



HEALTH AND WELLBEING SUPPORT SERVICES

Our courses and workshops are designed to help you learn about living well with cancer and we'll help you find what's most appropriate for you.

Some are run on site **(I)**, some are offered virtually **(V)** or by telephone **(T)** and some are available to the friends and family members who support you **(C)**.

Each session is run by a member of our professional teams or affiliated organisations.

DROP-IN CENTRE

Our drop-in centre run from the Lynda Jackson Building is open from Monday to Friday from 9.30am- 4.30pm when a healthcare professional is always available to listen to your concerns, answer any of your questions and guide you to further information and services available to help. If you are unable to access the health and wellbeing sessions running at the cancer centre you can contact our helpline so that we can discuss what other options are open to you.

MONDAYS IN JULY

Group relaxation (I & C) Monday 7th 14th 21st 28th 10am – 11.15am, Group Relaxation Room, The Lynda Jackson Building

Reboot U (I) 11am-12pm

Telephone relaxation (T) Available by appointment

Counselling (I, V) Available by appointment, The Lynda Jackson Building

Art psychotherapy (I) Available by appointment, The Lynda Jackson Building

Outdoor Art Therapy (I) Monday 21st 28th July, 2.15pm - 4pm, The Lynda Jackson Building

Massage (I) Available by appointment, The Lynda Jackson Building

Aromatherapy (I) Available by appointment

TUESDAYS IN JULY

Group relaxation (I & C) Tuesday 1st 8th 15th 22nd 11am – 12.15pm, Group Relaxation Room, The Lynda Jackson Building

Look Good Feel Better (I) Tuesday 22nd July, 2pm – 4pm, meeting at The Lynda Jackson Building

Telephone relaxation (T) Available by appointment

Counselling (I, V) Available by appointment, The Lynda Jackson Building

Prehab Lung ChemoRad (I, V) 14:00 – 16:00

WEDNESDAYS IN JULY

Group relaxation (I & C) Wednesday 2nd 9th 16th 23rd 30th 2pm – 3.15pm, Group Relaxation Room, The Lynda Jackson Building

Cancer Hair Care (I) Wednesday 9th July 9am-3pm, Cancer Treatment Suite
Telephone relaxation (T) Available by appointment
Counselling (I, V) Available by appointment, The Lynda Jackson Building
Art psychotherapy (I) Available by appointment, The Lynda Jackson Building
Reiki (V) Available by appointment

THURSDAYS IN JULY

Group relaxation (I & C) Thursday 3rd 10th 17th 24th 2.30pm – 3.45pm, Group Relaxation Room, The Lynda Jackson Building
Cancer Hair Care (I) Thursday 24th July 9am-3pm, Cancer Treatment Suite
Qigong Mindful Movement (I) Thursday 3rd 10th 17th 5.30pm–6.30pm, The Old Chapel, Car Park A, Gate 1
Ear Acupuncture (I) Thursday 3rd 10th 17th July 9.30am –11.00am, 11:00am – 12:30pm, The Lynda Jackson Building
Reflexology (I) Available by appointment, The Lynda Jackson Building
Massage (I) Available by appointment, The Lynda Jackson Building
Aromatherapy (I) Available by appointment
Telephone relaxation (T) Available by appointment
Counselling (I, V) Available by appointment, The Lynda Jackson Building
Chairobics (I) Available by appointment, 1-2pm, The Lynda Jackson Building

FRIDAYS IN JULY

Telephone relaxation (T) Available by appointment
Counselling (I, V) Available by appointment, The Lynda Jackson Building
Reflexology (I) Available by appointment
Remote Relaxation (V) 10.30am – 11.30am, Available by appointment
Chair Yoga (I) 10.30am-11.30am
Prehab Lung Immunotherapy (I, V) 12:00 – 13:00

See below for further details on how these services can help and how to book

Useful contact details

Mount Vernon Cancer Centre

- Website www.enherts-tr.nhs.uk/hospitals/mount-vernon/
- Telephone 020 3826 2020

Lynda Jackson Centre (support and information service for patients and their families)

- The Lynda Jackson Centre is situated next to the Cancer Treatment Suite (near Gate 3) at Mount Vernon Cancer Centre
- Opening hours: Monday – Friday, 9.30am – 4.30pm
- For more information on any of the above please contact our support and information services:
- Helpline 020 3826 2555 Email enh-tr.hcpmvcc@nhs.net
- The helpline is staffed during opening hours or please leave a message and we will call you the next working day.

- Spiritual and pastoral support is available from the multi faith-belief team of Chaplains who can be called via the Lister Hospital Switchboard on 01438 314333

East and North Hertfordshire Teaching NHS Trust

- www.enherts-tr.nhs.uk
- Telephone 01438 314333

Further information

- **Macmillan Cancer Support** <https://www.macmillan.org.uk/>
- Helpline 0808 800 5050

Support service	What does this service offer?	How can it help?
Art Psychotherapy Groups	A 6 week group exploring art materials to provide a creative response, led by an Art Psychotherapist	Support to cope better with the cancer journey and the stresses of living with a cancer diagnosis
Counselling and individual art psychotherapy	Counselling aims to provide individuals and families the space and time they need to understand their experiences	It can help with the emotional impact of a cancer diagnosis, high levels of worry, anxiety, depression, a lack of confidence or self-esteem and an inability to concentrate, as well as triggering anxiety and problems from the past
Spiritual & Pastoral Care	Chaplains are on site during working hours. We can be called out of hours via the Lister Hospital Switchboard.	Multi faith belief team providing spiritual and pastoral support.
Relaxation	Sessions offer a range of gentle strategy-based ideas and techniques including simple breathing techniques	Aims to give you ideas, tools and techniques to help cope with the stresses you are facing.
Reiki	A gentle therapy where the therapist will place hands either with a light touch or no touch at all (if you prefer) over the body	Can help reduce anxiety, relax tension, ease pain and discomfort, help with poor sleep, calm the mind and cope with fatigue
Aromatherapy	A form of gentle massage using carefully selected essential oils with known therapeutic value	Promote better health and a feeling of well-being
Massage	Therapists combine different types of massage using a base oil	Sessions are very relaxing and helpful for mind and body. Gentle and calming. The choice of oils will allow for any symptoms you may be experiencing
Reflexology	Based on the theory that specific areas of the feet are related to different areas of the body. Gentle pressure applied to these points	To relieve stress, anxiety and muscle tension

Cancer Hair Care	Cancer related hair loss & scalp cooling advisory services. Delivered by professionally trained specialists & hairdressers	Advice, practical tips and techniques, including how to enhance sparse eyebrows or loss of eyelashes, to look and feel like you again
Drop-in for Information & Support	Calm, welcoming and non-clinical environment where you can drop in to ask questions, find support or just chat to someone	Wide range of Information available, signposting to other supportive services, including benefits advice, referrals and booking of health and wellbeing activities
Look Good Feel Better	Step by step workshop on skincare and makeup application to complete a natural, radiant look.	Advice, practical tips and techniques, including how to enhance sparse eyebrows or loss of eyelashes, to look and feel like you again
Head Wrappers	Head Wrappers deliver workshops focusing on alternatives to wigs and practical tips.	To help people look good and feel more confident about themselves as they undergo cancer treatments which may cause hair loss
Compassionate Mindfulness	A technique which involves noticing what's happening in the present moment, without judgement	Techniques to manage stress, increase resilience and be present in the moment
Auricular Acupuncture [NADA]	Using very small fine needles inserted into acupuncture points on the surface of the outer ear, using a specific NADA protocol/procedure delivered to a group of participants	Research has shown that NADA acupuncture can help with fatigue, sleep disturbance, digestive problems, hot flushes, urinary problems and general wellbeing
Chairobics	6 weeks course of chairbased exercises.	Improve Fitness, strength and overall health. Reduces risk of falls and aids recovery from cancer treatment.
Macmillan Community Link Worker	Free, personalised non-medical support to anyone in Hertfordshire affected by cancer. Help accessing information and support in the community	Proactive support and information for patients and carers. Support to build personal resilience and confidence to self-manage. Links to community support services and local activities

Leaflet information

You can request this information in a different format or another language - please speak to your doctor or nurse.

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Page 4 of 5

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