



Support & Information Services

This information suggests 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, far more than we have mentioned here, but unless you or a carer asks for help, people may assume that you are managing quite well on your own.

We all need some help now and then, so don't be afraid to ask. It could make all the difference to you.

Local support & information centres

Location	Centre	Contact details
Barnet	Cherry Lodge Cancer Care 23 Union Street, Barnet EN5 4HY For patients, family and carers; home befriending in North London; complementary therapies	020 8441 7000 Mon-Fri: 9.30am-4.30pm www.cherrylodgecancercare.org.uk
Bedford	Macmillan Primrose Oncology Unit Bedford Hospital	01234 792652
Hendon	Chai Cancer Care 144-146 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 WMUH, Twickenham Road, 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 For anyone affected by cancer: drop-in centre, telephone helpline, counselling, complementary therapies, benefits advice	Helpline: 01923 844014 Mon-Fri: 9.30am-1.00pm & 2.00-4.30pm www.ljmc.org
St Albans	Grove House Waverley Road, St Albans AL3 5QX Confidential helpline and drop-in centre for people in St Albans and Dacorum	01727 843401 Mon-Fri: 10.00am-4.00pm
Stevenage	Macmillan Cancer Information & Support Service Lister Hospital	07554 436746
Watford	Macmillan Cancer Information & Support Service Watford General Hospital	01923 436326
Yiewsley	Community Cancer Centre 18a Fairfield Road, Yiewsley UB7 8EX Support & information for anyone affected by cancer in the London Borough of Hillingdon; Complementary Therapies	01895 461016 Mon-Fri: 10.00am-4.00pm www.communitycancercentre.org.uk



Support groups

Support groups provide an opportunity to meet others. Activities vary and can include meetings, information, helplines, home or hospital visiting and befriending. There are a number of support groups in our catchment area.

You can obtain a list of local groups from the LJMC either by calling the Helpline (01923 844014) or from our website (www.ljmc.org).

Other sources of support & information

Macmillan Cancer Support 89 Albert Embankment London SE1 7UQ	National charity. Provides expert care (via nurses) & practical & emotional support to people living with cancer. Services are free, confidential and available to anyone. Financial help may be available-ask your Macmillan team for details.	CancerLine: 0808 808 2020 Mon - Fri 9am - 9pm www.macmillan.org.uk
Cancer Research UK P O Box 123 London WC2A 3PX	Confidential support regarding cancer treatment and clinical trials, and any questions about cancer. Funds research into the prevention, treatment and cure of all forms of cancer.	Freephone: 0800 226 237 Mon - Fri: 9am - 5pm Support line: 0207 121 6699 www.cancerresearchuk.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 publishes a range of leaflets on how to apply for welfare benefits in the different counties in our catchment area. These are available from the LJMC or from our website (www.ljmc.org).

Advice is also available from:

Macmillan Cancer Support Benefits Helpline	Offers a free guide to benefits and financial help. Can help you to find Benefits Advice Services in your area.	Helpline: 0800 500800 www.macmillan.org.uk/abetterdeal
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Other services

Crossroads - Caring for Carers 10 Regent Place, Rugby Warwickshire CV21 2PN	Service to support carers. Over 210 Attendant schemes throughout the UK. There is usually a small charge. Call for details of a scheme near you.	Info line: 0845 4500350 Mon-Fri: 9am - 5pm www.crossroads.org.uk
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