Directory of Cancer Support Services in South West Wales Region 2010-2011

Self Help and Support Groups
Voluntary Sector Hospice and Palliative Care Providers

South Wales Cancer Network 2010

Prepared by Helen Dorman, Macmillan Patient Involvement Facilitator
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<tr>
<th>NAME &amp; ADDRESS</th>
<th>INFORMATION</th>
<th>TELEPHONE NUMBER</th>
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<tbody>
<tr>
<td>The Beacon of Hope, Aberystwyth, Cardigan</td>
<td>A small team of professionals and volunteers working for a charity; providing immediate comfort and on-going practical support to people with a life limiting or terminal illness in Ceredigion</td>
<td>01970 615593 01239 614989</td>
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<tr>
<td>Pembrokeshire Breast Cancer Support Group. The Community Centre, Furzy Park, Haverfordwest</td>
<td>Meetings held on the 2nd Friday of every month, between 10:30-12:30 Providing support for those diagnosed with breast cancer in Pembrokeshire</td>
<td>01437 710376 01437 720496</td>
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<tr>
<td>Tawe Valley Breast Care Support Group.</td>
<td>Support and Information.</td>
<td>01158 822554 Secretary, Mair Griffith 01558 822588</td>
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<tr>
<td>Pembrokeshire Cancer Support.</td>
<td>Registered Charity. Provides Support &amp; Information for those who have or have had cancer together with their family and friends.</td>
<td>Barbara/ Jill 01646 683078</td>
</tr>
<tr>
<td>Llanelli Breast Cancer Support Group</td>
<td>Meet every 3rd Monday of the month except in August. Provides support and friendship.</td>
<td>Jean 01554 810967 Dilyss (Welsh Speaker) 01554 758413</td>
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<tr>
<td>Breast Cancer Care, Carmarthen</td>
<td>Support and advice</td>
<td>Valerie Pearson 01559 384854</td>
</tr>
<tr>
<td>Stepping Stones Breast Support Group Newtown, Mid Powys</td>
<td>A support group for women who meet in conjunction with Macmillan Nurses, every 1st Wednesday of the month at 19:00 at The Hafan Day Unit, Newtown Hospital</td>
<td>Angela Hamer 01686 624702 Mary 01938 558047</td>
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| **Breast of Friends Breast Support Group**  
Llanidloes, Mid Powys | Support and Information | Janet Williams 01686 412778 |
| **Breast Cancer Group**  
The Black Mountain Centre,  
Cwmgawr Road, Brynaman  
Carmarthenshire | Information and advice | Ffion Davies  
Community Developmental Officer  
01269 823400 |
| **Llandeilo Breast Cancer Group.** | Information and support | Diane Rocca  
Rhosmaen House,  
Llandeilo  
Carmarthen SA19 7AF  
01558 822554 |
| **Swansea & South West Wales Lymphoedema Support Group** | Advice, support and information | Melanie Lewis 01792 285252 |
| **The Ruby Care Foundation, Llandysul, Carmarthenshire** | “Taking the fear away from dying” Support, Counselling and Training available. | Judith Pocock 0870 794 5353  
Web: www.rubycare.org |
<p>| <strong>Sandville Self Help Centre. Sandville Court, Ton Kenfig, Bridgend CF33 4PU</strong> | Sandville is open 7 days a week, 10:00-16:00. Support, Counselling, Complimentary Therapies, Advice and Information, Social events, available. St. Michael’s Church (non-denominational) is open daily for reflection and meditation. Respite Care is available, Accommodation is provided for those receiving treatment in one of the Cancer Centres cutting down on time and distance. Hospital transport is provided. | Gwyneth Poacher 01656 743344 |</p>
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<tr>
<td><strong>South West Wales Head and Neck Cancers.</strong></td>
<td>Support, Information and Advice</td>
<td>Caroline Faulkner 01792 703104</td>
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<tr>
<td><strong>Maggie’s Cancer Caring Centre</strong>&lt;br&gt;North Residence, Singleton Hospital Swansea</td>
<td>Information and Support Benefits advice Some Complimentary Therapies</td>
<td>Debbie Horrigan 01792 285868</td>
</tr>
<tr>
<td><strong>Life After Cancer for Everyone. (L.A.C.E.)</strong></td>
<td>Based in Neath, Meet every Tuesday, @ The Bridge Church 10:30-13:00, for surviving cancer patients</td>
<td>01639 631125</td>
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<tr>
<td><strong>Ystradgynlais Cancer Support Group. (Ty Croeso)</strong></td>
<td>Cancer Support Day Unit, Open Monday/Wednesday/Thursday. Personal care, Lunch, Support, Information</td>
<td>01639 844414</td>
</tr>
<tr>
<td><strong>Yr Rhosyn Cancer Support Unit, Neath and Port Talbot Hospital</strong></td>
<td>Cancer Support Day Unit. Monday-Friday. Provides help and support to cancer patients and their Family/carers</td>
<td>01639 862553</td>
</tr>
<tr>
<td><strong>The West Wales Prostate Cancer Support Group Llandysul Carmarthenshire</strong></td>
<td>Support and Information for patients and carers</td>
<td>Philip Burr 01559 363154</td>
</tr>
<tr>
<td><strong>Swansea &amp; Gower Cancer Self Help Group</strong></td>
<td>Support, Information and holistic Therapies available</td>
<td>Yvonne 01792 535698</td>
</tr>
<tr>
<td><strong>Old Mill Foundation Holistic Cancer Support Centre, Meyricks Mill, Hendy Road, Penclawdd SA4 3XE</strong></td>
<td>Open Mon.-Fri. 10:00-16:00 Have a chat with a cup of tea, or enjoy one of many therapies on offer to go alongside orthodox medicine</td>
<td>01792 851553</td>
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**Thorne Masons Trust, Drop in Centre Haverfordwest**

A support group for all cancers, which meets every 1st. Thursday of the month, 10:00-13:00 at Crundale Community Centre
Free Information & Library available
Nutrition and diet advice
Reiki Healing

**Debbie Mason**
01437 766011
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<td><strong>HOSPICE SERVICES</strong></td>
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<td><strong>Shalom House Trust</strong>&lt;br&gt;St. David's</td>
<td>Independent Charitable Hospice ‘a retreat for terminally ill people’.</td>
<td>01437 720398/721344</td>
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<tr>
<td><strong>Tom Lamb Unit, Ward 10</strong>&lt;br&gt;Withybush Hospital, Haverfordwest</td>
<td></td>
<td>01437 733210</td>
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<tr>
<td><strong>Skanda Vale Hospice, Llandysul.</strong></td>
<td>A place of excellence, offering comfort, support, respite care, completely free.</td>
<td>01559 371222</td>
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<tr>
<td><strong>Ty Cymorth, Carmarthen</strong></td>
<td>Day Centre Open Mondays and Thursdays, 09:30-16:00 Transport available free of charge if required. Support, Symptom management. Occupational Therapy, physiotherapy, Nursing, Reflexology Therapeutic activities.</td>
<td>01267 227101</td>
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<tr>
<td><strong>Ty Bryngwyn, Llanelli</strong></td>
<td>Day Centre and In-Patient Unit</td>
<td>01554 783561</td>
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<tr>
<td><strong>Ty Olwen, Morriston Hospital Swansea</strong>&lt;br&gt;Day Centre, In-Patient Unit, Community Nurse Team</td>
<td></td>
<td>01792 703695</td>
</tr>
<tr>
<td><strong>Ty Croeso Day Hospice, Ystradgyn-lais</strong></td>
<td>Provides Support, Counselling, Personal Care, Monday/Wednesday, Thursday</td>
<td>01639 844414</td>
</tr>
<tr>
<td><strong>Usk House Day Hospice, Brecon</strong>&lt;br&gt;A charity run day hospice. Open 4 days a week Support, Counselling, Information and Holistic Therapies available.</td>
<td></td>
<td>01874 610337</td>
</tr>
<tr>
<td><strong>The Bracken Trust, Llandrindod Wells</strong></td>
<td>A centre supporting people affected by Cancer and other long term illnesses Open Monday to Friday, 09:00-17:00. Information, advice, support, counselling and complimentary therapies</td>
<td>01597 823646 Email: <a href="mailto:brackentrust@btopenworld.co.uk">brackentrust@btopenworld.co.uk</a></td>
</tr>
</tbody>
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Hafan Day Hospice. (Day Unit Service) sited in Newtown Hospital, Powys.

01686 617204

Not in alphabetical order.

General Information of interest:

- Powys Carers Service, telephone: 01597 823800, has monthly support group meetings for carers in various locations throughout Powys.
- Please contact with information about dates. The Bracken Trust is involved in the Radnorshire group which is run every first Monday of the month.
- Powys also runs support groups for elderly people, Memory Clubs currently they are being run in Welshpool. Contact, Pauline Purnell telephone: 01686 689965
- The Chaplaincy team at Morriston Hospital and Singleton Hospital are available for patients and their partners and family for spiritual support and care, regardless of religious beliefs.
- Contact:
  - Reverend Nigel Griffin (Chaplaincy Centre) Telephone: 01792 703301
  - Reverend Eldon Phillips, Mobile Number: 07971672985
Cancer Related National Websites:

- Brain Tumour Action  
  [www.braintumouraction.org.uk](http://www.braintumouraction.org.uk)

- Breast Cancer Care  
  [www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)

- Bowel Cancer UK  
  [www.bowelcanceruk.org.uk](http://www.bowelcanceruk.org.uk)

- Breast Cancer Campaign  
  [www.breastcancercampaign.org](http://www.breastcancercampaign.org)

- Cancer active web site  
  [www.canceractive.org.uk](http://www.canceractive.org.uk)

- Cancer Laryngectomee Trust  
  [www.Cancerlt.org](http://www.Cancerlt.org)

- Cancer Research UK  
  [www.cancerresearchuk.org](http://www.cancerresearchuk.org)

- Christian Lewis Trust  
  [www.childrens-cancer-care.org.uk](http://www.childrens-cancer-care.org.uk)

- CLIC Sargent  
  [www.clicsargeant.org.uk](http://www.clicsargeant.org.uk)

- Help Adolescents With Cancer (HAWC)  
  [www.hawc-co-uk.com](http://www.hawc-co-uk.com)

- Hospice Information  
  [www.hospiceinformation.info](http://www.hospiceinformation.info)

- International Myeloma Foundation (UK)  
  [www.myeloma.org.uk](http://www.myeloma.org.uk)

- Leukaemia Care  
  [www.leukaemia-care.org.uk](http://www.leukaemia-care.org.uk)

- Lymphoedema Support Network  
  [www.lymphoedema.org/lsn/index.html](http://www.lymphoedema.org/lsn/index.html)
Lymphoma Association
www.lymphoma.org.uk

Lymphoma Information For Everyone
www.lifesite.info

Macmillan Cancer Support
www.macmillan.org.uk

Marie Curie Cancer Care
www.mariecurie.org.uk

Neuroblastoma Society
www.nsoc.co.uk

Oesophageal patients Association
www.opa.org.uk

Ovacome
www.ovacome.org.uk

Penny Brohn Cancer Care
www.pennybrohncancercare.org

Roy Castle Lung Cancer Foundation
www.roycastle.org

Tenovus Cancer Information Centre
www.tenovus.com

The Prostate Cancer Charity
www.prostate-cancer.org.uk

Urostomy Association
www.uagbi.org

BEREAVEMENT SUPPORT WEBSITES:

The Compassionate Friends
www.tcf.org.uk

CRUSE Bereavement Care
www.crusebereavementcare.org.uk
NON-SPECIFIC WEBSITES:

- The Colostomy Association
  www.colostomyassociation.org.uk

- Carers UK
  www.carersonline.org.uk

- The Princess Royal Trust for Carers
  www.carers.org

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