

C Change: A Retreat for Cancer Survivors.

The title of this retreat is a play on the term **SEA CHANGE** which can be defined as a *profound or notable transformation*. For those of us who have received a cancer diagnosis we know that this has, indeed, been a transformative stage in our life journey and, as cancer is sometimes called the 'Big C', **C Change** seemed an appropriate way of describing the time we will spend together.

This 'breathing space' offers an opportunity for reflection, relaxation, thanksgiving, prayer and regeneration. It is a time to be with others who have travelled a similar path and is open to people of all faiths and none. Ideally suited to those of us who have been cancer free for five years or more, this experience may also help those who have not yet reached the five year landmark.

Designed to give us the opportunity to celebrate our survival and look to the future, we will use techniques such as mindfulness, journaling, massage and reiki. We will enjoy storytelling, choral singing and music and there will be opportunities to actively experience the beauty of the Conwy coast.

This 5 day creative experience will be led by three cancer survivors:

Dr Bede Smith is a clinical psychologist with specialist training in neuropsychology. He has many years of experience in neurorehabilitation, early diagnosis of dementia and cognitive disorders. He has wide experience of enabling people to cope with severely disabling physical, cognitive and life threatening conditions. He is a cancer survivor of malignant melanoma.

Doreen Smith is an international qualified Human Resource consultant from corporate environment, specializing in global transformations, systemic change, Governance and legal compliance. She is a Mindfulness practitioner and qualified aroma therapist. She lived as an expat in Latin America and works across several countries both in Europe, Middle East and Asia Pac. She is a cancer survivor and has established successful cancer support groups. She was awarded a Macmillan national award for her impact as a cancer survivor on people living with cancer.

Hilary Thompson, Vocation Sister, is a member of a Roman Catholic Religious Community. A qualified Change Agent, she trained initially as a layout artist and then as a teacher. She is an experienced discerner, spiritual director, facilitator and counsellor. She has worked in America, Africa, the Caribbean and many countries in Europe. For 10 years Hilary worked in a hospice in the U.K. She was diagnosed with cancer in 2007.