Directory of
Cancer Support Services in
South East Wales

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

2008 - 2009

South East Wales Cancer Network
Introduction

The following Directory is a list of self help and support groups and organisations providing help and support to those people affected by cancer within South East Wales.

I would like to thank all the groups and organisations for their help and support in compiling this directory.

If you are aware of any other groups that could be included in the directory please contact me at the address below.

Eleri Girt
Macmillan Patient Involvement Officer
South East Wales Cancer Network

3rd Floor
14 Cathedral Road
Cardiff
CF11 9LJ

Tel: 029 20196166
E-mail: Eleri.girt@sewcancer.wales.nhs.uk
Breast Cancer Care Cymru

1st Floor
14 Cathedral Road
Cardiff
CF11 9LJ

Tel: 0845 077 1894

0808 8006000 – National Helpline – staffed Monday to Friday 9am – 5pm and Saturday 9am to 2pm

Web site: www.breastcancercare.org.uk/Aboutus/Cymru

Regional Branch of the National charity Breast Cancer Care

- Offers peer support, via telephone contact for women and men affected by breast cancer and their partners
- Workshops including “Healthy Living” days and “Living with Cancer” course
- Wide range of information leaflets
- Talks to organisations re: breast cancer awareness.
Breast Friends Cardiff and Vale

Margaret Whittaker Coffee Lounge
Beulah United Reform Church
Heol Isaf
Rhiwbina
Cardiff.

Contact Name: Lynn Abel (Meeting Co-ordinator)
via Breast Cancer Care Cymru Message service: 0845 0771894

E-mail: postmaster@breastfriendscandv.org.uk

www.breastfriendscandv.org.uk

- chance to meet other people who have or have had breast cancer
- afternoon and evening meetings – please phone for further details
- occasional guest speakers
- regular newsletter
- Occasional social events and excursions.
- Breast Cancer Care Cymru message service – 0845 077 1894.
CancerCareline

15 Woodbine Road
Blackwood
Gwent
NP12 1QF

Tel: 01495 221660
Fax: 01495 230603

E-mail: cancercareline15@aol.com

Web site: www.cancercareline.co.uk

Contact Name: Kay Read

24hr staffed help line, 365 days per year

- The drop in centre is open Monday to Friday 10-12am
- Tuesday Friends – self help and support group - meet weekly 2-4pm
- Bosom Friends – self help and support group - (for those affected by breast surgery) meet on 1st Thursday of each month 1.30-4pm
- Offers counselling; befriending; advocacy; Complementary therapies including aromatherapy, reflexology, relaxation, visualisation and beauty therapies.
- Assistance with benefit forms.
- Pantomime group.
- Craft Group – meets Friday of each week 10am -1.30pm.
- Health promotion e.g. smoking cessation.
- Internet café – access, workshop training facility (for clients, family and friends).
- Monthly trips and holidays
Cancer Aid Merthyr

Cancer Aid Merthyr Tydfil
Upper Union Street
Dowlais
Merthyr Tydfil
CF48 3LE.

Tel: 01685 379633

E-mail: info@canceraidmerthyr.co.uk

Contact Name: Tracey Burke

- The centre is open Monday to Friday 9-5pm
- Free transport service for patients attending hospital for outpatient appointments and treatment; free transport also available to attend the centre
- Counselling: one to one; children’s counselling; group counselling.
- Complementary therapies including; aromatherapy; reflexology; reiki; Indian head massage, acupuncture.
**Cancer Support (Cynon Valley) RCT**

76-78 Oxford Street  
Mountain Ash  
Rhondda Cynon Taff  
CF45 3HB

Tel: 01443 479369

E-mail: [post@cancercynon.com](mailto:post@cancercynon.com)

[www.cancercynon.com](http://www.cancercynon.com)

Contact Name: Rhian Dash

- The centre is open Monday to Friday 9.30 -5pm.
- Counselling services.
- Complementary therapies including aromatherapy; reflexology, reiki.
- Free transport to and from hospital visits.
- Information; support; contact with other cancer service providers.
- Arm chair yoga, music therapy, Art therapy.
- Support groups.
- Welfare and benefits advisor at the centre, appointment to be made at the centre.
- WIG Bank facility available.
- Home visits available for anyone too unwell to come to the centre.
- Holiday home
- All services are free for families in Taff Ely, Ynysybwl and Cynon Valley.
C.A.S.S - Colorectal and Stoma Support Group

% Colorectal Nurse Team
Prince Charles Hospital
Merthyr Tydfil
Mid Glamorgan
CF479DT

For further information contact the Colorectal Nurse Team
Telephone number: 01685 728205

Roger Vallis - Chairperson
01685 872486

Maureen Moore - Secretary
01443 410493

Tom Sawyer – Treasurer
01443 410493

- Formal and informal meetings held throughout the year in Merthyr and Cynon Valley giving individuals the opportunity to meet people in similar circumstances.
Community Cancer Services

8 Dunraven Street
Tonypandy
Rhondda Cynon Taff
CF40 1QE

Tel: 01443 421999

E-mail: communitycancer@btconnect.

Contact Name:

- The centre is open Monday to Friday 9-4pm
- Provides support and information to residents of Rhondda and Taff Ely affected by cancer.
- Offers complementary therapies including reflexology, reiki, aromatherapy and Indian head massage
- Counselling services
- Free transport to and from hospital appointments and the centre.
- Drop in centre also provides contacts for peer support.
- Legal Advice
- Welfare rights advice
**Faceup Cymru – the head, neck and oral cancer foundation**

Bethel Place  
Llanishen  
CARDIFF  
CF14 5BJ

Tel: 020 20 757615

Email: faceupcymru@btconnect.com

Website: [www.faceupcymru.org.uk](http://www.faceupcymru.org.uk)

Contact: Beth Charles – Tel: 029 20766867

**Long-term aim**

- To offer support to patients who have been treated for head, neck or oral cancer

**Next steps:**

- To establish ‘friends of Faceup Cymru,’ together with patient support group at the Faceup Cymru, Llanishen centre
- To establish ‘friends of Faceup Cymru’ together with patient support groups in various locations throughout SE Wales
- Provide opportunities for patients, their families, trustees, staff, volunteers and friends to share in and sustain the main aims of the charity.

**Faceup Cymru aims to:**

- Promote an environment that is progressive, innovative and responsive
- Be an active listener, consult with its partners and develop partnerships in order to provide and maintain services
- Actively recruit and encourage people to participate in the work of the charity to enable patient self-help; professional support and advice services; recreational and educational opportunities; new partnerships and the development of existing links; and fund raising

*(Based on Information from 2007)*
Gwent Cancer Support
And Gwent Cancer Support Young Persons Project

Block B
County Hospital
Griffithstown
Pontypool
NP4 5YA.

Tel: 01495 768633  9am - 2pm (answer machine after office hours)
Tel: 01495 760066 24hr helpline for CHYPs (Young Persons Project)

E-mail: peggy_tapper@hotmail.com / Val.sullivan@BTconnect.com

Contact Name: Peggy Tapper / Val Sullivan / Angela Jones (Project Co-ordinator)

- The office is manned Monday to Friday 9am to 2pm
- There are monthly volunteer/support meetings on the last Monday of the month
- Offers: support and befriending service for patients and their families and carers affected by cancer.
- CHYPs – Young Persons Project offers support and information to young people aged 11-21 who have a family member or friend affected by cancer.
Helping Hands – Rhymney Cancer Self Help Group

92 High Street
Rhymney
Gwent
NP22 5NB.

Tel: 01685 844888
Tel: 01685 843409 Peter Bailie (Chairperson)

E-mail: helpinghandsrhymney@lineone.net
And
hh92base@btinternet.com

Contact Name: Derwyn Evans

- The drop in centre is open Monday to Friday 10am to 4pm
- Covering the areas of Rhymney, Pontlottyn, Abertysswg, Fochriw and Deri.
- Offers telephone support and home visits
- Free transport to and from hospital for appointments and treatment
- “Home comforts lending service” providing equipment to loan to patients within the community including air mattresses, wheelchairs, commodes, cushions and recliner chairs.
In The Pink

Breast cancer support group

% Diane Jehu
Macmillan Breast Care Specialist Nurse
Prince Charles Hospital
Merthyr Tydfil
Mid Glamorgan
CF47 9DT

Tel: 01685 728645

Contact Name: Diane Jehu

- Meet at alternative venues, on the first Monday of the month. The venues are Market Square Church Hall, Three Salmons St, Merthyr Tydfil and St Mair’s, Aberdare.

- The group meets between 7pm and 9pm with guest speakers

- Website available via the North Glamorgan NHS Trust Website www.nglam-tr.wales.nhs.uk/inthepink
North Gwent and South Powys Breast Cancer Support Group

Tel: 01873 858973

Contact name: Lesley Radley

- The group meets on the third Monday of January, March, May, July, September and November.
- The meetings are held at the Angel Hotel, Abergavenny from 7pm to 9pm.
- It is open to all those who have had breast cancer and their partners and friends.
- It is to give support; information; fundraising and to have fun.
Pontyclun BOSOM PALS

Tel: 01443 237997
E-mail: enquiries@barbarathebread.co.uk

Contact name: Barbara Powell

- The group meets on the First Monday of every month
- The meetings are held at the Bethel Baptist Centre, Pontyclun at 7.30pm.
**Procare - Cardiff**

Prostate Cancer Support Group

% Urology Department  
University Hospital of Wales  
Heath Park  
Cardiff  
CF14 4XW.

Tel: 029 20869643

Contact Name: Barrie Smith

- Bi-monthly meetings held on the first Monday of the month (excluding bank holidays). Meetings start at 7pm and are held at the Council Room at the rear of the Heathfield Cafeteria in the University Hospital of Wales.
- Provide support and information to patients and their families affected by prostate cancer.
- Engage in the fight against prostate cancer, for example, contributing towards the purchase of medical equipment for the urology department at the UHW.
- Increasing influence as a pressure group in health care concerns, with particular reference to prostate cancer.
Procare – Merthyr Tydfil

Prostate Cancer Support Group

Contacts: Terry Bevan (Chairman) 01685 722112
Pat Thomas (Secretary) 01685 359717
Anne England (Treasurer) 01685 350273

- Group meetings are held on the 3rd Thursday of each month at All Saints Church Hall, Dowlais, Merthyr Tydfil and 4 meetings a year at Prince Charles Hospital, Merthyr with guest speakers. All meetings start at 7pm.
- Provide support and information to patients and their families affected by prostate cancer.
- Member to member help and support as and when required.
- A variety of social events and excursions arranged as the request of members.
- Fundraising events.

(Based on Information from 2007)
Progress Prostate Cancer Support Group

% Dept of Urology
Royal Gwent Hospital
Newport
NP20 2UB.

Tel: 01633 234237 (24hr Answer machine)

E-mail: info@progress-prostatecancer.org.uk

Web site: www.progress-prostatecancer.org.uk

Contact Name: Irene Moore (Chairperson)

- Bi-monthly meetings (Jan, March, May, July, Sept, and Nov) held on the 2nd Wednesday of the month at the Urology Department Royal Gwent Hospital, Newport at 5.30 – 7pm.
- Provides support for patients affected by prostate cancer and their loved ones.
- Has a “Partners in Progress” group for wives/partners
- Working with the public to raise awareness of prostate cancer
- Fundraising events to purchase medical equipment to help in the treatment of prostate cancer and to raise money for further research into prostate cancer.
- Produce a newsletter.
Rhondda Breast Friends

Breast Cancer Support Group

Contact: Diane Raybould (Chairperson)
Tel: 01443 683220

- Meetings are held regularly, as are social functions and fundraising events. Please phone for details.
- Meetings include time to talk, refreshments and a programme of guest speakers.
**Royal Glamorgan Stoma Care Support Group**

The Stoma Care Department  
Diabetic Resource Centre  
Royal Glamorgan Hospital  
Ynysmaerdy  
Llantrisant  
CF72 8XR

For further information contact the Stoma Care Nurse Team  
Telephone Number: 01443 443053

Pat Williams – Chairperson  
07799198733

Shirley Harris – Vice-Chair  
01443 681151

Jean Thomas – Secretary  
01443 436475

- Group meetings take place four times a year. They include two coffee mornings/exhibitions held in the coffee lounge, Royal Glamorgan Hospital - an opportunity for people to view and sample different stoma appliances and accessories and also to talk to other people in similar circumstances.

- Social Functions held throughout the year, e.g. bus trips.
Sandville Self Help Centre

Sandville Court
Ton Kenfig
Bridgend
CF33 4PU.

Tel: 01656 743344

Contact Name: Gwyneth Poacher

- The centre is open 7 days per week 10am – 4pm.
- Offers a wide range of complementary therapies including reflexology; reiki; Bowen’ technique; yoga; hydrotherapy; acupuncture; hypnotherapy; relaxation and aromatherapy.
- Provides support, advice and information for patients and their families.
- Overnight accommodation for those travelling log distances to attend hospital outpatient or treatment appointments.
- Respite is offered Monday to Friday or Friday to Monday for patients needing time for themselves to come to terms with their problems. Log cabin is available for families (sleeps 4).
- Daily hospital transport is provided.
- Hairdressing facilities available Weds and Thurs.
- St Michael’s Church is open daily for anyone needing to reflect. (Any denomination).
- Monthly Social evenings.
South East Wales Lymphoedema Support Group

Contact: Barbara Burbidge - Tel: 029 20756192

Meetings are held on the last Wednesday in March, May, July, September and November at Velindre Hospital Outpatients Department from 7.30 – 9pm
South Gwent Breast Cancer Support Group

1st Floor
The Council House
Ventnor Road
Cwmbran
NP44 3JY.

Office Tel: 01633 872221

Tel: 01633 876602 – Barbara Jackson
01633 870050 – Sylvia Compton
01495 243646 – Sandra Dent
01633 855943 – Lynne Gardener

E-mail: sgbcsg@tiscali.co.uk

Web site: www.sgbcsg.homestead.com/welcome.html

Contact Name: Sylvia Compton

- Meet 2nd Monday of every month at 7.30pm at the Best Western Parkway Hotel, off Cwmbran Drive, Cwmbran (tel: 01633 871199).
- Provides support and advice.
- Be pampered sessions every other month

Also: Geri at
Lavender Lingerie & Swimwear
1st Floor
145 Chepstow Road
Maindee
Newport
NP19 8GE

Tel: 01633 840202
**Tenovus Cancer Information Centre**

Tenovus Cancer Information Centre  
Velindre NHS Trust  
Velindre Hospital  
Velindre Road  
Whitchurch  
Cardiff  
CF14 2TL.

Tel: 029 20196100 - administration – Monday to Friday 9am to 5pm

0808 8081010 – national freephone helpline Monday to Friday 9am to 4.30pm  
(answer machine and minicom available on the same number)

Website: [www.tenovus.com](http://www.tenovus.com)

- A team of Oncology Specialist nurses based at Velindre Hospital and other surrounding Hospitals in South /North/West Wales.
- A team of social workers; welfare rights officers and qualified counsellors. All providing support information and advice to people affected by cancer.
- They provide information leaflets on request and as well as a telephone helpline they provide an “Ask the Nurse” e-mail service through their website.
Thyroid Cancer Support Group - Wales

Contact: Cyril Davies (Secretary)

Tel: 0845 0092737 (after 6pm)

E-mail: thyroidgroup@tiscali.co.uk

Website: www.thyroidsupportwales.co.uk

- Meetings usually held every six weeks at Velindre Hospital, Whitchurch, Cardiff.
- The aim of the group is to raise awareness of thyroid cancer and to provide someone to talk to who has experienced the diagnosis and treatment. To improve the physical conditions of the Radio-Iodine Treatment rooms.
**UPPER G I Support Group**

C/o Surgical Department  
Paediatric OPD  
Royal Glamorgan Hospital  
Llantrisant  
Rhondda Cynon Taf.

Tel: 01443 443051

Contact Name: Rhiannon Bowen (Specialist Nurse Practitioner)

E-mail: rhiannon.bowen@pr-tr.wales.nhs.uk

- The group meets four times a year usually at variety of venues.
- Guest speakers
- All Upper GI patients welcome either pre or post op from all over Wales
Usk House Day Hospice

Usk House
Bridge Street
Llanfaes
Brecon
Powys
LD3 8AH

Tel: 01874  611717 (Day Hospice)  
615081 (Information Centre)  
610337 (Community Nurses)

- A charity run day hospice open 4 days per week and approx 12 patients in attendance each day.
- Breast Cancer support group held once a month
- Complementary therapies including massage, aromatherapy, reiki and healing
- Bereavement support Group held once per month
- Transport to the centre on the Usk House Bus.
- 2 part time community palliative care nurses based at the centre.
- Carers’ support group held once a month
- Cancer Information and support service. Drop-in on Weds & Thurs, by appointment other days.

(Based on Information from 2007)
Voluntary Sector
Hospice or Palliative Care Providers
Hospice of the Valleys

Park Gates Business Centre
Morgan Street
Tredegar
Blaenau Gwent
NP22 3ND

Tel: 01495 717277

E-mail: enquiries@hospiceofthevalleys.com

Web site: www.hospiceofthevalleys.com

Contact Name: Jayne Medlicott

- Covering the areas of Blaenau Gwent.
- Provides a 24hr/365 days per year hospice at home service
- Weekly drop-in centres at Abertillery, Tredegar, Ebbw Vale and Blaina.
- Complementary therapies including aromatherapy, reflexology, shiatsu, acupuncture, Indian head massage, hypnotherapy, Qi Kung, yoga, reiki, art therapy, Thai Massage and Healing.
- Monthly cancer self help clinics (by appointment only).
- The social work team offer emotional support, financial and benefits advice and bereavement support.

(Based on Information from 2007)
Marie Curie Hospice, Penarth

Holme Tower
Bridgeman Road
Penarth
Vale of Glamorgan
CF64 3YR

Tel: 029 20426000

Website: [www.mariecurie.org.uk](http://www.mariecurie.org.uk)

- Part of the National Marie Curie Cancer Care charity and one of 11 Marie Curie hospices within the UK. It has a 30 bedded in-patient unit and a day therapy unit providing specialist palliative care.
- Complimentary therapies including reflexology, aromatherapy and hypnotherapy are available.
- Physiotherapy and Occupational Therapy.
- There is a team of community specialist nurses providing advice and support for patient in their own homes.
- The social work department provide emotional support, financial and practical advice and bereavement support.

(Based on Information from 2007)
St David’s Foundation Hospice Care

Cambrian House
St John’s Road
Newport
NP19 8GR

Tel: 01633 271364

E-mail: enquiries@stdavidsfoundation.co.uk

Website: www.stdavidsfoundation.co.uk

Contact Name: Emma Saysell

- 24hr Hospice at home service with qualified nurses and care assistants.
- Provides palliative care throughout the unitary authorities of Caerphilly, Monmouthshire, Newport and Torfaen.
- Support and advice from Clinical Nurse Specialists (CNS)
- Out of hours advice service from CNS
- 2 Day hospices, based at Ystrad Mynach and Panteg Community Hospitals for patients and carers. Free transport is provided. Relaxation, aromatherapy, Snoezelen® multi-sensory rooms, reflexology, art therapy are available.
- 2 bedded in-patient unit at two local nursing homes.
- 3 Social workers and 2 welfare rights advisors
- Bereavement support service, including bereavement groups
- 2 Resource Centres, one based at Chepstow Community Hospital and one based at the Bridges Centre, Monmouth.
- 7 – Day a week bedside assessment by CNS.
St Anne’s Hospice

Harding Avenue
Malpas
Newport
Gwent
NP20 6ZE.

Tel: 01633 820317

E-mail: st.annes@velindre-tr.wales.nhs.uk

Website: www.stanneshospice.org.uk

Contact Name: Sister Berenice O’ Dwyer (Matron)

- An 8 bedded in-patient hospice providing specialist palliative care for adult patients within Gwent (includes Monmouth, Torfaen, Blaenau Gwent, Caerphilly and Newport).
- A multi-professional team of staff providing access to dieticians, speech therapy, psychologist, occupational therapist and social workers via links with other agencies.
- The pastoral team provides an on-going bereavement support service, home visits and individual counselling, if required.
- All care is provided free of charge.
- The hospice is under the medical supervision of a consultant in Palliative care.

(Based on Information from 2007)
Cancer related National Websites:

- The Prostate Cancer Charity
  [www.prostate-cancer.org.uk](http://www.prostate-cancer.org.uk)

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

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

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

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

- Penny Brohn Cancer Care
  [www.pennybrohnancercare.org](http://www.pennybrohnancercare.org)

- Macmillan Cancer Support
  [www.macmillan.org.uk](http://www.macmillan.org.uk)

- Marie Curie Cancer Care
  [www.mariecurie.org.uk](http://www.mariecurie.org.uk)

- Tenovus Cancer Information Centre
  [www.tenovus.com](http://www.tenovus.com)

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

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

- Cancer Laryngectomee Trust
  [www.Cancerlt.org](http://www.Cancerlt.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.myloma.org.uk](http://www.myloma.org.uk)
• Leukaemia CARE
  www.leukaemiacare.org.uk

• Lymphoma Association
  www.lymphoma.org.uk

• Lymphoma Information For Everyone
  www.lifesite.info

• Neuroblastoma Society
  www.nsoc.co.uk

• Oesophageal Patients Association
  www.opa.org.uk

• Ovacome
  www.ovacome.org.uk

• Roy Castle Lung Cancer Foundation
  www.roycastle.org

• Urostomy Association
  www.uagbi.org

Bereavement Support websites:

• The Compassionate Friends
  www.tcf.org.uk

• CRUSE Bereavement Care
  www.crusebereavementcare.org.uk

Non Cancer Specific Websites:

• The Colostomy Association
  www.colostomyassociation.org.uk

• Carers UK
  www.carersonline.org.uk

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