



**themulberrycentre**  
for anyone affected by cancer



## CANCER AND COVID-19 SUPPORT **REMOTE SERVICES**

Support services extended to the General Public  
and NHS staff impacted by COVID-19

Services and registrations are free of charge



### ONE-TO-ONE SUPPORT CONSULTATIONS

Emotional Support  
Counselling  
Complementary therapies: Relaxation; Emotional freedom technique; Distance reiki; Aromatherapy sessions  
Legal information  
Welfare and Benefits service: Benefits applications; Debt; Housing; Employment; Grant applications  
Befriending service  
End of life (EoL) and bereavement\*

\* Offered for ALL diseases including cancer and COVID-19, for patients, carers and bereaved who live or work in Hounslow, or if the patient is/was hospitalised at the West Middlesex University Hospital.



### ONLINE WORKSHOPS AND WELL-BEING CLASSES

Managing Stress  
Emotional Freedom Technique  
Paired Massage and Self massage  
Sleep Management  
Cancer Nutrition  
Aroma Sticks  
Art Class and Flower Remedies (separate workshops)  
Legal support  
'How people grieve'  
Hot Flushes, Body Image and Impact on Sexual life  
Ladies Morning  
Meditation  
Yoga  
Tai Chi  
Art Class  
Creative writing  
Book Group



### SUPPORT GROUPS

Patients  
Carers  
Bereaved

### NO APPOINTMENTS NEEDED

To register, please call:

Rochelle	07759 946 600	9:30am–1.30pm
Raffa	07376 658 623	9.30am–1.30pm
Lucy	07592 873 235	1.00pm–5.00pm

### PLEASE VISIT OUR WEBSITE

for the timetable and for  
more information

[www.themulberrycentre.co.uk](http://www.themulberrycentre.co.uk)



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