

**Touch for Cancer and  
CanRehab invite you to:**

**move**

**restore**

*feel*  
**human**  
*again*

**A five-day cancer and  
wellbeing retreat for  
people living with or  
recovering from cancer.**

**1st–5th September 2026 | Carden Park Hotel & Spa, Cheshire**

# A cancer diagnosis often changes the way people think about their bodies.

Not just physically. Something quieter happens too. A disconnection. A loss of faith in yourself, in the body you thought you knew. Many people describe feeling like a passenger in their own life. Present, but not quite there.

And yet the medical journey, as vital as it is, rarely addresses this. It treats the illness. But it doesn't always reach the person.



## This retreat exists to reach the person.

Five days to reconnect with your body, learn practical tools for living well, and spend time focusing entirely on yourself. In the company of people who truly understand.

Rediscover the role of movement, therapeutic touch, nutrition and human connection, with expert-led and evidence-based support built entirely around you, wherever you are in your cancer journey.



# Move. Restore. Feel human again.

**Five days.  
Three guiding principles.  
One focus.  
You.**

To book call **01829 731007** and quote **SATCC10926**  
More info visit: [touchforcancer.co.uk](https://touchforcancer.co.uk) or email [info@satcc.co.uk](mailto:info@satcc.co.uk)

# Our Three guiding principles.



one

## **Movement and Body Confidence**

Movement is medicine. Not the gruelling kind. The kind that reminds your body what it's capable of. Every session is curated and led by Professor **Anna Campbell MBE**, globally recognised leader in cancer and exercise, joined by **Stephen Price**, founder of Movementum.

Sessions are thoughtfully adapted for all abilities and every stage of the cancer journey. Nobody is left behind.

two

## **Restore and Wellbeing**

Breathwork, mindfulness, therapeutic touch, skincare and nutrition. These sessions are led by **Sue Harmsworth MBE**, founder of Touch for Cancer, alongside **Stephanie Moore**, clinical nutritionist and author, and **Laura Ashurst**, mindfulness meditation practitioner.

All treatments are delivered by therapists trained in Touch for Cancer methods and adapted specifically for people living with or beyond cancer.

three

## **Feel human again and Connect**

Thirty people. Small groups. Real conversations. Direct access to the experts leading every session. This is where questions get answered, perspectives shift and confidence quietly returns. **Guests leave not just with knowledge, but with each other.**

# Your leaders

Sue and Anna will be with you for the full five days. This is rare. Make the most of it.



## **Sue Harmsworth MBE**

Sue has spent more than 55 years shaping the global spa and wellness industry. As founder of Touch for Cancer, her mission is clear and personal, to ensure that nobody living with cancer is ever turned away from the healing power of therapeutic touch. She has spent a career proving that wellness and cancer care belong together.

## **Professor Anna Campbell MBE**

Globally recognised leader in cancer, exercise and rehabilitation. Anna's work has changed how the medical world understands the role of movement in cancer care. Her sessions are evidence-led, accessible and genuinely life-changing.



# Your experts



## **Stephen Price**

Founder, Movementum. With over 20 years of experience in cancer and fitness, Stephen's belief is simple. Exceptional health is possible for everyone, including those living with cancer. His sessions combine real expertise with energy and warmth.

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## **Stephanie Moore**

Clinical nutritionist, health coach and author. With more than 30 years working with cancer patients, Stephanie is a leading expert in the microbiome and designer of the acclaimed 7 Day Gut Programme. Practical, realistic and deeply human in her approach.



## **Laura Ashurst**

Mindfulness meditation practitioner, cancer campaigner and Prime Minister's Points of Light Award recipient. Laura has lived with stage 4 breast cancer for 18 years. She brings both professional expertise and lived experience to every session, helping participants develop the tools to cope with the physical, mental and emotional impact of cancer.

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## **Marian Hook**

Skincare expert, SATCC Advisory Board Member and qualified Functional Medicine Health Coach. Marian brings nearly 40 years of experience in spa and wellness to this retreat, with deep expertise in therapeutic skincare and treatments adapted for people living with or beyond cancer. Her knowledge is practical, grounded and genuinely transformative.



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# Award- winning spa. Beautiful surroundings.

## Carden Park Hotel & Spa

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# What to expect during the week



Set within the peaceful surroundings of The Carden Park Hotel & Spa, Cheshire with its award winning spa, the retreat blends expert-led sessions with time for exercise, rest and relaxation.

Participants can expect:

## **Daily movement sessions**

Designed to rebuild confidence, flexibility and strength at a comfortable pace.

## **Nutrition workshops and practical guidance**

Exploring how food can support energy, wellbeing and long-term health.

## **Specialist therapeutic treatments**

Delivered by therapists trained through Touch for Cancer.

## **Group discussions and learning sessions**

Providing space to ask questions and explore topics related to life with or beyond cancer.

## **Access to spa and relaxation facilities**

Allowing time to rest, restore and recharge.

## **Connection and community**

Sharing the experience with others who understand the challenges and triumphs of living with or beyond cancer.



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*Companions are welcome to join the experience, not the workshops themselves, but the setting, all leisure facilities and golf. To rest, reflect and connect with others who understand the reality of living with cancer.*



# The details

## Dates

Arrival Tuesday 1 September 2026, welcome lunch

## Departure

Saturday 5 September 2026, after afternoon tea

## Location

Carden Park Hotel & Spa, Cheshire

## Price

£1,084 per person, double occupancy

£1,619 single occupancy

## Included

Four nights accommodation, all meals and refreshments, all workshops, classes and expert evenings, full use of leisure facilities, a Touch for Cancer massage and spa facilities on that day.

## To book

Call Carden Park reservations on 01829 731007

Quote booking code SATCC10926

You must be over 18 and independently mobile.

## Specific medical questions

email: [info@satcc.co.uk](mailto:info@satcc.co.uk) and one of our specialist team will get back to you

## For more information and FAQ's

[touchforcancer.co.uk](http://touchforcancer.co.uk)





# Disclaimer:

To participate in MRH (Move, Restore, Feel Human Again) , please note the following requirements and conditions:

**Eligibility** - Participants must be over 18 and have a current or past cancer diagnosis and be willing to share relevant medical details with the MRH team.

**Medical Clearance** - You must provide written approval to engage in physical activity from your GP or consultant, confirming there are no contraindications to exercise or treatment. You will receive a medical disclaimer post booking from the MRH team via email.

**Mobility** - Participants must be able to mobilise independently without assistance.

**Retreat, Accommodation & Board** - The retreat is wholly paid for and booked through Carden Park Hotel and Spa on the direct reservations telephone number 01829 731007, by quoting SATCC10926. The retreat itself is organised and managed through a collaboration between CanRehab Trust and Touch for Cancer in association with The Standards Authority for Touch in Cancer Care (SATCC) Registered Charity number 1201728

**Spaces** - A maximum of 30 participating spaces are available.

If you have any questions about eligibility, medical queries or support, please contact us at [info@satcc.co.uk](mailto:info@satcc.co.uk) before booking. By registering for this retreat, you acknowledge and accept the above terms and confirm that you meet the eligibility criteria.

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It's a fact, one in two people will be diagnosed with cancer during their lifetime.

**That's not a statistic to end on.  
It's a reason to begin.**

This retreat exists because the medical journey, as essential as it is, only tells part of the story. Movement, touch, nutrition, connection. These aren't luxuries. They're part of what it means to **feel human again**.

This is the first retreat of its kind in the UK.

**See you in September**

Limited to

**30**

places



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