

*“You can pop in, you  
can cry, you can laugh.  
It’s everything.  
It’s a special place.”*

LJMC service user



Lynda Jackson Macmillan Centre  
Mount Vernon Cancer Centre  
Northwood, Middlesex HA6 2RN

Telephone: 020 3826 2555  
www.ljmc.org



# Lynda Jackson Macmillan Centre



The Lynda Jackson Macmillan Centre provides some services which are above and beyond the obligation of the NHS. In order to run these services each year we rely on fundraising and voluntary donations.

East and North Hertfordshire Hospitals Charity is the registered charity committed to raising these funds for the centre each year.

To make a donation to support the LJMC please visit [www.enhcharity.org.uk/ljmc](http://www.enhcharity.org.uk/ljmc).

Your gift will help the LJMC continue to help people affected by cancer – patients, families, friends and carers – supporting them through their journey.

Thank you.

*“It’s been my saviour throughout  
my whole cancer journey.  
I feel safe and secure as soon as  
I walk through the door.  
It’s like a weight has been  
lifted off me.”*

LJMC service user

## Opening hours

Monday – Friday: 9.30am – 4.30pm  
(excluding bank holidays)



The LJMC is close to Gate 3 on White Hill (sat nav WD3 1PZ).

Other hospital car parks are accessible via Gates 1 and 2 on Rickmansworth Road (sat nav HA6 2RN).

There is a charge for car parking at Mount Vernon Hospital.

Smoking is not permitted anywhere on the hospital site.



support & information at  
Mount Vernon Cancer Centre

*... supporting  
people affected  
by cancer...*



# Lynda Jackson Macmillan Centre

*support & information at Mount Vernon Cancer Centre*

The Lynda Jackson Macmillan Centre is a drop-in centre at Mount Vernon Cancer Centre. It offers a relaxing, peaceful environment for people affected by cancer to seek information and support about all aspects of the disease, from diagnosis, through treatment and beyond. You do not need to be referred for our services – just drop in or telephone. There is no charge for any of the services at the centre.



## Drop-in centre

- ① A place to talk and ask questions about all aspects of cancer and its treatments
- ① Wide range of information resources
- ① Healthcare professional available

## Telephone helpline

- ① Staffed during opening hours  
(answerphone service out of hours and at busy periods)

## Benefits advice

- ① Guidance on benefits and financial help

## Counselling sessions

- ① Providing people with an opportunity to understand their experience to help them feel more in control and able to cope  
(by appointment)

## Complementary therapies

- ① Treatments to relieve stress, aid relaxation and reduce anxiety
- ① Therapies include reflexology, aromatherapy, ear acupuncture, Indian head massage & reiki (by appointment)

## Relaxation sessions

- ① Breathing exercises, visualisation & relaxation techniques designed for those living with cancer
- ① No need to book
  - ① Monday 2.30pm – 4.00pm
  - ① Tuesday 10.00am – 11.30am
  - ① Thursday 11.00am – 12.30pm
- ① Relaxation CDs for sale

## Workshops & courses

- ① Courses to help you move on when treatment has finished
- ① Look Good Feel Better®: skincare and make-up workshops to boost confidence and wellbeing
- ① The Way Ahead: headwear workshops for ladies experiencing hair loss

## Research & development

- ① Improving patient care through research into treatments, complementary therapies, psychosocial issues and quality of life