

## Light: A Universal Symbol of Life

Throughout the world among many cultures and religions, light has always been regarded as a powerful and positive symbol for life, love, hope and truth. For many, the lighting of a candle or light has become a personal expression of celebration and remembrance of precious memories.

The Nightingale Cancer Support Centre provides individuals with the opportunity to publicly express their own personal feelings of love and appreciation of those dear ones who have enriched or continue to enrich their lives.

Do take the chance to join in a truly local community event and at the same time help those families struggling to find joy at Christmas.

## Who we are

The Nightingale provides a much needed layer of support for people affected by cancer - right from the critical point of diagnosis. We are dedicated to enhancing quality of life and helping people to cope, whatever their circumstances. We do this by providing practical, emotional and physical support throughout their journey, *helping people to live through cancer and beyond*. All our services are free and available to those living in, or receiving treatment in The Borough of Enfield.

## What we do

At The Nightingale, we provide individual programmes made up of treatments, complementary therapies, activities and practical support services to anyone over 18 who has cancer or is affected by cancer, including family, friends and carers. The therapies and group activities have been selected because of their ability to provide physical relief from the effects of cancer and its treatments. The counselling and support groups provide help for people trying to come to terms with the illness and worrying about how they will cope.

The Nightingale Cancer Support Centre,  
The Lancaster Centre,  
53 Lancaster Road,  
Enfield, EN2 0BU

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*“Apart from my young daughter, there was no-one at home I could talk to. The Nightingale was a safe haven where I could unburden myself with others like me and importantly, who didn't know me.” Sue A*



Registered Charity No. 1094435



# Light Up A Life

Join our annual celebration and dedicate  
a light of love to someone special.



## What is Light up a Life?

Christmas is a very special time of the year bringing joy to millions. It can also be a difficult time if a loved one is going through a tough time or is no longer with you.

Lighting up a symbolic light for a departed loved one or for someone who is going through a difficult time is your personal expression of love.

Your personal message will be on display at your chosen venue and entered into a book of remembrance. You are welcome to attend the formal dedication service to be held at the following locations at the times shown:

### **25th November 2017**

7:15pm St Monica's Catholic Church,  
1 Stonard Road, Palmers Green,  
N13 4DJ

### **6th December 2017**

6:30pm Metaswitch,  
100 Church Street,  
Enfield, EN2 6BQ

As well as remembering a loved one, you will also be helping us to support families who are struggling to cope with a life threatening illness this Christmas.



**I would like to light up the life of:**

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**My personal message:**

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**Please write your details in capitals.**

First name \_\_\_\_\_

Surname \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Post code \_\_\_\_\_

Tel no \_\_\_\_\_

Email \_\_\_\_\_

I enclose a donation of £ \_\_\_\_\_

Please make cheques payable to  
'The Nightingale'

### **Gift Aid**

I am a UK taxpayer and would like The Nightingale Cancer Support Centre to claim back tax on my donations. I understand that I must be paying tax or capital gains tax equal to the tax reclaimed by the charity on my donation.

Signature \_\_\_\_\_

Date \_\_\_\_\_

### **My Chosen Venue:**

**St Monica's Catholic Church**

**Metaswitch**

Please cut off and keep the first section of this leaflet as a reminder of the two services and post the remaining 2 pages, together with your donation, to The Nightingale Centre.