



WIGWAM

The restorative learning hub

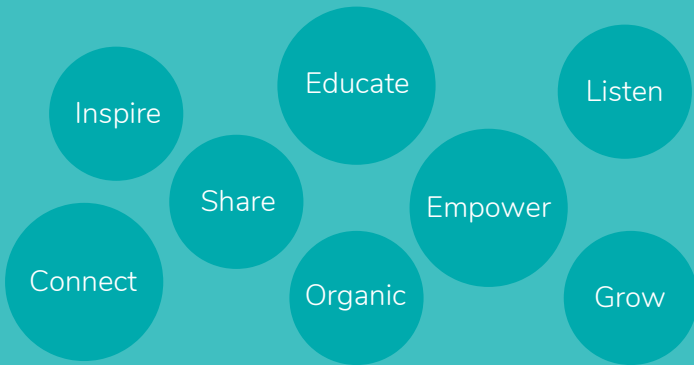
Who are Yes to Life?

We are the UK's integrative cancer care charity. For more than a decade, we have provided support to people with cancer through the confusing options for care. We offer straightforward evidence-based information, lifestyle choices, as well as financial support to help empower people to make their own choices about their cancer care. Find out more by heading to yestolife.org.uk.

What is Wigwam?

Wigwam is a cancer support group with a difference. It is a community of people living with cancer coming together to explore and share information and experiences with the aim of empowering them to gain control over their lives.

The values



Need a Wigwam in your area?

You can become an Wigwamer in your local area. This is a valuable role responsible for bringing people together, encouraging them to share, listen and learn. Every group will be unique depending on the need of the individual. Support groups can be a life raft for someone with cancer, offering them a routine and a sense of community with like-minded people. We ask that you are able to commit to regular groups in order to create a real impact on people's lives.

Build your community



Your team

Gather a person/people to help you. This could be a friend or you may want to search for people. There may be others in your area also wanting to set up a Wigwam, we can connect you. If your group is small you might be happy doing it on your own.



Location, location

Choose a time and a place. Depending on the activity, this could be a coffee shop or around someone's house.



What's the big idea

Allow your group to put forward ideas of what they would like from the group and facilitate this. You can find some ideas and inspiration on page 2 in case you and the group need it.



Tool kit

Gather the resources you need in order to make it happen. See 'Helpful tools' on page 2 for some handy material.



Getting the word out there

Publicise to open your event up to others. You can do this by creating an event on Facebook, posting flyers, word of mouth, it's totally up to you.



Share

Share what is going on in your area to engage people in your area who might be looking for you. Join our Wigwam online community by heading to www.facebook.com/groups/wigwamhub/



Some inspiration to get you started

We know that no human or cancer is the same so each Wigwam will be unique. We realise it can be tricky to come up with ideas when you first get started so below are some suggestions...



Book club

- The Cancer Revolution book club (pick a section from the book to cover each time you meet)
- Check out our recommended book list (ask us to send this to you)



Nutrition

- 'Food for Life' come dine with me (see 'Helpful tools')
- The healing benefits of herbal teas
- Healthy places to eat in your area
- Juicing recipes



Ways to relax

- Managing stress
- Meditation day
- Counselling in your area
- Origami making day
- Pamper day



Exercise

- Yoga for cancer in your area
- Go on a scenic walk
- Gardening day
- Join a race



Healthcare

- Clinics and alternative healthcare near you
- The latest news and research on Functional Medicine

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Helpful tools



Online

- Our website, yestolife.org.uk
- Join online cancer communities like 'Cancerucan' and 'The Cancer Whisperers' Facebook groups



Watch

- Our monthly YouTube recipe series; head to <http://bit.ly/foodforlifefseries>
- Yes to Life speaker videos; ask us and we will send to you



Listen

- The Yes to Life Show is our weekly radio show; have a listen by heading to <http://bit.ly/yestolifeshow>



Read

- The Cancer Revolution is a book that was created by Yes to Life; ask us and we can post this to you for free
- We have a recommended book list we can send to you too
- Ask us for a cue sheet for running a Wigwam



Donations

- We can send you a donation box to raise funds on the day



Get in touch

- If you would like any of the above resources or if you have any questions relating to Wigwam, please email office@yestolife.org.uk