



Finding the right support

This leaflet provides suggestions that may be helpful to cancer patients and carers who may be looking for additional support. Many people who have cancer say that they have a wide range of emotions and thoughts both expected and unexpected. Everyone is different and you will deal with things in your own way. The options below provide a range of choices so you can pick the one that may suit you best.

Relaxation sessions

Breathing exercises, visualisation and relaxation techniques designed for those living with cancer. No need to book, just join us in the Lynda Jackson Macmillan Centre (LJMC) on:

Mondays 2:30 - 4:00 pm
Tuesdays 10:00 - 11:30 am
Thursdays 11:00 - 12:30 pm

Complementary therapies

Treatments to relieve stress, aid relaxation and reduce anxiety. Therapies include reflexology, aromatherapy, ear acupuncture, Indian head massage and reiki.

Please speak with a member of the LJMC drop-in team for a referral to the Complementary therapy team.

LJMC drop-in listening service

Trained volunteers and health care professionals are always available to listen and discuss patient/carer concerns.

Counselling

The emotional impact of a cancer diagnosis can present serious challenges for patients and people close to them. It can result in high levels of worry, anxiety, depression, a lack of self confidence or esteem and inability to concentrate as well as triggering anxiety and problems from the past. You may find it helpful to talk through what you are experiencing with a trained counsellor/psychologist who can help people find a way forward.

Counselling is available from a variety of services that may be available in the area where you live. Please look at the back of this page for a list of services and how to contact them.

Courses for patients and carers when treatment has finished

There are courses to help patients and carers to build on their existing strengths and move forward after the cancer treatment has finished. Please see information on the back of this page to help choose the course that may be best for you. Referral forms for the courses are available from LJMC.

Contacts

Lynda Jackson Macmillan Centre (LJMC)..... 020 3826 2555
Mon–Fri: 9.30am–4.30pm

Getting access to local counselling services

County	Provider	How to refer	Service
ALL	Psychological therapies (IAPT) services	Self referral; apply on-line or by phone in area where your GP is located. On-line: Go to NHS Choices www.nhs.uk Type IAPT Services in search box, type in your postcode/area, follow the instructions for referral online or ask your GP to refer you.	Access to counselling service for anyone. Phone: Bedfordshire: 01234 880 400 Brent: 0208 206 3924 Bucks: 01865 901600 Ealing: 0203 313 5661 Harrow: 0208 515 5015 Hertfordshire: 0300 777 0707 Hillingdon: 01895 206 800 Hounslow: 0300 123 0739
Herts	Peace Hospice/ Starlight Centre	Self referral or via GP 01923 330 332 starlightcentre@peacehospicecare.org.uk www.peacehospicecare.org.uk/starlightcentre	Any cancer patients/carer at any stage of treatment who has a GP in Hertfordshire.
Middx	Lynda Jackson Macmillan Centre	020 3826 2555 To self refer please drop into the centre.	Cancer patients/carer who have a consultant at Mount Vernon Cancer Centre.
	Harlington Hospice	0772 0087388 jmorgan@harlingtonhospice.org	Children and adolescent (ages 4-17) counselling + play service Serving Heathrow Village, Pinkwell, Townsfield, West Drayton, Yiewsley and Botwell
		Self referral or via GP 0208 759 0453 enquiries@harlingtonhospice.org	London Borough of Hillingdon patients/carers who are over 18yrs.

Which End of Treatment course is right for you?

To register for the next available course, contact the LJMC.

Course	Length	Day and time	Location	Suitable for...
HOPE	6 weeks	Wednesdays 10.00am-12.30pm	LJMC	Men and women who have finished cancer treatment
Moving Forward	4 weeks	Half day (varies)	Mount Vernon Hospital	People recovering from primary breast cancer
Take Control	Half day	Wednesdays 10.00am-1.00pm	LJMC	Men and women who have finished cancer treatment
Time & Space	Half day	Wednesdays 10.00am-1.00pm	LJMC	Carers supporting patients who have finished treatment

Support Groups: Information available at LJMC (see front page for details) and at Macmillan Cancer Support on www.macmillan.org.uk or by telephone: 0808 808 0000