

Our Services



Providing free essential care for people in Hastings & Rother affected by cancer and other life-threatening illnesses.

sara Lee



T R U S T



How we can help

If you or a loved one have been diagnosed with cancer or another life threatening illness, The Sara Lee Trust may be able to help.

We know that serious illness has a huge impact on a person and those around them which goes much deeper than physical health.

This impact can be experienced at different times, with some needing more support during or after their medical or clinical treatment.

The Trust can help improve health and wellbeing in areas such as managing stress & anxiety, staying active, relationships & family, healthy eating and symptom management.

The Sara Lee Trust supports local people in Hastings & Rother, East Sussex. To be referred for our services, you can speak to any healthcare professional responsible for your care.

“

*The NHS cured my cancer but
The Sara Lee Trust
has healed my mind.*

”



Delivering care where you need it



In your own home

We can provide services to you at home.

- In person
- Online
- By phone



The Sara Lee Therapy Centre

54 Ninfield Road, Bexhill on Sea, TN39 5BD

Free parking is available in the public car park on the other side of the street. The Centre has a small car park, with spaces prioritised for those with restricted mobility.



St Michael's Hospice

25 Upper Maze Hill, St Leonards on Sea, TN38 0LB

There is visitor and disabled parking at the Hospice, as well as free on-street parking in the surrounding roads.



Hub on Rye Hill

Kiln Drive, Rye Foreign, TN31 7SQ

Adjacent to the Rye Memorial Hospital, there is ample free parking on site at the Hub.



Our Therapy Services

Key

Where each therapy takes place

- Sara Lee Therapy Centre
- St Michael's Hospice
- Hub on Rye Hill
- Home Visits
- Online & Telephone

Talking Therapies



Counselling



A chance to share your thoughts and feelings with an experienced therapist who will listen without judgement. Counselling can bring new understanding to your situation and your relationships, and make things much more manageable. Counselling for couples is also available.



Coaching*



Support from our Counselling team specifically around supporting you back to a more active social and working life.



Cognitive Behavioural Therapy (CBT)



CBT is a talking therapy that shows you how to change your mindset. You will learn how to recognise negative patterns and behaviours in yourself and others, implementing coping mechanisms that improve the way you feel, and how you make others feel.



EMDR



EMDR (Eye Movement Desensitisation and Reprocessing) is a therapy that helps you process traumatic or distressing experiences, memories. The therapy involves a combination of techniques such as eye movements or tapping.

*Using support models developed through an EU funded research project called 'I-KNOW-HOW'

Touch Therapies



Aromatherapy



The use of essential oils to support wellbeing and reduce feelings of stress, tension and anxiety. Aromatherapy can be included in a massage or reflexology.



Dry Needling



Involves the insertion of very fine needles into specific points around the body which can provide relief from pain, stiffness and hot flushes.



Lymphoedema Massage (Manual Lymph Drainage)



A specialist massage technique that can relieve lymphoedema swelling and pain (a fluid collection).



Massage



This involves the therapist using their hands to rub your skin and apply pressure to your muscles and tendons to help you relax and ease anxiety, stress and pain.



Reflexology



A massage for your feet or hands that can positively affect different parts of your body promoting a state of deep relaxation and reduce tension and pain.



Reiki



Simple, gentle touch and visualisation techniques for relaxation that can be used over your clothes or blankets and bring relief from many symptoms, including pain.



Shiatsu



A combination of body movement and some pressing and tapping on different parts of your body to bring balance, calm and wellbeing.

Group Activities



A Place To Talk

A supportive and facilitated group helping people to talk about the impact of life threatening illness. Looking at relevant topics such as isolation, body image and stress.



Activity Through Cancer

With Albion in the Community
(Brighter Outlook)

Physical activity sessions and tailored support to help you through your cancer journey.



Food For Thought

A regular group for patients and carers to talk about the impact of life threatening illness and treatment on appetite, the benefits of healthy cooking and to learn and share experiences, recipes and more.



Information & Awareness Drop in Sessions

Delivered in partnership with the NHS aimed at improving awareness of the support available locally for people affected by cancer.



Look Good Feel Better

Skincare, make-up and grooming workshops for women to help boost confidence and manage the visible side-effects of cancer treatment.



Service User Socials

An open regular drop in social event for current and former services users, providing the chance to chat with others in a similar situation.



Therapeutic Yoga

A slow mindful form of yoga that is helpful for people who are / have been unwell. This is a safe and effective way to improve physical activity whilst helping to relieve stress and anxiety.



Wellbeing Through Food

A 6-week course for patients and carers wanting to explore healthy eating during treatment and recovery.



Wellbeing Through Nature

Each season has a 6-week programme which combines group support and creative therapy with a nature focus to encourage sharing and personal reflection.

Other Activities



Law Clinics

Working in partnership with Heringtons Solicitors, these free clinics are aimed at improving the legal support and assistance available to local people with a new life threatening diagnosis.

The Sara Lee Therapy Centre Timetable

	Group Activity	Time	Room
Monday	Therapeutic Yoga – Introduction & Maintenance	12:30-2:30	Woodland & Meadow
	Service User Socials	2:00-4:00 3rd Monday every two months	Meadow
Tuesday	Therapeutic Yoga – Meditation	12:00-1:00 Weekly	Online via Zoom
	Wellbeing Through Nature	10:30-12:30 2:00-4:00 Weekly	Woodland & Meadow
Wednesday	Look Good Feel Better	6:00-8:00pm Monthly - Dates TBC	Meadow
	A Place To Talk	5:00-7:00pm Weekly	Woodland
Thursday	Therapeutic Yoga - Maintenance	9:30-12:30 Weekly	Woodland & Meadow
	Activity Through Cancer	1:00-5:00pm Weekly	Woodland
	Information & Awareness Drop in	3:00-5:00pm 3rd Thursday every month	Meadow
Friday	Activities to be confirmed		
Bi-monthly	Wellbeing Through Food	6 weekly programmes run throughout the year. Days Vary.	At Sidley Freedom Church or St Michaels Hospice
	Food For Thought	5:00-7:00pm Days Vary	Meadow
On Arrangement	Law Clinics	Via appointment only	At Heringtons offices, or home visits are available

Our activities are updated periodically.

For the latest information, visit www.saraleetrust.org/timetable

Accessing our services

Our services are provided **free of charge** and are available to patients, family members, carers and loved ones (aged 18 and over).

New Patients

If you haven't used any of our services before, you will need to be referred. Speak to the health care professional responsible for your care (e.g. nurse specialist, GP or consultant). They will need to complete a referral form, available at our website (www.saraleetrust.org).

Existing Trust Service Users

If you are already on our system, please book through your current Trust therapist.

For more information, contact our team by calling **01424 456608** or email **services@saraleetrust.org**

The Sara Lee Trust is a small, independent charity which is reliant on voluntary donations to continue its work.

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