

***A snippet of what happens at The Nightingale
with the people that make it all possible...***



Spring 2026



Colin does it again

Gingerbread men aren't just tasty

Your chance to win £25,000

Night Hike 2026



nightingalesupport.org.uk



THE NIGHTINGALE

Cancer Support Centre

Who we are

The Nightingale Cancer Support Centre's aim is simple; to improve the quality of life of cancer patients, their families, friends and colleagues by helping them come to terms with and cope with their changing lives.

We know that every cancer diagnosis is different. Therefore, we provide a range of free services designed to provide physical and mental relief. With timely support you can learn to self-manage and develop coping skills to recognise and reduce anxiety and plan for your future.

Cancer support is not one size fits all and nor are our services. We work with you to make sure you are getting the help you need. All of our services are provided by a wonderful team of qualified professionals and volunteers.

No isn't top of our vocabulary. Even though we don't have all the answers, we will do our best to find them.
So don't be afraid to get in contact.

Emotional Support

One-to-one counselling
Mindfulness
Art & Movement

Complementary Therapy

Reflexology
Massage
Reiki
Acupuncture

Centre Activities

Coffee Club
Knit and Natter
Look Good Feel Better
Nicola Jane Bra Fittings
Tropic Skincare

Physical Support

Chair-Based Yoga
Pilates
Yoga

If you have questions about anything in our newsletter, need advice or are looking for support

Call us on 020 8366 4333

What can you do?

Easy Fundraising - Over 5,065 well known retailers including Tesco, Boots, Deliveroo, M&S, Waitrose, Argos and John Lewis, donate a percentage of what you spend to The Nightingale when you shop with them via Easyfundraising. Go to easyfundraising.co.uk and choose the retailer you want to shop with, then everything you spend with that retailer earns a free donation for The Nightingale at no extra cost to you.

Tick The Box - If you have made any donation to The Nightingale over the last 4 years, we could gain an additional 25% on top of your donated amount. All you have to do is tick the gift aid box at nightingalesupport.org.uk/giftaid. If every person who donated to the charity since October 2022 had ticked the gift aid box, The Nightingale would have received an additional £25,846.96! All from ticking a box!

Foreign coins - Hands up if you have loads of Dollar, Dinar, Yuan, Peso, Cedi or any other currency sitting in a drawer somewhere collecting dust? Yeah, we're the same. Well, you can donate your dusty coins by bringing them to our centre and we can exchange them for UK Pounds. Last year we raised nearly £1,000 from foreign currency that may have never seen the light of day again.

131 ★★★★★
REVIEWS
to date.



WOW! We are so grateful for all of your kind reviews.

Did you know that the more reviews we have, the more we get seen by people needing our services. Your reviews do a lot more than just stroke our egos!

If you like what The Nightingale do then please leave us a review so that more people can benefit from our services. Google The Nightingale Cancer Support Centre and click 'Write A Review' to share your thoughts.



Fiona Connell

Head of Services

fiona@nightingalesupport.org.uk

NIGHTINGALE CENTRE

187a Baker Street, Enfield EN1 3JY



nightingalesupport.org.uk/get-support

Registered Charity Number: 1094435

Hi everyone

This is my first edition of The Nightingale Newsletter as CEO and I'm delighted to be writing the introduction to this issue.

For those of you who don't know, back in 2024 I began volunteering for The Nightingale after attending one of the charity's events. I was so moved by what they did for the community I knew I wanted to help in some way.

I am thrilled to rejoin The Nightingale as CEO during what is undoubtedly such a pivotal time, not only for the charity but for national cancer care.

Over the last 5 years there has been a 17% increase of people living with cancer in the UK and we are seeing a direct impact on our services. In 2025 we saw 33% more people walking through our doors in desperate need of cancer support than we did in 2024.

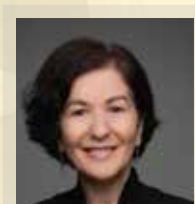
The Nightingale is not only a lifeline for people with cancer, supporting their mental and physical health but also a joyous place full of love, warmth and laughter.

This edition of The Nightingale Newsletter shows this love in abundance. You'll read about Colin, who is pushing himself to run The TCS London Marathon for The Nightingale less than a year since his cancer went into remission. You'll read about how cancer turned Claire's world upside down but The Nightingale made everything the right way up again. You'll read about the many people who have fundraised for The Nightingale in their own creative and fun ways.

We also share a host of exciting events coming up in 2026 some of which are staples in our events calendar and some brand new. Plus, you will find out about our newly launched Nightingale Lottery where you could win £25,000 every Friday for just £1.

Without these events and fundraisers that you all support we could not deliver our vital services. I wish to take this opportunity to thank you all for being with us every step of the way, helping us to keep our doors open for the people who need us.

I hope you enjoy this edition of The Nightingale Newsletter.



Meral Nugent
CEO

meral@nightingalesupport.org.uk



What's Happening Under Your Skin?

We're often told that sunburn increases the risk of skin cancer but what does that really mean and why does unprotected sun exposure matter?

Ultra Violet (UV) radiation is energy released by the sun and sunbeds. There are two main types of UV rays that affect the skin:

UVA -penetrates deep into the skin and contributes to premature ageing, such as wrinkles and loss of elasticity.

UVB - affects the outer layers of the skin and is the main cause of sunburns have a higher risk of cancer later in life.

When UV rays reach the skin they are absorbed by our skin cells. Too much UV exposure can damage the DNA inside these cells, causing small changes known as mutations.

Although the body has repair systems that work to fix this damage, intense or repeated UV exposure can overwhelm them. When this happens, damaged cells may survive instead of being repaired or destroyed.

Sunburn is a visible sign of this damage. The immune system responds by increasing blood flow and inflammation to the affected area. On lighter skin tones this may appear as redness or pinkness, while darker skin tones may feel irritated, tender or itchy. In severe cases, swelling, blistering or peeling can occur.

While after-sun products can soothe this discomfort they cannot undo the DNA damage. Once DNA is altered in a harmful way, those changes can remain in the cell for life.

Over time, repeated UV exposure allows more mutations to build up. Eventually, a damaged cell may begin to grow uncontrollably forming a cancer. This is why sunburn isn't just a short-term issue, it can signal long-term damage beneath the skin's surface.

One instance of sunburn doesn't automatically cause skin cancer, but every unprotected exposure adds to your lifetime UV dose. This is why people who spend long periods in the sun, use sunbeds or experience frequent sunburns have a higher risk of cancer later in life.

Protecting your skin doesn't mean avoiding the sun altogether. Staying in the shade, wearing protective clothing and using broad-spectrum sunscreen can all help to reduce your UV exposure and support long-term skin health.

When enjoying the weather this summer remember what is really happening to your skin when out in the sun and stay safe.





Great Quality Great Prices Great Cause

Looking for great value without compromising on quality? Our eBay shop makes it easy to shop smarter and kinder.

Joanna, our eBay Manager, carefully selects every item we sell on eBay from the thousands of donations we get into our Baker Street Charity Shop each month.

She focuses on clothing that's brand new with tag (or BNWT in eBay lingo), designer items and recognised high street brands.

Often the only difference you'll spot between buying something brand new or buying something from our eBay shop is the price.



Take these brand new, never worn Converse Hi Tops that were recently on listed on our eBay shop. Someone snatched these up for just £30 whereas brand new on the high street they would have cost £65!

It's not just clothes we sell. Joanna, our eBay Manager says, 'Our eBay shop is full of surprising finds, from accessories and shoes to homeware and other hidden gems. You'll find a range of unique, unusual and quirky items. Even if you don't know what you're looking for there are 1,000 items to browse. New items are added daily, so there's always something fresh to discover.'

Shopping with us online isn't just simple and convenient but it's also meaningful. Every purchase helps to support our work, turning pre-loved and carefully sourced items into real impact for our community.

Whether you're hunting for a bargain, treating yourself to a designer piece or browsing for something a little different, our **eBay shop** is well worth a visit.

Shop online with us today.

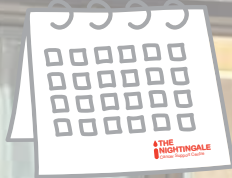


www.ebay.co.uk/str/nightingalecancersupport

99.8% positive feedback and over 11,000 items sold!

A huge thank you to Attic Self Storage for generously providing our **eBay shop** with a year of free storage. This has given Joanna the much needed space to organise, store and pack every order.





Upcoming events for your diary

Scan here to book
it's quick and easy



May
15

Night Hike

Enfield Civic Centre, EN1 3XA

Friday 15th May 2026 6.00pm

Join hundreds of people walking our 5K, 10K or 15K Night Hike route around our beautiful borough, with a Welcome Reception where you can enjoy some music and a fun warm up to get you ready for the walk.

May
24

Plant Sale

Byng Drive, EN6 1UH

Sunday 24th May 2026 10.00am

The flower girls are at it again. You'll find a wonderful collection of bedding plants and vegetables including petunias, pansies, gazanias, runner beans, courgettes, baby cucumbers, red chilli, plenty of tomatoes and much more!

May
29

Spring Flower Demonstration

Cuffley Hall, EN6 4JA

Friday 29th May 2026 11am

International floral designer, tutor and author Gill McGregor will share her extensive floral knowledge, expertise and floral arranging tips. Enjoy refreshments, the demonstration and a lovely buffet lunch, with the chance to win one of Gill's arrangements.

Jun
19

Annual Charity Golf Day

Crews Hill Golf Club, EN2 8AZ

Friday 19th June 2026 11.00am

It's tee time! Gather your golfing pals and have a day out at Crews Hill Golf Club with refreshments, a two-course meal and a chance to be crowned winner. Remember that the worst day of golf is better than the best day of work.

Jul
9

Music on the Terrance

Bush Hill Park Golf Club, N21 2BU

Thursday 9th July 2026 6.00pm

A musical programme of popular classical and showtime classics against the stunning surroundings of the golf course, presented by Southgate Opera with guest appearance by Violinist, Gabriella Bavetta.

Sep
18

Fashion Show

Forty Hall Coach House, EN2 9HA

Friday 18th September 2026 1.30pm

A day of fashion and afternoon tea. Sounds perfect, right? Our Fashion Show really is one of the highlights of our events calendar, showcasing the amazing items found in our charity shops and more importantly, showcasing our wonderful clients!

Dec
5

Christmas Charity Ball

Bush Hill Park Golf Club, N21 2BU

Saturday 5th December 2026 6.30pm

Start the festive celebrations with The Nightingale! Get your group together to enjoy welcome drinks, a delicious three course dinner and live music. A night of Christmas glitz and glam and giving back.

Dec
17

Festive Flower Demonstration

Cuffley Hall, EN6 4JA

Thursday 17th December 2026 11.00am

International floral designer, tutor and author Gill McGregor is back for a second time! She will share her extensive floral knowledge, expertise and floral arranging tips. Enjoy refreshments, the demonstration and a lovely buffet lunch, with the chance to win a Christmas centre piece.

 THE
NIGHTINGALE

NIGHT HIKE

Walk 5k, 10k or 15k against cancer



Enfield Civic Centre

Friday 15th May 6:00pm

£18 Registration
Donation *with optional
free goodie bag!*

nightingalesupport.org.uk/night hike

SCAN TO SIGN UP



Registered Charity No: 1094435



Taking on the London Marathon for the third time

Colin's Story

I guess I should start by telling you why I decided to take on the 26.2 miles that make up the The TCS London Marathon and hopefully raise a bit of money for The Nightingale.

I have run the London Marathon twice before, in 2012 (the year of the London Olympics) and again in 2013. I had applied to get a place through the ballot every year since but had not been successful.

Then on Christmas Eve 2024 I was diagnosed with stage 4 cancer of the neck and lymph nodes. I was about to go through what my consultant described as, 'Aggressive and brutal' treatment. He wasn't kidding!

It was unlike anything I had ever been through before; six weeks of daily radiotherapy topped up with weekly chemotherapy. It was pretty horrible and yet daily I came into contact with a whole host of other men and women who were most likely going through for worse treatment than me.

After I finished my treatment there was a three month wait before I could have the two scans that would determine if it had been effective.

The cumulative effect of the radiotherapy and chemotherapy took three months to 'settle down' so that the scans could be relied upon to give an accurate reading as to the efficacy of the treatment.



“

*I finally had the scans.
The news was good.
I was officially in
remission.*

”

After 12 years of applying, while in remission from my 'aggressive and brutal' treatment, an email arrived.

Sick as a dog, at my lowest ebb, barely able to walk to the end of the street, over two stone lighter in weight, a feeding peg in place and regularly throwing up I read the words, 'Your entry is confirmed for The TCS London Marathon 2026!'

I kept this news secret. I immediately knew I wanted to do it but from where I was at physically and mentally, I couldn't imagine ever being able to do so.

I didn't want to worry my family, in particular my wife who had nursed me through everything, seen me at my weakest and sickest, who had poured her love into me. How could I possibly tell her I was planning on running the London Marathon so soon after everything?

It was another 3 or 4 months after treatment before I could contemplate doing even a mild jog round the block. I have always enjoyed running. Yes, enjoyed. I make no bones about it; running has always been beneficial to my mental wellbeing and it was something I desperately wanted to get back to.

I started slowly, just 15 minutes a couple of times a week. Then 20 minutes. Then it dropped off. Then it started up again. The only plus was that I could feel the benefit of having lost a couple of stone. I didn't feel I was carrying a lead weight across my rear end but I was easily tired.

I hit a point where I knew I had to make a decision. You can't seriously contemplate running a marathon after everything I had been through without a proper commitment to training for the event. It's hard work. Was I prepared to make that commitment? Yes!

So, here we are. I got back into running little but often at first and then committed to a proper, structured, tailored 16 week training plan for the first time ever.

It feels amazing. Don't get me wrong, it is hard work, but honestly I am really enjoying the benefits of it and I feel that I am preparing for The TCS London Marathon 2026 better than I ever have before.

I am going to do this!

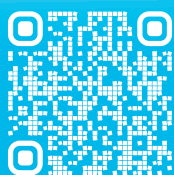
I am using this experience to raise some money for an extremely worthy cause, The Nightingale Cancer Support Centre. I have known about The Nightingale for quite some time but never thought that I would personally need to call on its support but I did. I am eternally grateful for the support, the kindness and the warm and open welcome I have experienced there.

I have availed myself of some of the therapies and support offered and they have helped me enormously in working through this crazy, disorientating experience of living with and, I hope, surviving cancer.

Without The Nightingale in my life, I don't think I would be so far on in my recovery. I almost certainly would not be running a marathon in April.



We wish Colin the best of luck for his marathon! If you want to support Colin and his marathon challenge, you can visit his



Just Giving page here: www.justgiving.com/page/colin-gardiner-1

Has Colin inspired you to take on a challenge of your own? Here's just a few challenges we have spaces in. If you're interested, email ryan@nightingalesupport.org.uk.

Lee Valley Velo Park April 2026 (5K, 10K, Half) - Saturday 25th April

Hemel Hempstead 10K - Saturday 17th May

Finsbury Park (5k, 10k, Half) - Saturday 21st June

Fundraising SpotLight

Our fundraisers go through so much effort for us, the least we can do is give them their spotlight moment. By no means is this all of our fundraisers, we're just showing a few from the last couple of months.



Knit and Natter Sale – When the North Enfield Conservative Club publicised that they were having a Table Top Sale, our Knit and Natter knew they wanted to be involved. Meeting every week to knit (and natter of course) means that the cupboards were overflowing with gorgeous, knitted items that needed a home. The group also decided to sell their hand made items at the centre for the few weeks before Christmas. All of their sales totalled over **£900!**



Bush Hill Park Golf Club – We were thrilled to be chosen as both the Men's and Women's Captains' Charity as part of the Bush Hill Park Golf Club fundraising programme from September 2024 to August 2025. Captains Guy and Alison were incredible with their energy, hard work and enthusiasm throughout the year and helped raise a record-breaking amount for the club. **£21,474.64!** A big thank you to everyone at the club for their incredible support



Zippola – Zippola are doubling their support through their café bookshelf. They buy books from our Baker Street Charity Shop, sell them in the café and then donate the money from the sales back to the charity. So far their community bookshelf has raised over **£500** and created some eager readers.



Highfield Primary School – The students and staff at Highfield Primary School got into the festive spirit by having a Christmas Jumper Day. For every jumper worn a donation was made, raising **£402**. We were invited in to talk to the students at a recent assembly to thank them in person for all their hard work and community spirit.



The Dog and Duck – After their Annual Golf Day Tournament, The Dog and Duck shared what their day had raised with the community. We were lucky enough to be one of their chosen charities receiving **£1,000**. A great day was had by the golfers and the charities.

Lucy & John's Wedding – Weddings are a wonderful and joyous occasion so it was an honour when our Mindfulness teacher Lucy decided to share her wedding with us. Rather than asking for gifts, she asked for people to donate to a Just Giving page for her and her husband's chosen charities. Their guests and loved ones kindly donated **over £1,000** to The Nightingale.



THE NIGHTINGALE LOTTERY

WIN UP TO

£25,000

EVERY FRIDAY!

Join **The Nightingale Lottery** for your chance to win **£25,000** and help your local charity support **thousands of people with cancer**

Play your part



Scan to join
The Nightingale Lottery

The promoter of this Unity Lottery is The Nightingale Cancer Support Centre. The Nightingale is licensed and regulated in Great Britain by Enfield Council under account number LN/202400274. You must be 18 or over to enter. Registered Charity No: 1094435

GambleAware

Advice | Tools | Support

Gingerbread men aren't just delicious



When you're living with cancer, or any ongoing illness, it can feel like the list of symptoms and side effects just keep growing.

When the nurse Kerry had been seeing for months, who knew her and her ailments inside and out, was leaving the role, she started to worry. Kerry knew that she would have to start from scratch with a new medical professional and had no idea how to convey to them all of her ailments, issues and concerns. Especially when appointments can be short on time and especially when there's more than one thing bothering you.

"I made a list of everything bothering me but realised that we might only have time to look at the first few on the list."

So, Kerry got creative.

"I was racking my brain thinking that there must be an easy way of conveying all of my issues equally and easily. So, I just decided to start drawing.

I drew a gingerbread man and wrote all over him everything that was going on in my body, from sore mouth to brain fog, nausea, aching joints, everything. To my surprise I quickly filled the entire paper. I don't think I realised just how much I was going through until it was all on the gingerbread man."

Kerry wrote down symptoms exactly where they showed up. Headaches on the head, joint pain on the joints, tummy troubles where you'd expect them. A full body explanation you could take in at a glance.

At her next appointment, when Kerry handed the drawing to her medical professional, "Their eyes widened as they said, 'Wow!'"

It saved us both time as we weren't asking and answering the same questions over and over again. It's not a long list and I'm not just mentioning issues that are bothering me at that time, the gingerbread man includes all issues, big and small, ongoing or sporadic."

When Kerry was recounting this creative stroke of genius at the centre, she caught the ears of quite a few of our clients who have since gone on to create their own gingerbread man.

"Brain fog is a big side effect for many people during cancer treatment so this really helps with that because you're not relying on your memory for everything.

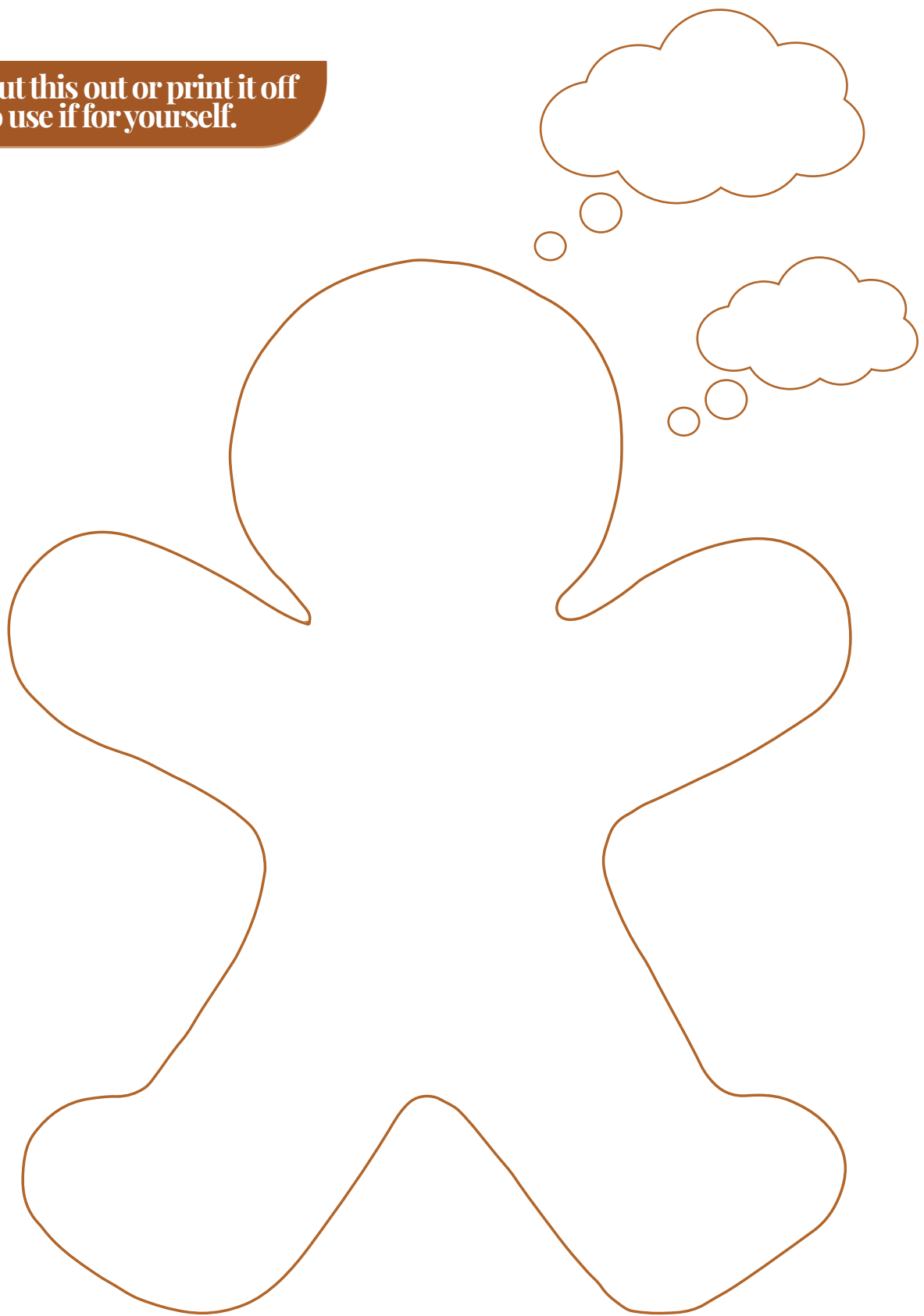
Even outside of doctors appointments this has helped me personally. When I'm having a bad day and think it's all gotten too much, I can look back at previous gingerbread men I've drawn and it really shows how far I've come. You never notice slow progress but I look and think, 'Wow, things aren't as bad as they were then!'"

The gingerbread man is a light-hearted idea but it has clearly helped Kerry advocate for her health. When words get jumbled, emotions are high and symptoms don't play by the rules, sometimes you need to think outside the (biscuit) box.

We have create a Gingerbread Man Template so that you can try Kerry's creation. Cut this out or print it off to use if for yourself. Let us know if you find it useful and if it helps you at your next appointment.



Cut this out or print it off to use if for yourself.



My Medications

- _____
- _____
- _____
- _____
- _____
- _____

My Sleep

- _____
- _____
- _____
- _____
- _____
- _____





Bethany England Visits The Nightingale



The Nightingale has been working with the Tottenham Hotspur Foundation for over three years now, delivering fitness classes to our clients and the wider North London community through a Move 4 You class.

During this time we've welcomed players like Ben Davies and Ledley King as they visit the classes to take part and see the incredible work they're doing. But one player in particular has captured the hearts of the attendees; Bethany England, Women's First Team Captain.

Bethany visited the class three times in as many months. After she was moved by a Q&A session with participants when she first visited the group, she returned only three weeks later to drop off a donation of dumbbells and resistance bands that she had collected from her personal network.

Having been spurred on by her own experience of caring for her grandmother and having seen the impact of cancer on other family members, Bethany is now introducing team-mates to the Move 4 You class, with Clare Hunt being the first.

Bethany said: "My family has gone through a lot of hardship with cancer, and so if I am in a position where I am able to give back, that is exactly what I am going to do. The Foundation have so many different programmes and areas that they support in the community, I cannot think of anything better than giving back to people going through hardship."

Since this visit, the group has been invited to the Tottenham Hotspur Training Centre

where they enjoyed a tour of the facilities and greeted Bethany and team-mates at the end of training.

Roberta, a long time member of the class and a client of The Nightingale, said of Bethany's involvement with the group that, "The companionship and camaraderie in this group has meant a great deal to me. It impresses me very much that Spurs isn't just a football club, it's a football family."

Adam Millar, Foundation Health and Wellbeing Programme Coordinator, said: "We've got a strong relationship with everyone at The Nightingale and Bethany's support, along with Clare's, has only served to increase levels of activity and engagement. Through her visits, she's advocating for a holistic approach to health, aligning perfectly with our programmes that focus not only on physical wellbeing, but also mental and social wellbeing."

We look forward to seeing Beth, Clare and many of their team-mates join our inspiring clients at sessions throughout the year.

"In this group, you all support each other that's what I love about being in a team, you're not doing it on your own, you've got people behind you."

Bethany England



A woman wearing a grey hoodie and an orange headscarf is smiling. In the background, a man with a beard is partially visible. The image is oriented upside down.

**Cancer Turned My Life
Upside Down But
The Nightingale
Turned It Back Around**

Claire's Story

My reality was turned upside down in June 2025 when I was diagnosed with triple negative breast cancer, a less common and more aggressive form of breast cancer.

From that moment, everything happened so quickly and suddenly that my life revolved around hospital appointments and treatment plans. While I was still trying to process my diagnosis, I started my first of 16 rounds of chemotherapy.

Treatment really took a toll on my body, so getting booked into the Look Good Feel Better workshop at St Barts Hospital was just what I needed; a bit of TLC while being taught how to adapt my skincare and makeup to life after treatment.

When the date came, I didn't feel strong enough to make the long journey into London, especially not on public transport. I went online to sadly cancel and noticed that there were spaces available at the session held at The Nightingale. As the centre was local to me, I knew that I could drive the short journey.

There were nine of us in the workshop and it was absolutely fantastic. Afterwards, I was with a lady who lived local to me and I offered her a lift home. During the journey she told me all about The Nightingale and how much it has helped her. Hearing all of the support that she had received made me realise that I should give it a try myself.

So, I decided to bite the bullet and register for support.

The first time I walked through the door I was very nervous. The receptionists were lovely and welcoming which made me feel at ease straight away. As I walked down the corridor to my first Coffee Club, I remember thinking to myself, "Oh, god, am I really doing this?". The nerves must have shown on my face as a

lovely lady invited me to come and sit down next to her. The volunteers who run the sessions made me a cup of tea and introduced me to everyone. They really went out of their way to make me feel comfortable.

Since that moment, I have become a Coffee Club regular. I try to attend as many mornings as I can because they mean so much to me. It really helps being around others who can understand what I'm going through. I hope that one day I can help someone else through their first Coffee Club visit.

The reflexology and massage sessions that The Nightingale offer have been wonderful and so relaxing during such a busy and stressful time.

I know myself well enough to admit that while I'm going through things, I tend to just get on with it. I keep my mind focused on other things and once everything starts to slow down, that's when I'll need support. That's why I'm glad I'll be starting counselling soon as I know it will be a huge benefit to me.

Cancer turned my life upside down but it's also made me realise that I need to live my life to the fullest because you never know what's around the corner.

I mean, who thinks they're going to get cancer?

Having a positive mindset, meeting supportive people and finding places like The Nightingale have made a huge difference for me.

It's a very bold statement to make but joining The Nightingale was the best thing I've done since I was diagnosed.



Claire x

A Gateway to the Body

Reflexology is based on the principle that specific points on the feet, hands and ears correspond to different organs and systems of the body. By applying gentle pressure to these reflex points, Reflexologists aim to stimulate the body's natural healing processes, restore balance and promote deep relaxation.

Feet are believed to mirror the body's internal structures, making reflexology a unique gateway to supporting overall wellbeing. For example, toes are associated with the head and neck and the arch corresponds to digestive organs such as the stomach, liver and pancreas.

Cancer diagnosis and treatment can place enormous physical and emotional demands on someone. Complementary therapies such as reflexology play an important role in supporting quality of life during and after cancer care.

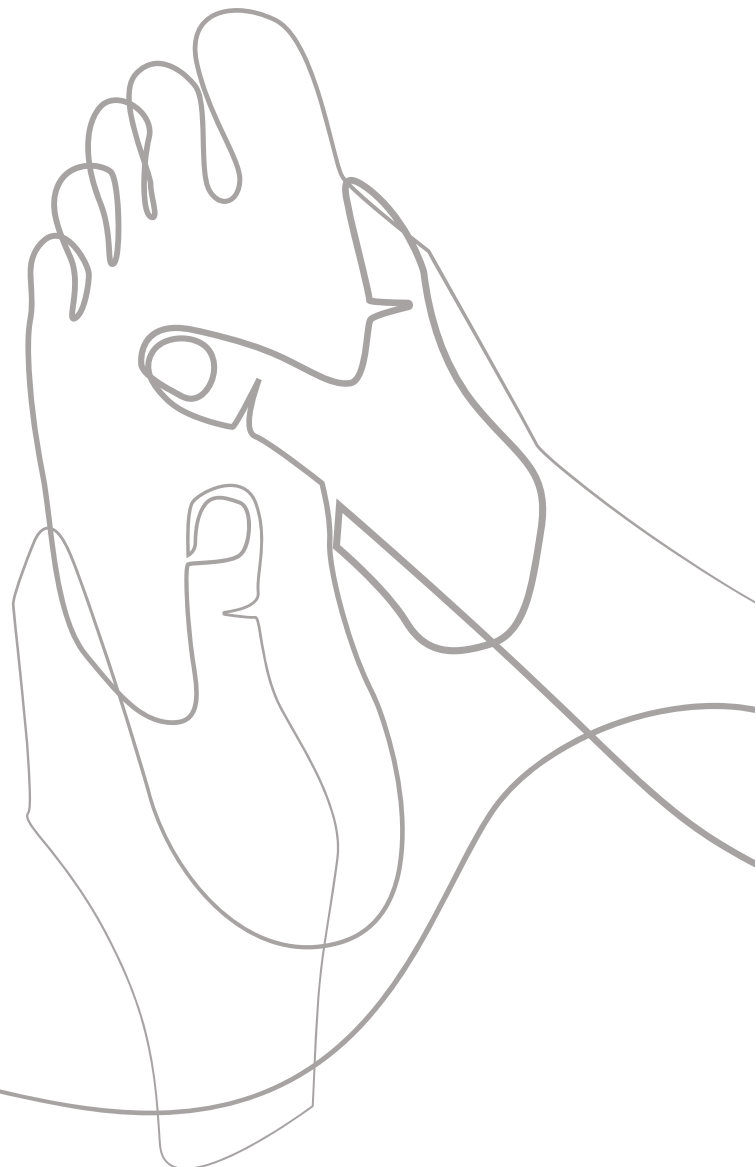
The calm environment and nurturing touch during a session can provide a valuable opportunity to relax and reconnect with the body. This can be particularly beneficial during a time when the body may feel overwhelmed by medical procedures and treatments.

Though the scientific evidence is still developing, many cancer patients report that reflexology helps to relieve their discomfort, pain and digestive issues. Many of The Nightingale's clients have reported a range of benefits from their course of six reflexology sessions including:

- **Deep relaxation and stress reduction**
- **Relief from treatment-related symptoms**
- **Better sleep**
- **Enhanced sense of wellbeing**
- **Improved circulation and energy flow**
- **Release of emotional tension and build up**

Due to these overwhelming and life affirming benefits, reflexology is one of the most popular types of complementary therapy in the UK among people with cancer.

By including reflexology in our range of services we're providing our clients a chance to relax, recharge and feel more at ease in their mind and body.



Thank you to all those who continually support The Nightingale and see the value in what we do for our community



HAMBERLEY

CARE HOMES

BROOKWATER HOUSE



The Ronald And Joan Johnston Charitable Trust

FREE PROSTATE CANCER TALK
WITH
MBE ERROL MCKELLAR

Learn more about prostate cancer, symptoms, diagnosis and treatment and receive a **free PSA Test Kit** just for turning up

Tuesday 18th August, 6:30pm
The Nightingale Centre
187a Baker Street, EN1 3JT

Scan to register today



 **THE NIGHTINGALE**

 **errol mckellar**
the errol mckellar foundation

nightingalesupport.org.uk/prostate

Registered Charity No: 1094435

