Introducing the Bristol Whole Life Approach

Offering life-changing support to people with cancer
Specialists in a holistic approach to cancer

Millions of people are living with cancer in the UK today and the number is rising every year. At Penny Brohn UK we are determined to help as many people as possible live as fully as possible with and beyond cancer.

Our pioneering Bristol Whole Life Approach recognises that every aspect of our lives is connected and that to be healthy, we need to pay attention to all parts of ourselves – our mind, body, spirit and emotions.

We support people by helping them make small but significant lifestyle changes to improve their quality of life. Our focus is on helping each person make the changes they need to make to strengthen their immune system and take back control of their health and wellbeing. By nurturing the body’s natural capacity to heal itself, we help people become stronger and more able to cope with the impact of cancer, no matter their circumstances.

After 35 years of supporting people in this way, we know that our approach really can turn a devastating illness into a powerful, life-enhancing experience. This knowledge inspires all that we do.

Best wishes,

Laura Kerby, CEO
“Even after my first visit to Penny Brohn, I came away feeling positive, like I’d taken the first steps to regaining some kind of control over my life; that some hope had returned.”

Dave Bull, service user; diagnosed with bile duct cancer in 2013
A rich history

Our story began in 1979 when Bristol-born Penny Brohn was diagnosed with breast cancer. Penny knew she needed support for her mind and emotions as well as her body. Together, with her great friend Pat Pilkington, she set out to find a new way of supporting others that offered ‘care for the mind, the spirit, the emotions, the heart and the soul’.

In 1983, HRH The Prince of Wales, opened the Bristol Cancer Help Centre, the first of its kind in the UK. By the early 90s the Centre was acknowledged as the authority on holistic approaches to cancer, working alongside medical cancer specialists both in the UK and around the world.

In 2006, we re-located to our National Centre on the outskirts of Bristol with a new name, Penny Brohn Cancer Care. From here we ran our first ever Living Well course and by 2012 had launched our National Living Well programme in locations throughout the UK.

More recently we became Penny Brohn UK, to reflect the fact that we are a national charity responding to the need of the 2.5 million people currently living with cancer in the UK.
Life-changing support

“As a Cancer specialist and somebody living with cancer I can say that attending Penny Brohn made me realise I wasn’t alone. I hope (and think) I will live better and longer as a result. I am also delighted from a professional point of view that my patients can benefit from Penny Brohn’s life-changing work too.”

Raj Persad, Consultant Cancer Surgeon and service user

We believe that finding the right kind of support for each individual can have a powerful impact on both the person with cancer and the people closest to them. By looking at every aspect of a person’s life we help them become more resilient and able to face whatever life throws at them with and beyond cancer.

We nurture and encourage positive lifestyle changes, helping people regain some control of their health and become actively involved in their own wellbeing. We know that taking small steps such as learning how to eat well, reduce stress and become more physically active can make a big difference to how people cope with a cancer diagnosis and to their overall health.

Our courses, group support and individual therapies are designed to work at any stage - before, during and after treatment and even if the person is currently cancer free. They are free of charge to anyone aged 18 and over and their close supporters.
Reaching out across the UK

We offer services to over 8,000 people a year at both our National Centre and through our regional hubs in the North, Midlands, London and South Coast in partnership with a range of healthcare providers.

As partners in NHS England’s Realising the Value initiative, we are leading the way in encouraging healthy lifestyle changes in communities across the UK. We continually evaluate the impact of our work and the evidence shows that our Bristol Whole Life Approach can make a significant difference to the lives of people living with cancer.
We are able to offer our services free of charge thanks entirely to the charitable donations that fund our work. There are numerous ways of supporting us:

- Making a regular monthly gift
- Signing up to one of our events
- Holding a fundraising event
- Making us a charity partner
- Donating through our Pay for a Day/Pay for an Hour scheme
- Leaving a legacy
- Giving in memory of a loved one
- Volunteering

One of the ways we fund our ongoing services is by offering venue hire and Corporate Away Days at our National Centre. We also sell new and donated goods through our Penny Brohn shop: [www.shopatpennybrohn.com](http://www.shopatpennybrohn.com)
To find out about our Services or to contact our confidential Helpline call **0303 3000 118**

To find out about Venue Hire and our Corporate Away Days call **01275 370 350** or email **andrew.hufford@pennybrohn.org.uk**

To visit our online Penny Brohn shop **www.shopatpennybrohn.com**

To find out how you can support our work call **01275 370 074** or email **fundraising@pennybrohn.org.uk**

To find out about volunteering call **01275 370 094** or email **volunteer@pennybrohn.org.uk**