



Wellbeing Centre

**The Old Library Building, Memorial Avenue,
Worksop, S80 2BP**

Tel 01909 470985

Open Weekdays 9:30am—4:30pm



Menu of Services



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Acupuncture

Available Fridays (9:30am - 1:30pm)

One-to-one sessions with a professional acupuncturist to help with anxiety, depression, minor ailments, headaches, as well as assisting relaxation and general wellbeing .

To book an appointment, please call the centre.

Aurora Care to Give Shop

Open Weekdays (9:30am - 4:00pm)

Please feel free to browse our charity shop where we sell a great selection of quality pre-loved goods at affordable prices. Donations welcome excluding electrical items.

Aurora Gentle Gym

Yoga

Availability TBC

Learn gentle yoga posture and simple breathing and relaxation techniques to enhance physical and emotional wellbeing.

For more information, please call the centre.

Pilates

Available Wednesdays (9:30am - 10:30 am, 10:30am-11:30am)

As like Yoga, Pilates has proven benefits for men and women throughout their cancer journey. Improve posture, flexibility, balance and muscle strength.

To book a session, please call 07806702942

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The History of Aurora

Aurora is a cancer charity originally established over 10 years ago in Doncaster, Mexborough and Bassetlaw. Our aim is to help and support local people with a cancer diagnosis, and their families. Today, we have centres in Worksop, Bassetlaw Hospital, Doncaster Royal Infirmary, Scot Lane, Doncaster and Mexborough Montagu Hospital. At our centres, we provide a package of six free therapy treatments to both men and women to help boost self-esteem and self-confidence whilst undergoing and recovering from cancer-related treatments. There is a wide range of professional beauty and holistic therapy treatments available with our professional team, including advice on skin care and hair loss.

As much as we pride ourselves in offering such a unique therapy service, as a charity we are growing in size and in ethic; with cancer survival rates at an all time high, we have identified that more emphasis should be placed upon survivorship and living with cancer and other long-term conditions. We offer support, promote a healthy wellbeing and quality of life, and encourage people who use our services to be active participants in their own recovery and thereafter.

Aurora in the Bassetlaw Locality

Welcome to our Menu of Services booklet for the Aurora Wellbeing Centre in Worksop. You will see we offer a great range of services and programmes for the community. We also have information, help and advice services. The services we provide are **not only for cancer patients, but are available to the local community for a suggested donation to the charity. Please come along and see what we have to offer.**

The Aurora Wellbeing Centre is open Monday-Friday. We encourage you to come along and visit our tearooms and enjoy a selection of refreshments, or browse our charity shop and pick up a bargain.

Useful Emergency Numbers

For all NHS Community Services including Macmillan nurses, community/district nurses and community matrons:

Single Point of Access (SPA)	01777 274422
Inpatient Hospice and Day Hospice	01777 863270
Out of Hours Service	111
Bassetlaw Hospital	01909 500990
Citizens Advice Bureau (CAB)	01909 476049
Adult Social Care	0300 500 8080

Aurora Wellbeing Classes

Available Thursdays (1:00pm - 2:30pm)

A 7 consecutive week programme. Learn to recognise those triggers that lead to depression, anxiety and anger, and learn methods to break negative thinking habits and encourage a healthier wellbeing. Also includes a Colour Therapy session, and introductions to hypnotherapy and yoga.

Open to all.

For more information or to book a place, please call the centre.

Beauty Therapy Treatments

Available Monday-Thursday (9:00am - 4:30pm)

A wide range of therapy treatments are available at all our centres, including the Wellbeing Centre, Worksop. These include:

Manicures and Pedicures, Waxing, Massage, Facials, Eyebrow Shaping etc.

Anyone with a cancer diagnosis receives the first six treatments free. Carers are entitled to two free treatments. Thereafter, and to general public, treatments are available at the suggested donation price. All persons require a consultation before any treatment.

For more information, please see separate price list for all available therapies.

To book an appointment with one of our beauty therapists, please call the centre.

Breathe Easy

Available every second Thursday of the month (2:00 - 3:30pm)

A support group for people affected by lung conditions, including carers, friends and family members.

For more information, please call the centre.

Buzzom Buddies

Available every second Thursday of the month (6:30pm - 8:30pm)

Come along and join a network of women who have experienced breast cancer, offering emotional support and friendship. Also open to relatives and friends.

To book a place, please call any of the following:

Mary: 01909 562099

Barbara: 01909 808674

Joan: 01777 705360

Annette: 01909 733794

Breast Clinic: 01909 500900 ex 2328

Counselling Service

Available Weekdays 9:30am - 4:30pm

There are often times in life when things can get on top of you. With the help of our counsellor and in a supportive environment, there is the opportunity for you to talk about issues that may be troubling you so that you are able to grasp a clearer understanding of yourself and are empowered to take control and change for the better. One-to-one basis.

For more information, please call the centre.

Drop-In Support Groups

Bereavement Support in the Community

Available the second and fourth Friday of the month (9:30am - 12:30 pm)

This informal drop-in session offers help and support for relatives and friends following bereavement.

Carers in the Community

Available Fridays (1:30pm - 4:00pm)

For those caring for someone with cancer or long-term condition. Meet other carers and professionals for advice, support and a chat.

All carers welcome.

Survivors in the Community

Available the first and third Friday of the month (9:30am - 12:30pm)

Open to survivors living with a diagnosis of cancer or long-term condition.

Come along and meet others in a similar position and gain advice and information from our team.

No appointment necessary for any of our drop-in sessions.

Eeze-Fit Gym

Open Monday-Saturday

At Eeze-Fit Gym, exercise at your own pace in a friendly environment. Suitable for all ages and fitness levels.

To book an appointment, please call 07936551308

General Fundraising Events

There are various fundraising activities taking place in Bassetlaw and Doncaster.

For full details, visit our website : www.aurorawellbeing.org, or if you have any fundraising ideas, please contact the fundraising team by telephone: 01302 327163, or email: fundraising@aurorawellbeing.org

Headstrong

Available every first Wednesday of the month

Support and practical information about hair loss, scalp care, headwear choices, eyebrow enhancement and false eyelashes.

To book a private appointment with Jenny or Val, please call 01302 381302
(Free Breast Cancer Care Helpline 0808 800 6000)

Information on National & Local Services (see Reception)

In our main reception, we have a wide range of information about local services, including projects by Bassetlaw Action Centre, Bassetlaw Community Voluntary Services and other volunteering opportunities, Age UK, NHS services, dementia support, mental health support services, British Heart Foundation dietary and nutritional information, and general promotion about upcoming events in the locality.

For more information, please call into the centre.

Macmillan Hub

Within the Wellbeing Centre, we have a Macmillan Hub which provides high quality, up-to-date information and advice for cancer patients and their families. This includes information on prevention, signs and symptoms, cancer screening programmes, cancer treatments, the financial and emotional effects of a cancer diagnosis, diet and nutrition, information for children and young people, carer information, and end of life support. Please feel free to browse the hub at your leisure. If there is any specific Macmillan cancer-related information we do not stock, we can order relevant materials for you.

We have Macmillan Wellbeing practitioners who are here for you on the site who can give one to one support, give guidance and signpost to relevant services between Monday and Friday.

For more information, please call into the centre.

Mindfulness

Availability TBC

Mindfulness is a group programme that combines meditation and Cognitive Behavioural Therapy to help manage problems such as depression and stress that often occur following cancer diagnosis and treatment.

For more information, please call the centre.

MS Pilates Group

Available Thursdays (11:00am-12:00pm)

Learn simple Pilates moves to increase range of movement, build strength and encourage flexibility and mobility.

To book a place, please call the centre.

Parkinson's Pilates Group

Available Thursdays (1:30pm-2:30pm)

Learn simple Pilates moves to increase range of movement, build strength and encourage flexibility and mobility. Must be signed up to Parkinson's UK.

To book a place, please call 07582517481

Prostate Cancer Programme (Living With and Beyond)

Available Wednesdays

Supported by Prostate Cancer UK, this programme is designed for all those diagnosed with prostate cancer at any stage of treatment.

For more information, please call the centre.

Reflexology

Available Thursdays (9:30am - 1:00pm)

Reflexology is a massage treatment that focuses on reflex points on the foot which relate to organs found within their particular zone or meridian. It is used to help reduce stress and revitalise the mind and body.

To book an appointment, please call the centre.

Self-Esteem & Self-Confidence Workshop

Availability TBC (Bi-monthly)

One-off workshop. Identify what may be affecting your self-esteem and recognise the impact of a low-self esteem on your wellbeing and the way you communicate with others. Learn tips to boost self-esteem and confidence.

For more information, please call the centre.

Staying Well- Expert Patient Programme

Available Mondays (9:30am - 12:30pm)

A 6 week programme for anyone living with a long-term condition. Learn new skills to help manage your condition on a daily basis.

To book a place, please call 01777 709650

Stitch-a-Keepsake

Available Mondays (1:00pm - 3:00pm)

Come along and enjoy sewing in a supportive environment.

Open to all.

Time Banking Group

Available Fridays (10:30am - 12:30pm)

'Timebanking' is a means of exchange between people. For every hour, participants firstly 'deposit' their time and then they are able to 'withdraw' the equivalent of someone else's time. For example, you may offer to sew someone's clothing in exchange for them doing your gardening.

Open to all.

For more information, please call into the centre.

Valerie's Tea Rooms

Open Weekdays (9:30am - 4:00pm)

Our bright and pleasant art deco tea room offers a welcoming environment to relax and enjoy a range of reasonably priced refreshments.

Wellbeing Wednesday Events

Running Wednesdays (10:00am - 3:00pm)

To support our fundraising activities, the Aurora Wellbeing Centre hosts a variety of art and craft stalls every Wednesday. Pop along to see what's on offer!

Our Partners

We believe partnership is incredibly important for the sustainability of our charity. We are proud to work in partnership with the following organisations:



Timetable of Services

Day	Services
Monday	9:30am-4:30pm: Beauty Therapy Treatments 9:30am-12:30pm: Staying Well– Expert Patient Programme * 1:00pm-3:00pm: Stitch-a-Keepsake
Tuesday	9:30am-4:30pm: Beauty Therapy Treatments
Wednesday	9:30am-4:30pm: Beauty Therapy Treatments 9:30am-10:30am; 10:30am-11:30am: Pilates 10:00am-3:00pm: Wellbeing Wednesday stalls Headstrong # Prostate Cancer Programme *
Thursday	9:30am-4:30pm: Beauty Therapy Treatments 9:30am-1:00pm: Reflexology 11:00am-12:00pm: MS Pilates 1:00pm-2:30pm: Aurora Wellbeing Classes * 1:30pm-2:30pm: Parkinson’s Pilates 2:00pm-3:30pm: Breathe Easy #
Friday	9:30am-1:30pm: Acupuncture 9:30am-12:30pm: Bereavement/Survivors Drop-In ^ 10:30am-12:30pm: Timebanking 1:30pm-4:30pm: Carers Drop-In

Key

^ alternate weeks # once monthly

* this programme runs for several weeks at a time, thus not available every week.
Please check with the reception/office for the start date of the next programme.

Please note: Aurora Care to Give Shop, Eeze-Fit Gym and Valerie’s Tearoom are open for business everyday during opening hours, and the Counselling Service is available on weekdays.

Yoga and Mindfulness course dates to be confirmed.



*We strive to develop further programmes in the future to best suit our community.
If you are interested in our continued plans for the Centre or have any suggestions,
do feel free to speak to our staff in the main reception.*

Call: **Wellbeing Centre, Worksop: 01909 470985**
Aurora Fundraising Team: 01302 327163
Freephone Charity Number: 03000 111 202

Email: **admin@aurorawellbeing.org**

Visit: **www.aurorawellbeing.org.uk**

We are lucky to have a team of excellent volunteers supporting the work of the charity on a daily basis. If you are interested in volunteering for us, please call into the centre for a volunteer application form.

Aurora Wellbeing charity no: 1142015

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