

Rosemary's Story

I'm Rosemary Stenson and I've been supporting my sister, Betty McCrae, through her experience with breast cancer.

When we went for appointments, there was...it was difficult to divide attention between supporting Betty and absorbing the information we were given, and we actually did miss some of the information. If I had been detached enough to take notes, it would have been helpful, or if I could have recorded the conversation...

Her morale was at rock-bottom at that stage, and somewhere in there, somebody mentioned Charis, and from the first day we came, it made such a difference to her because there was such a feeling of calm and tranquillity, everything about it, and you were made so welcome and put at ease.

The carer can very often be forgotten. I don't think I have ever come across anywhere that provided the carer with equal support to what the patient got, and that is very important because, sometimes, the carer feels very helpless. I suppose it's natural that sometimes the person themselves, they don't always want to tell the carer everything that is in their minds because they don't want to put that burden on their carer. Coming to Charis, Betty was able to avail of the counselling, which...and that, in turn, made it easier for me.

I chose to have reflexology because I felt that that affected the whole body, and I just found it so relaxing. Everything just seems to fade away during that hour of reflexology, and you're so relaxed.

Don't be afraid to explore all the facilities that are available. You don't always find the right one the first time. We were lucky. Keep asking questions and don't be fobbed off with platitudes.

It's looking much better, it is. She's now talking about getting involved again within a retirement fellowship organisation that she belongs to and going away for a few days with them and that sort of thing.