

**Star Throwers provides
individually focused support for
those affected by cancer.**



Star Throwers is a support charity based in Wymondham, Norfolk dedicated to supporting people affected by cancer, from diagnosis through to life after.

The Star Throwers Centre was opened in 2009 and has since supported over 4,000 people affected by cancer, with:



cancer information and help with understanding treatment options.



complementary therapies, nutrition information, counselling and group workshops.



lymphoedema information, management and support.

We support people with all types of cancer by providing evidence-based information about their diagnosis and treatment options.

Our wellbeing service aims to help patients and carers cope with the effects of cancer and its treatments.

All of the support we offer is completely free of charge, thanks to our amazing donors and supporters.

How To Access Our Support Services

Our support services are open to anyone with a cancer diagnosis or anyone who is supporting someone with cancer (aged 18+). You can self refer to Star Throwers, and one of our team will explain what services Star Throwers can offer you.

You will then be asked to fill in our short online Patient Questionnaire or Carer Questionnaire. Please contact us via any of the channels below or drop into our centre during our opening hours (Mon - Fri, 9am - 5pm).

Contact Us:



01953 423304



info@starthrowers.org.uk



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Cancer Information

(In-person, Phone, Zoom)

People with cancer are often asked to make treatment decisions and require information about their cancer diagnosis and its impact. At Star Throwers we aim to help you understand the information that you have been given by your medical team e.g. translating medical reports or explaining why specific investigations are required in order for you and your medical team to plan appropriate treatments for you.

We are here to:

- make peer-reviewed cancer research literature accessible and understandable.
- help you understand the evidence for and against treatments.
- help you understand and explore the possibility of relevant clinical trials.

Please note: Star Throwers does not offer medical advice and we encourage people to talk to their medical team before making any final decisions.



Nutrition Support

(In-person, Zoom)

Increasingly individuals with a cancer diagnosis are exploring complementary medicine alongside their traditional oncology treatment. Nutrition is particularly powerful since it is within the reach of every individual to implement dietary changes. At Star Throwers we aim to help guide you through the minefield of information and scientific evidence, in order to provide personalised advice on achievable and beneficial dietary changes, whether the goal is cancer prevention, support through a cancer diagnosis, or optimising remission.

Our nutrition support service includes:

- 'Nutrition Q&A Session' – outlining simple ideas and dietary changes to empower a patient to make dietary changes which can help them manage their condition.
- one-to-one consultations for those who are seeking more individual and personalised support.
- nutritional care packages which consist of a range of cooking items and our own recipe book. (Subject to availability.)



Counselling

(In-person, Phone, Zoom)

Counselling is a talking therapy that can help with a range of emotional issues that those affected by cancer may face during and beyond a diagnosis. The Star Throwers counselling service is a tool available to support you at any stage of your journey. Our counsellors are trained to listen and allow you a space to share your feelings and to clarify your thoughts without worrying about negatively affecting others.

The Star Throwers counselling service is suitable if you:

- have a diagnosis of any type of cancer.
- are newly diagnosed.
- are undergoing treatment.
- are trying to adjust back to 'normal' life and work after treatment.
- are facing a life-limiting prognosis.

We are also here to support your loved ones – carers, relatives and friends – including bereavement counselling.



Lymphoedema Support

(In-person)

Star Throwers offers information and support if you are at risk of developing lymphoedema, already have a diagnosis or would like to discuss any other aspects such as risk factors and self-support.

What is Lymphoedema?

Lymphoedema is a build up of fluid in the body tissue in any part of the body and occurs when the lymphatic drainage system is compromised. Cancer or its treatments can cause damage to the channels and lymph nodes that make up this drainage network.

Our lymphoedema support includes:

- advice and monitoring to help prevent lymphoedema.
- advice on minimising the risk of developing complications associated with the condition.
- skin care advice.
- manual lymphatic drainage.
- self lymphatic drainage.
- compression garment measurement and fitting.



Acupuncture

(In-person)

Acupuncture uses needles to stimulate points on or under the skin called acupuncture points or acupressure points. There has been evidence that shows that stimulation of acupuncture points can release natural painkillers (such as endorphins and serotonin) and modify the brain's perception of pain, which may help to relieve pain and promote a sense of wellbeing.

At Star Throwers we would recommend acupuncture for those who are experiencing cancer-related symptoms such as:

- nausea
- fatigue
- insomnia
- hot flushes



Scar Therapy

(In-person)

Our therapist has been trained in RESTORE scar therapy. If you have recently had surgery, our therapist can treat your scar to help stimulate healing and soften fibrosis as the scar matures.

Scar therapy can also be beneficial for older scars. The body is constantly renewing cells so your old scar can still improve when given the right stimulation.

About scar therapy sessions:

- Scar therapy cannot make a scar disappear, but it usually generates improvements to symptoms such as pain or sensitivity.
- Textural changes to the suppleness of the scar and surrounding tissue often occur.
- We can also suggest self-care for you to continue at home.
- The number of treatments you may require will be dependent on the scar issues and symptoms you are experiencing.
- The treatment provided will always stay within your comfort levels.



Fatigue Management

(Phone, Zoom)

Cancer and its treatment can cause extreme tiredness, known as fatigue. Our Fatigue Management sessions can help you to manage your energy levels so that you can partake in the activities that are important to you. This service is delivered by one of our therapists who has worked with many people who have experienced fatigue as a major symptom of their medical condition. These sessions can be delivered virtually via phone or video or in-person.

Sessions cover lifestyle, looking at your priorities and helping you to plan and pace your activities.

Our fatigue management sessions include:

- creation of a 'fatigue diary' which will be used to form the basis of individual ongoing support.
- advice on monitoring lifestyle .
- looking at your priorities.
- help in planning and pacing activities.



Complementary Therapies

(In-person)

Star Throwers offers a range of complementary and supportive services, our therapies are not intended to replace any medical treatment but are designed to boost your overall wellbeing and mental health. Our services are also available for carers to help them with supporting their loved one with cancer. All our therapists are experienced, qualified, insured and DBS checked.

We will always recommend the most appropriate treatments available to you in order to ensure you receive the best possible care and outcome from your therapy.

Massage

A massage treatment is recommended for those affected by stress, pain, anxiety, depression or fatigue. Massages are sometimes combined with essential oils (aromatherapy) which are believed to have a synergistic effect. Our therapists may treat your whole body or concentrate on a specific part, such as your head, neck or shoulders. We have several massage therapists at Star Throwers who can adjust their technique to suit your individual requirements – some have done additional training in Oncology massage.



Indian Head Massage

This treatment focuses on massaging acupressure points along the head, neck, and shoulders, often using circular massage strokes to improve hair and scalp condition. It is understood that this therapy can reduce headaches and improve physical wellbeing. Indian Head Massage requires no oils or equipment, making it a very accessible treatment, perfect for newcomers to massage.



Hypnotherapy (or Guided Meditation)

Hypnosis is very similar to being in a day dream, during the session, as your mind begins to relax, then your subconscious mind becomes open to positive suggestions. Hypnotherapy is a safe and natural therapy which can combat a wide range of conditions including: stress, anxiety, fear and phobias.

Reflexology

Reflexology works by stimulating the acupressure points on your feet to promote wellbeing and relaxation in connection to other parts of your body. Reflexology may help with many cancer related symptoms such as pain, discomfort, tiredness, and nausea and may give helpful relief from tension and anxiety. The relaxation that comes with reflexology is of great benefit to cancer patients and their carers and people often report sleeping more soundly after a treatment and having more energy.

Reflexology Lymph Drainage

Reflexology Lymph Drainage (RLD) is a specialist reflexology technique which stimulates specific lymphatic reflexes on the feet. It can assist with the management of lymphoedema occurring from the treatment of cancer.



Facials

A gentle and relaxing cleansing and exfoliation of the skin adjusted to your skin requirements – all organic and chemical free products are used. Facials are focused on improving condition of the skin naturally to provide both instant and long-term results and also relax body and mind.

Reiki

Reiki is a very old and natural form of therapy in which a Reiki Master or Reiki Practitioner (who has undergone formal recognised training) uses gentle hand movements and techniques, with the intention of guiding the flow of healthy energy (known in Reiki as 'life force energy') through the client's body to reduce stress and anxiety, promote relaxation, and promote wellbeing.



Colour Confidence

These are 1:1 sessions, aimed at showing you how to choose colours that make you look and feel better, which look great on you but also boost your confidence and mood. These sessions are run by a personal colour and style consultant with over 15 years experience.

Group Therapies & Workshops

Star Throwers offers a range of group therapies and workshops available for both patients and carers to attend. We also run various courses throughout the year – please check with us to see what other group therapies or workshops we may have to offer.

Craft & Chat Group (In-person)

This is a fun social group where you can meet friends for a catch up and some creative patchwork therapy or other craft project you may be working on. No experience necessary and many of our crafters are happy to teach you a new skill. The craft group meets in the Star Throwers kitchen and refreshments are provided.



Other Craft Groups (In-person)

Papercrafts – come along and enjoy some time creating paper crafts in a fun and relaxed atmosphere.

‘Learn to’ Crafts – various groups including crochet, needlework etc.

Please check the ‘Events’ part of our website for updated classes.

Art Group (In-person)

This is a fun, collaborative and supportive creative group, making art together. You will be using contemporary art as a response to cancer – no artistic experience necessary.

Pilates (In-person)

Pilates is a gentle form of exercise which focusses on core strength alongside increasing mobility. This class aims to have you leaving refreshed and calm but also feeling as if you have worked your body and mind. Our small, friendly group classes are aimed at all levels including beginners.

Hair Loss Support (In-person)

Our Hair Loss Support Days (various dates throughout the year) are a mixture of practical sessions and caring support for those who have experienced hair loss as a result of a cancer diagnosis.

Financial Support Navigator (In-person)

Come and see our Finance Support Navigator for information about the financial assistance available for those affected by cancer.

Support available with the following:

- Navigating the benefit system
- Filling in forms
- Attendance Allowance information
- Carers Allowance information
- Blue Badge Applications

Please Note: We cannot guarantee that we will be able to secure any benefits for you, it will depend on your individual circumstances.

Writing for Wellbeing (Zoom)

Writing can positively change the way cancer patients think about their disease and provides a way for carers to cope with their emotions. We offer a safe, supportive and confidential space where you can write and talk about anything you wish. No prior experience of creative writing is needed, everyone is welcome. These sessions are delivered online via zoom and led by an ex-oncology nurse who is also an experienced counsellor and poet.

Star Throwers Connections (In-person)

Star Throwers Connections is a group session for people dealing with loss through cancer. The purpose of the group is to provide a safe space in which to talk about the grief we experience after losing a loved one to cancer. Even though each person's grief is deeply personal and everyone may deal with loss in a different way, it can be helpful and healing to connect with others who are in or have been in a similar situation.



Breast Cancer Support Group (In-person)

Our monthly Breast Cancer Support Group provides a safe and supportive environment to express thoughts and feelings about your cancer diagnosis. We are offering a place to enable you to talk about your experiences throughout and moving forwards whether you require ongoing treatment or not.

Star Throwers staff and volunteers will be on hand to provide information and support. We will also be hosting a number of expert talks at sessions including the areas of: lymphoedema, nutrition, menopause and scar therapy - please check our website for more details.



Secondary Cancer Support Group (In-person)

We offer a safe space for women with secondary cancer, to connect with others, share experiences and find support. Although facilitated, the group is led by attendees.

Supporting Star Throwers

We are incredibly grateful to the individuals, groups and companies who donate to, support and fundraise for Star Throwers.

Star Throwers does not receive any government funding, therefore the support we receive from donations and fundraising is vital for enabling us to continue to provide our services.

Ways in which you can help us to continue to make a difference:

- Donate – one-off or regular donation
- Fundraise
- Attend one of our events
- Support our charity shops – donate items & shop
- Volunteer
- Display a collection tin
- Get your company involved

Please contact us if you would like to support Star Throwers in any way. We would love to hear from you.

Please scan the QR code
with your phone or visit
www.starthrowers.org.uk
to make a donation.





The Star Throwers Story
After a heavy storm, a boy walked
along the beach throwing the
stranded starfish back into the sea.
A man watching shouted, "There are
too many of them – it won't make
any difference."

As the boy threw another starfish
back into the sea, he smiled and
replied, "It made a difference to that
one!"

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