

# Lymphoedema Support Services on the Isle of Man



**Information provided by:**

**Hospice**  
ISLE OF MAN  
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# Lymphoedema Support Group

The Lymphoedema Support Group is a friendly session where you can meet other people affected by Lymphoedema, and develop your understanding of the condition.

It is an opportunity to learn more about managing your condition, gain support from others, and to share techniques and tips on coping with Lymphoedema.

## Who can join the support group?

The group is open to:

- Patients
- Ex patients
- Carers
- Ex carers
- Health care professionals

## When and where does the group meet?

The support group meets every 2 months, on the last Wednesday of the month at 2pm. The meetings are usually in the staff meeting room at Hospice Isle of Man.

The meetings usually last for about 1 - 2 hours; refreshments are served. For some meetings we have speakers or demonstrations; some meetings are more social get-togethers.

We would welcome any ideas on subjects that you feel you would like discussed.

## Contact details:

For more information on the Lymphoedema Support Group, please contact:

Jill Kneale	Tel: 842500	email: gillkneale@manx.net
Dot Morris	Tel: 843844	email: davemorris@manx.net
Karen Taylor or Audrey Darlow	Tel: 647456	email: lymph@hospice.org.im

## **Ladies Aquacise Group**

The Aquacise Group is specifically for women who have had cancer treatment and/or have Lymphoedema. It is a gentle, water-based exercise class. Exercising in the water reduces the strain on the bones, joints and muscles.

The class is held in a private environment open only to the members of the aquacise group.

### **Who can join the group?**

The group is open to:

- Patients
- Ex patients

The exercise class is taken by a local volunteer swimming instructor.

You do not need to be able to swim to join the group.

### **When and where does the group meet?**

The Ladies Aqua-cise classes are held on the first Thursday of each month at 2pm. The sessions usually last for about 1 – 2 hours, including refreshments after the class.

The Aqua-cise class is held at the Living Well Health Club at the Hilton Hotel.

The cost of the pool hire for the Ladies Aqua-cise Group is supported by the Hilton Hotel and the Lions Club.

### **Contact details:**

For more information on the Ladies Aqua-cise Group, please contact:

Dot Morris	Tel: 843844	email: <a href="mailto:davemorris@manx.net">davemorris@manx.net</a>
Karen Taylor or Audrey Darlow	Tel: 647456	email: <a href="mailto:lymph@hospice.org.im">lymph@hospice.org.im</a>

## **Further information and support:**

### **Lymphoedema Service**

Hospice Isle of Man

Strang, Douglas, IM4 4RP

Telephone: 01624 647456

Website: [www.hospice.org.im](http://www.hospice.org.im)

### **Lymphoedema Support Network**

St. Luke's Crypt, Sydney Street, London, SW3 6NH

Telephone: 020 7351 4480

Website: [www.lymphoedema.org/lisn](http://www.lymphoedema.org/lisn)

### **British Lymphology Society**

9-11 Oldbury Road, Cheltenham, GL51 0HH

Telephone: 01452 613391

Website: [www.thebls.com](http://www.thebls.com)

### **Macmillan Cancer Information Centre**

Noble's Hospital, Strang, Douglas, IM4 4RJ

Telephone: 01624 650735

Website: [www.cancer.org.im](http://www.cancer.org.im)



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