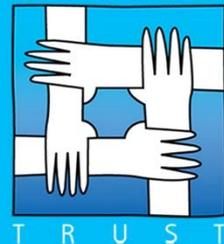


Sanctuary Days

sara Lee



Sanctuary Days take place once a month in local, rural venues, and provide an opportunity for relaxation, group support and personal reflection to people living with cancer and other life-threatening illnesses. We hope that participants feel the benefit of taking time out in nature which, as a growing body of research shows, can help to improve wellbeing.

Each Sanctuary Day is a little different, being tailored to the needs of the individuals attending. Most people take advantage of the complementary therapies on offer and benefit from the company and support of fellow participants. Some attendees enjoy creative activities or a little gentle exercise in the garden, many make use of the natural surroundings for personal reflection and relaxation. Any activities offered are entirely optional and require no particular skill.

Participant Feedback

Sanctuary Days are perhaps best described by the people who have attended them, and a recent participant described her experience as follows:

"My day is filled with complete fulfilment from beginning to end. You are made to feel so at ease, as soon as you enter a warm welcome is given and refreshments. Our host introduces our therapists, we receive a choice of complementary therapies, carried out by extremely professional staff in private rooms. Support is always available by way of group or private counselling.

We are all allowed to be free from our stresses and receive the indulgent delights offered and, importantly, do whatever we feel comfortable doing, even if it means having a sleep! Fatigue being a major player where I am concerned, a quiet area is provided for this. We can release our anxieties, worries and feelings to each other which is so liberating. This is such a release as you often keep things to yourself as telling close family or friends may not feel right for you. The importance of the day brings us together with nature so beautifully. A splendid lunch is provided, all very healthy and so inviting, I have a food allergy and this is taken into account giving me no worries with what I will be eating.

As a group we have a choice of being together to talk to one another or finding a quiet resting area which is provided if we just want peace and quiet in the idyllic surroundings of nature. We all find peace here. We may not have had it when we arrived but we all go home with it."

Facilitators

The day is run by experienced facilitators who are available throughout the day should you require support or wish to talk in private.

Therapists

Our Sanctuary Day therapists are highly qualified and experienced, and offer a range of complementary therapies including aromatherapy massage, reflexology and shiatsu. Treatments are offered in a warm, quiet room or, when the weather permits, participants can receive a gentle session outside in the sunshine or under the shade of a tree.

Transport

If you are unable to arrange transport please contact the office on 01424 456608 and we may be able to arrange this for you, although places are limited. Please see our Transport and Directions leaflet detailing local services.

Dietary Requirements

A vegetarian lunch is provided and special diets can be catered for.



Booking a Place

Sanctuary Days are limited to eight participants. Please contact the office on 01424 456608 to find out the dates of forthcoming Sanctuary Days.

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 our Therapy Centre in Sidley, Bexhill.

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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