



Support & information services

This information gives ways of finding help from health professionals, local services or national organisations for anyone affected by cancer. There is a great deal of help available but, unless you or a carer asks for help, people may assume that you are managing on your own. We all need some help now and then, so don't be afraid to ask.

Local support & information centres

Location	Centre	Contact details
Barnet	Cherry Lodge Cancer Care 23 Union Street, Barnet EN5 4HY For patients, families and carers; home befriending in North London; complementary therapies.	020 8441 7000 www.cherrylodghecancercare.org.uk
Bedford	Macmillan Primrose Oncology Unit Bedford Hospital	01234 792667
Hendon	Chai Cancer Care 142-146 Great North Way, London NW4 1EH Support for Jewish cancer patients and their families; telephone helpline, counselling, complementary therapies.	0808 808 4567 www.chaicancercare.org
Isleworth	The Mulberry Centre West Middlesex University Hospital, Twickenham Rd, Isleworth TW7 6AF For anyone affected by cancer: drop-in centre, telephone helpline, counselling, complementary therapies, benefits advice.	020 8321 6300 www.themulberrycentre.co.uk
Luton	Macmillan Cancer Information & Support Service Luton & Dunstable Hospital	01582 718189
Northwick Park	Macmillan Cancer Information & Support Service Northwick Park Hospital	020 8869 5099
Northwood	Lynda Jackson Macmillan Centre Mount Vernon Cancer Centre, Northwood HA6 2RN Drop-in centre, telephone helpline, counselling, complementary therapies, benefits advice and self help courses, eg. HOPE (see overleaf).	Helpline: 020 3826 2555 www.ljmc.org
Slough	Macmillan Cancer Information & Support Service Wexham Park Hospital	01753 634886
St Albans	Grove House (Rennie Grove Hospice Care) Grove House, Waverley Road, St Albans AL3 5QX Helpline and drop-in centre for people in St Albans and Dacorum.	01727 731000 Mon - Fri: 9am - 5pm
Stevenage	Macmillan Cancer Information & Support Service Lister Hospital	01438 284657
Watford	Macmillan Cancer Information & Support Service Watford General Hospital	01923 436326

Support groups

Support groups provide a chance to meet others. Activities vary and can include meetings, information, helplines, home or hospital visiting and befriending.

You can obtain lists of various local support groups from the Lynda Jackson Macmillan Centre (LJMC) either by dropping in or calling the Helpline (020 3826 2555) or from our website www.ljmc.org. Or check on the Macmillan Cancer Support website, under 'Find Cancer Support groups' on www.macmillan.org.uk

Other sources of support & information

Macmillan Cancer Support	National charity. Provides expert care (via nurses) and practical and emotional support to people living with cancer. Services are free, confidential and available to anyone. A translator service is available. Financial help may be available - ask your Macmillan team for details.	Helpline: 0808 808 0000 www.macmillan.org.uk
Macmillan's Online Community	Anonymous, free network of people affected by cancer. Join and get support from others.	www.community.macmillan.org.uk
Cancer Research UK	Confidential support regarding cancer treatment and clinical trials or any questions about cancer. Funds research into the prevention, treatment and cure of all forms of cancer.	Freephone: 0808 800 4040 Support line: 0300 123 1022 www.cancerresearchuk.org
www.healthtalk.org	Organisation that lets you share in people's experiences of health-related conditions and illnesses. You can watch videos or listen to audio clips of the interviews, read about people's experiences if you prefer and find reliable information about specific conditions, treatment choices and support.	www.healthtalk.org e: info@healthtalkonline.org
Community Nurse or District Nurse	Provide nursing care and practical advice. Usually based in health clinics.	Contact your GP and ask to be referred.

Benefits advice

The LJMC has a range of leaflets about benefits advice services. These are available from the LJMC or from our website (www.ljmc.org). Advice is also available from:

Macmillan Cancer Support	Offers a free guide to benefits and financial help. Online tools. Can help you to find Benefits Advice Services in your area.	Helpline: 0808 808 0000 www.macmillan.org.uk
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Other services

Home-Start	Helps support families with young children by providing volunteers who can visit the family's home for a couple of hours every week. They tailor-make their support to meet the needs of the parents and children who are under 5 years.	0116 464 5490 www.home-start.org.uk
Age UK	Information and advice on a range of services for older people.	0800 678 1174 www.ageuk.org.uk
Carers Trust	Carers Trust works to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems.	0844 800 4361 www.carers.org.uk

The LJMC has a leaflet for carers (HHC301) with further helpful information. This is available from the LJMC or from our website (www.ljmc.org).

HOPE stands for Help Overcoming Problems Effectively. This is a course that helps people who have had cancer to move on with life after treatment. It runs for 6 weeks, once a week for 2½ hours, at the LJMC. The course aims to enable people to cope emotionally, psychologically and practically by focusing on building on their existing strengths. The course is run by facilitators who have been trained by Macmillan Cancer Support. There is also a one-off 3-hour workshop called 'Take Control' with similar aims. Ideal for those with less time eg. returning to work.