

Support us

My Cancer My Choices makes a real difference in the lives of those undergoing cancer treatment.

Our complementary therapies are provided free of charge, and we rely entirely on donations, fundraising, corporate partnerships and the generosity of volunteers to sustain our vital services.

Donate



Give once. Give regularly. Give in your will. We appreciate every pound you give us, and promise to use it wisely.

Fundraise



Bring your energy. Bring your ideas. Bring your friends.

Our fundraisers make what we do possible and seem to have a lot of fun in the process!

Volunteer



Share your expertise. Share your time. Share your passion.

We couldn't do any of this without our wonderful volunteers.

If you would like more information on how you can support us, or if you would like to get involved, visit: mycancermymychoices.org



How to register for treatments?

Online: mycancermymychoices.org

Email: bookings@mycancermymychoices.org
(please include a contact number)

Phone: **0118 228 0960**

Once we've completed the registration process with you, we will be in touch to arrange your first appointment as soon as a suitable slot becomes available.

Availability may vary depending on your chosen therapy and location, but we'll do our best to offer you an appointment as soon as possible.

Our 1-1 therapy locations:

- Charvil
- Bracknell
- Newbury
- Reading

Our courses take place at various locations across Berkshire and online.

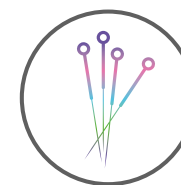
"I always left feeling much happier and less stressed than when I arrived"

mycancermymychoices.org

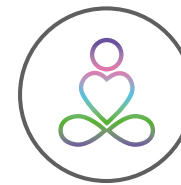
Registered Charity 1162165
First Floor, 46 Old Bath Road, Charvil, RG10 9QR



Complementary therapies for people with cancer



Dedicated to wellbeing



Registered Charity 1162165

mycancermymychoices.org

What is complementary therapy?

Complementary therapies do just that – complement conventional treatment. We offer a wide range of complementary therapies and group courses, each one provided by our award-winning team of volunteers who are not only trained in their respective fields but are also deeply committed to supporting cancer patients on their journey.

Why complementary therapy during cancer?

We understand the challenges that come with a cancer diagnosis. That's why we're passionate about providing access to complementary therapies that help to improve overall wellbeing for individuals living with, and beyond cancer in Berkshire and surrounding areas. From managing pain and fatigue to relieving anxiety and boosting mood, our therapies offer holistic support to enhance conventional cancer treatments.

"The support I've received from MCMC has been nothing short of life-changing offering emotional healing and a sense of connection during a deeply isolating time."



Who do we support?

We believe that everyone with cancer deserves access to complementary therapies from the moment of diagnosis, which is why we offer six free one-to-one treatments (plus group courses) to anyone residing, or receiving treatment, in Berkshire, who:

- Has cancer
- Is within six months of active (not preventative) cancer treatment

This can be virtual and/or in-person sessions with qualified therapists, designed to help you manage your wellbeing. Our therapists are trained to know which treatments are safe and appropriate to work alongside your conventional treatment. Our courses and individual therapies are all run on voluntary donations.

If you are unsure about whether you fall within our scope for treatment, please get in touch on

📞 0118 228 0960 or

✉ bookings@mycancermchoices.org

Which therapies & group courses are offered?

Acupuncture

Offering relief for some cancer-related symptoms by using ultra-fine needles or pressure at specific points on the body.

Art Therapy

A form of psychotherapy using art media that gives the space to explore feelings and thoughts that might arise when given a cancer diagnosis.

Massage

Includes Aromatherapy Massage, Oncology Massage and Scar Tissue Massage, all helping to relieve stress, pain, muscular and emotional tension.

Mindfulness

Relieves stress and anxiety by teaching the mind to be more peaceful and aware.

Pilates

A low-impact form of exercise that focuses on controlled movements to strengthen the body, particularly the core.

Reflexology

Encourages relaxation by applying pressure to certain parts of the feet and hands.

Reiki

Uses energy vibrations to promote positive wellbeing, relaxation and pain relief.

Tai Chi

A gentle and flowing movement practice to restore balance, strength and calm.

Yoga

Uses different postures and breathing techniques to help relax and cope with stress, anxiety and depression.

Please view our website for our most up to date range of therapies.



Proud holders of the King's Award
for Voluntary Service

For information on how to register for treatments,
please see the back page of this leaflet