

I am eighty six years old and I am a member of N.H.C.I.S.C. It was over four year ago I was diagnosed with advanced prostate cancer when I first heard about N.H.C.I.S.C. from my daughter who had breast cancer. We decided to go together to the centre where we were warmly welcomed.

It has such a friendly atmosphere where people of all ages who have experienced living with cancer, or who are carers for people living with cancer. The centre is open several days a week and provides different free therapies reflexology, Reiki and massage therapy for people living with cancer , also confidential one to one meetings.

There is also a men's night once a month where men can discuss their experiences of living with cancer, also have talks from befriending volunteers, solicitors etc. We also have summer outings, Christmas meals, and New Year celebrations. It makes one feel that you are not only the one suffering with cancer.