

Everyday

Drop-In

- Monday – Friday, 9am–5pm.
- Anyone impacted by cancer can drop in for a cuppa and a chat. This is for the patient, carer, family member, colleague or friend. No appointment needed.

Counselling

- Monday – Friday, 9am – 5pm.
- 1:1 counselling sessions are available every day. People impacted by cancer wanting to access counselling will be invited for an initial assessment. This takes about an hour. Clients can then receive 12 counselling sessions *free of charge*. This service is for adults, whether they are the patient, carer, family member, colleague, friend or bereaved by cancer.
- 1:1 or group Art Therapy sessions can be accessed *free of charge* with a qualified Art Therapist. This service is available for children and young people. They can be the patient themselves or family member/friend of someone with cancer or bereaved by cancer.
- Appointments need to be booked for these services.

Other Services

Support Groups

Several therapeutic support groups for adults impacted by cancer are run throughout the year. Clients can find out up-to-date information about these groups via our website, social media platforms or by giving us a call as frequency for each group will differ according to need. Clients can self refer and need to book on to support groups ahead of time. These groups are:

- WomanKind – For women with any cancer diagnosis (in the past or current).
- Men Talk – For men with any cancer diagnosis (in the past or current).
- Lean On Me – For those caring for a loved one with cancer.
- Starlights – For people who have lost someone to cancer (no matter how long ago).
- Over The Rainbow – For people of the LGBTQ+ community impacted by cancer.

Finances

- Currently we are working alongside the Tonbridge Citizens Advice Bureau and Crosslight at the community project 'Livingwell' to signpost people needing benefits and debt advice.
- This takes place every Tuesday, 10am–1pm at St Stephens Church, Tonbridge.
- No appointments – first come first served basis only. We recommend getting there a little before 10am to ensure being seen. Any follow-up appointments needed will be booked after the initial consultation.
- BABONS offers support with P.I.P. and Blue Badge Applications at the centre. Contact the centre to book an appointment.



Look Good Feel Better

Look Good Feel Better is a national campaign. At Babons, they will run monthly confidence boosting workshops for men, women and young people with cancer. Booking in advance is essential. Clients can book onto these workshops by contacting Babons on 01732 711634 or office@babons.org.uk, or via the Look Good Feel Better website (www.lgfb.co.uk).

The current dates for the rest of this year are:

- Monday 9th September 10am-12pm
- Monday 14th October 10am-12pm
- Monday 11th November 10am-12pm
- Monday 9th December 10am-12pm

Workshops fill up fast so we advise booking early where possible

Wig Consultations

We have 2 professionals offering wig consultation sessions each month for those experiencing hair loss as a result of cancer treatment: These are:

- 1st Wednesday of each month - 10am - 2pm. Booking in advance is advised.
- 4th Monday of each month - 9am-1pm. Booking in advance is advised.
- Both consultants accept the NHS voucher towards the cost of a wig / hair piece.
- There may be additional financial support through medical insurance and other avenues. The consultants will be happy to explore this with each client.

Bra Consultations

- 'The Fitting Service' is on site the 3rd Friday of every month, offering bra fitting and advice for those who have been given a diagnosis of Breast Cancer.
- The consultation itself is free, alongside any follow up appointments, but there is a cost to the client for any bra's purchased.
- However, medical insurance will fund one bra and one prosthetic. If a patient already has a prosthetic, they should bring this to the consultation.
- Each consultation lasts for 1 hour.
- Booking in advance is essential.

Pamper People

- We are looking to work with other professionals to offer 'Pamper People' sessions.
- We are starting with Nails for anyone impacted by cancer who needs a little pampering.
- For a donation of £10, clients can receive a hot drink, piece of cake, and have their nails done by 'FEN by Freya'.
- The qualified nail technician will use products suitable for people having treatment for cancer.
- Clients will be given a file and polish, and anything used can be easily removed if they have hospital appointments that require their nails to be 'bare'.
- Booking in advance is essential by phoning or emailing Babons.

Unless otherwise stated, all services happen at
Babons Cancer Support Centre.
147 High Street Tonbridge, Kent. TN9 1DH.

Appointments can be booked by calling 01732 711634,
emailing office@baboons.org.uk or via our website www.babons.org.uk

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