Directory of
Cancer support services in
South Wales

Self help and support groups
Voluntary sector hospice & palliative care providers
Cancer related websites

2012
Introduction

The following Directory is a list of self-help and support groups and organisations and Internet websites that can provide help and support and information to people affected by cancer within South Wales.

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

If you are aware of any other groups that could be included in the directory or if any of the details are incorrect could you please contact me (details below)

Eleri Girt
Macmillan Patient Information and Support Co-ordinator
South Wales Cancer Network
3rd Floor
14 Cathedral Road
Cardiff
CF11 9LJ

Tel: 029 20196166
E-mail: Eleri.girt@wales.nhs.uk
A – Z Listings:

All:
A
Aberystwyth Cancer Support group

B
Breast Cancer Group (Brynaman, Carmarthenshire)
Breast Friends Cardiff and Vale
Breast of Friends Breast Support Group – Llanidloes, Mid Powys

C
C.A.S.S - Colorectal and Stoma Support Group (Merthyr)
Cancer Aid Merthyr
Cancer Information & Support Services. (C.I.S.S.) (Swansea, Neath & Carmarthen)
CancerCareline (Blackwood, Gwent)
Cardiff Hepcats Support Group
Cardigan Cancer Support Group

D

E

F
Faceup Cymru – the head, neck and oral cancer foundation (Cardiff)

G
Gwent cancer support & young person’s project

H
Helping Hands – Rhymney Cancer Self Help Group
Hospice of the Valleys (Blaenau Gwent)

I
In the Pink

J

K
Kidney Cancer Support Group South East Wales

L
Life After Cancer for Everyone. (L.A.C.E.)
LIFT – Life is for today (Cowbridge)
Llandeilo Breast Cancer Group
Llanelli Breast Cancer Support Group
Lymphoma Support Group – Cardiff
M
Maggie’s Cancer Caring Centre - Swansea
Marie Curie Hospice, Penarth
Marie Curie Support Group - Cardiff
Myeloma Support Group South Wales

N
North Gwent and South Powys breast cancer support group

O
Old Mill Foundation Holistic Cancer Support Centre, Penclawdd

P
Pembrokeshire Breast Cancer Support Group.
Pembrokeshire Cancer Support
Pontyclun Bosom Pals
Progress Prostate Cancer Support Group (Newport)
Prostate Cancer Cardiff Support Group (Cardiff)

Q

R
Ray of Light Wales (Cardiff)
Rhondda Breast Friends
Rhondda Breast Friends Centre (Porth)
Royal Glamorgan Stoma Care Support Group

S
Sandville Self Help Centre (Bridgend)
Severn Hospice, Newtown, Powys
Shalom House Trust, St. David’s
Skanda Vale Hospice, Llandysul.
South East Wales Lymphoedema Support Group
South Gwent Breast Cancer Support Group
South West Wales Head and Neck Cancers (Swansea)
St Anne’s Hospice (Newport)
St David’s Foundation Hospice Care (Gwent)
Stepping Stones - Breast Support Group - Newtown, Mid Powys
Swansea & Gower Cancer Self Help Group
Swansea & South West Wales Lymphoedema Support Group

T
Tawe Valley Breast Care Support Group
The Beacon of Hope – Aberystwyth, Cardigan
The Bracken Trust (Llandrindod Wells)
The Haven Breast Cancer Support Centre (Hereford)
The Paul Sartori Foundation, Haverfordwest
The Rowan Tree Cancer Care (Mountain Ash)
The Ruby Care Foundation, Llandysul, Carmarthenshire
The West Wales Prostate Cancer Support Group, Llandysul, Carms
Thorne Masons Trust Drop in Centre, Haverfordwest.
Thyroid Cancer Support Group – Wales (Cardiff)
Tom Lamb Unit, Ward 10. Withybush Hospital, Haverfordwest
Ty Bryngwyn, Llanelli
Ty Croeso Day Hospice, Ystradgynlais
Ty Cymorth, Carmarthen
Ty Geraint, Bronglais Hospital, Aberystwyth
Ty Olwen, Morriston Hospital, Swansea

U
UPPER G I Support Group (Llantrisant)
Usk House Day Hospice (Brecon)
Usk House, St David’s Foundation. Day Hospice, Brecon

V

W

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Y
Y Bwthyn Newydd, Princess of Wales Hospital, Bridgend
Yr Rhosyn Cancer Support Unit, Neath and Port Talbot Hospital
Ystradgynlais Cancer Support Group. (Ty Croeso)

Z
1. Self Help and Support Groups

Aberystwyth Cancer Support group
Breast Cancer Group (Brynaman, Carmarthenshire)
Breast Friends Cardiff and Vale
Breast of Friends Breast Support Group – Llandidloes, Mid Powys
C.A.S.S - Colorectal and Stoma Support Group (Merthyr)
Cardiff Hepcats Support Group
Faceup Cymru – the head, neck and oral cancer foundation (Cardiff)
Gwent cancer support & young person’s project
In the Pink
Kidney Cancer Support Group South East Wales
Life After Cancer for Everyone. (L.A.C.E.)
LIFT – Life is for today (Cowbridge)
Llandeilo Breast Cancer Group
Llanelli Breast Cancer Support Group
Lymphoma Support Group – Cardiff
Marie Curie Support Group - Cardiff
Myeloma Support Group South Wales
North Gwent and South Powys breast cancer support group
Pembrokeshire Breast Cancer Support Group.
Pembrokeshire Cancer Support
Pontyclun Bosom Pals
Progress Prostate Cancer Support Group (Newport)
Prostate Cancer Cardiff Support Group (Cardiff)
Ray of Light Wales (Cardiff)
Rhondda Breast Friends
Royal Glamorgan Stoma Care Support Group
South East Wales Lymphoedema Support Group
South Gwent Breast Cancer Support Group
South West Wales Head and Neck Cancers (Swansea)
Stepping Stones - Breast Support Group - Newport, Mid Powys
Swansea & South West Wales Lymphoedema Support Group
Tawe Valley Breast Care Support Group
The Haven Breast Cancer Support Centre
The West Wales Prostate Cancer Support Group, Llandysul, Carms
Thyroid Cancer Support Group – Wales (Cardiff)
UPPER G I Support Group (Llantrisant)

2. Drop In Centres:

Cancer Aid Merthyr
Cancer Information & Support Services. (C.I.S.S.) (Swansea, Neath & Carmarthen)
CancerCareline (Blackwood, Gwent)
Cardigan Cancer Support Group
Helping Hands – Rhymney Cancer Self Help Group
Maggie’s Cancer Caring Centre - Swansea
Old Mill Foundation Holistic Cancer Support Centre, Penclawdd
Rhondda Breast Friends Centre (Porth)
The Haven Breast Cancer Support Centre (Hereford)
Sandville Self Help Centre (Bridgend)
Swansea & Gower Cancer Self Help Group
The Beacon of Hope – Aberystwyth, Cardigan
The Bracken Trust (Llandrindod Wells)
The Rowan Tree Cancer Care (Mountain Ash)
The Ruby Care Foundation, Llandysul, Carmarthenshire
Thorne Masons Trust Drop in Centre, Haverfordwest.
Usk House Day Hospice (Brecon)
Yr Rhosyn Cancer Support Unit, Neath and Port Talbot Hospital
Ystradgynlais Cancer Support Group. (Ty Croeso)

3. Hospice and Palliative Care Providers

Hospice of the Valleys (Blaenau Gwent)
Marie Curie Hospice, Penarth
Severn Hospice, Newtown, Powys
Shalom House Trust, St. David’s
Skanda Vale Hospice, Llandysul.
St Anne’s Hospice (Newport)
St David’s Foundation Hospice Care (Gwent)
The Paul Sartori Foundation, Haverfordwest
Tom Lamb Unit, Ward 10. Withybush Hospital, Haverfordwest
Ty Bryngwyn, Llanelli
Ty Croeso Day Hospice, Ystradgynlais
Ty Cymorth, Carmarthen
Ty Geraint, Bronlais Hospital, Aberystwyth
Ty Olwen, Morriston Hospital, Swansea
Usk House, St David’s Foundation. Day Hospice, Brecon
Y Bwthyn Newydd, Princess of Wales Hospital, Bridgend
Support groups

Drop in Centres

Hospices and palliative care providers

National support organisations – telephone helplines and websites

Bereavement
General information
Children and young people
Bladder cancer
Bone cancer
Bowel cancer
Brain cancer
Breast cancer
Cancer of the gullet
Gynaecological cancers
Head and neck cancers
Kidney cancers
Cancer of the larynx
Leukaemia
Liver cancer
Lung cancer
Lymphoma
Mesothelioma
Myeloma
Pancreatic cancer
Prostate cancer
Sarcoma
Skin cancer
Stomach cancer
Testicular cancer
Thyroid cancer

Non cancer specific
Breast Cancer Support Groups

Aberystwyth Cancer Support group
Contact: Jill Cutress Tel: 01970 635790
Email: jill.cutress@wales.nhs.uk

Breast of Friends Breast Support Group – Llanidloes, Mid Powys
Contact: Janet Williams Tel: 01686 412778

Support and Information

Breast Friends Cardiff and Vale

Margaret Whittaker Coffee Lounge
Beulah United Reform Church
Rhiwbina
Cardiff.

Contact 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
- Regular newsletter and occasional social events and excursions.

In The Pink

℅ Diane Jehu –
Prince Charles Hospital
Merthyr Tydfil
CF47 9DT

Tel: 01685 728645

e-mail: Diane.jehu@wales.nhs.uk

- Meet at alternative venues, on the first Monday of the month. The venues are Dowlais Rugby Club, Dowlais and St Mair’s, Aberdare.

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

LIFT – Life is for today (breast cancer support Vale of Glamorgan)
Contact: Anne 01446 772843 or Jane 01446 772325
Email: LIFT@injhydon.plus.com
North Gwent and South Powys breast cancer support group
Contact name: Lesley Radley   Tel: 01873 858973

- 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
Contact name: Barbara Powell   Tel: 01443 237997 / 07792 770480/ 07563 795885
E-mail: barbarathebread@hotmail.co.uk
www.pontyclunbosompals.org.uk

- The group meets on the First Monday of every month (please contact Barbara if it is a bank holiday)
- The meetings are held at The Pavilion, Lanely Road, Talbot Green, at 7.30pm.

Rhondda Breast Friends
Contact: Christina Ryan   Tel: 01443 687556
E-mail: info@rhonddabreastfriends.org.uk
Website: www.rhonddabreastfriends.org.uk.

- The Centre aims to provide support for breast cancer patients, family and supporters and is open Monday to Friday 10am – 3pm with regular evening meetings. Transport can be provided if necessary.
- The support group usually meets on the second Wednesday of every month at 7pm and hold a coffee morning on the last Friday. Regular social functions and fundraising events are also held. Meetings include time to talk, refreshments, a programme of guest speakers and entertainment. All people affected by breast cancer, their partners and friends are welcome. Ring for details of current events.
- The centre also offers counselling, meditation and healing courses, a programme of workshops, information and signposting to cancer services.
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
01495 243646 – Sandra Dent
01633 855943 – Lynne Gardener

E-mail: sgbcsg@tiscali.co.uk
Web site: www.sgbcsg.org.uk

- 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: Anita and Rene at Lavender Lingerie & Swimwear

Pembroke Breast Cancer Support Group.
The Community Centre, Furzy Park, Haverfordwest
Tel: 01437 710376 or 01437 720496

Meetings held on the 2nd Friday of every month, between 10:30-12:30
Providing support for those diagnosed with breast cancer in Pembrokeshire

Tawe Valley Breast Care Support Group
Tel: 01158 822554 or Secretary - Mair Griffith 01558 822588
Support and Information.

The Haven Breast Cancer Support Centre
37 Owen Street Hereford
HR1 2JB.

Tel: 01432 361 051
E-mail: herefordreception@thehaven.org.uk
www.thehaven.org.uk

The Haven provides, free of charge, a wide range of support and therapies to improve your wellbeing with, and beyond, breast cancer. Our specialist nurses and experts in nutrition, exercise, emotional support and
complementary therapies provide individualised, in-depth programmes to help with the physical and emotional side effects of breast cancer treatment.

**Llanelli Breast Cancer Support Group**  
Tel: Jean 01554 810967  Dilys (Welsh Speaker) 01554 758413  
Meet every 3rd Monday of the month except in August. Provides support and friendship.

**Stepping Stones - Breast Support Group - Newtown, Mid Powys**  
Tel: Angela Hamer 01686 624702 or Mary 01938 558047  
A support group for women who meet in conjunction with Macmillan Nurses, 1st. Wednesday of the month at 19:00 at The Hafan Day Unit, Newtown Hospital

**Breast of Friends - Breast Support Group - Llanidloes, Mid Powys**  
Tel: Janet Williams 01686 412778  
Support and Information

**Breast Cancer Group - The Black Mountain Centre, Brynaman Carmarthenshire**  
Tel: Ffion Davies, Community Developmental Officer - 01269 823400  
Information and advice

**Llandeilo Breast Cancer Group.**  
Tel: Diane Rocca - 01558 822554  
Information and support
Head and Neck Cancer

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

South West Wales Head and Neck Cancers (Swansea)
Tel: Caroline Faulkner 01792 703104

Support, Information and Advice

Kidney Cancer

Kidney Cancer Support Group South East Wales

Maria – 029 2030 4344 Helle – 029 2048 5791
Paul – 01633 412271 Peter – 01446 408320
Email: kcsgew@btinternet.com

Liver Cancer Support Groups

Cardiff Hepcats Support Group – support group for liver diseases including cancer

Contact: Paul Bennett / Stephen Prendergast on 0781 048 8899 / 0787 926 4313

Email: paulbennett2000@ntlworld.com or stephenprendergast@yahoo.co.uk

- Welcomes people with any kind of liver disease or those affected by it.
Lymphoedema Support Groups

South East Wales Lymphoedema Support Group
Contact: Barbara Burbidge  
Tel: 029 2075 6192  
E-mail: barbara.burbidge@tiscali.co.uk

- Meetings are held on the last Wednesday in March, May, July,  
  September and November at Velindre Hospital Outpatients  
  Department from 7.30 – 9pm  
- Provides information and support for people with lymphoedema.  
  Guest speakers are invited to talk about subjects relating to  
  lymphoedema and other topics of interest.  
- Time to talk and meet others in similar circumstances. Family  
  members, carers and friends are welcome.

Swansea & South West Wales Lymphoedema Support Group  
Tel: Melanie Lewis 01792 285252

Advice, support and information

Lymphoma Support Groups

Lymphoma Support Group – Cardiff
Beulah Church Hall  
Rhiwbina  
Cardiff  
CF14 6LT

Contact: Maggie 029 2061 3396

- Support group for people affected by Hodgkin and non-Hodgkin  
  lymphoma that meets alternate months.  
- Current and past patients, carers, family members and friends  
  are welcome.
Myeloma Support Groups

Myeloma Support Group South Wales  
Canolfan Beulah  
Rhiwbina  
Cardiff  
CF14 6LF

Contact: Jenny Thomas   Tel: 02920 734955

- Informal group providing information and support for Myeloma patients and family members.
- Meetings are held 7.00 - 8.30pm, on the second Thursday every two months.
- Regular guest speakers.

Prostate Cancer Support Groups

Prostate Cancer Cardiff Support Group (Cardiff)  
% Urology Department  
University Hospital of Wales  
Heath Park  
Cardiff  
CF14 4XW.

Contact Name:  Mr Tony Barnwell (Secretary)   Tel: 029 20756044

- 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.

Progress (Gwent)  

% 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 (Chair)
• 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

The West Wales Prostate Cancer Support Group, Llandysul Carmarthenshire
Tel: Philip Burr - 01559 363154

Support and Information for patients and carers

Thyroid Cancer Support Groups

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.

Upper GI Cancer Support Groups

UPPER GI Support Group
C/o Surgical Department
Paediatric OPD
Royal Glamorgan Hospital
Llantrisant
Rhondda Cynon Taf.

Contact: Rhiannon Bowen (Specialist Nurse Practitioner) Tel: 01443 443051
E-mail: rhiannon.bowen@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

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**Other Support Groups**

**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 Tel: 01685 872486
- Maureen Moore – Secretary Tel: 01443 410493
- Mick Meaney – Treasurer Tel: 01443 410036

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

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**Gwent cancer support and Gwent cancer support young person’s project**

Block B  
County Hospital  
Griffithstown  
Pontypool  
NP4 5YA.

Tel: 01495 768633  9am - 1pm (answer machine after office hours)  
Tel: 01495 760066 24hr helpline for CHYPs (Young Persons Project)

E-mail: Val.sullivan@BTconnect.com

Contact Name: Val Sullivan / Jean Edmunds (Project Co-ordinator)

- The office is manned Monday to Friday 9am to 1pm
- There are monthly committee meetings on the last Monday of the month
- Offers: Counselling, befriending and advocacy services for patients and their families affected by cancer.
- CHYPs – Young Persons Project offers as above to young people aged 11-21 who have a significant person in their life affected by cancer.
- Free complimentary Therapy service to cancer patients and their carers.
- Workshops
- In house training – e.g. AQA Counselling Course

Marie Curie Support Group
Holme Tower
Penarth
CF64 3YR

Contact: Marjie Tel: 01446 792757
- Support group for those living with cancer.
- Meet on the 3rd Monday of every month from 10:30 - 3pm to spend the day talking, listening to guest speakers, having fun and enjoying a good lunch.

Ray of Light Wales – Carers Support
Contact: Sue 07971349703
Email: contactus@rayoflightwales.org.uk or suenorris@rayoflightwales.org.uk
Website: www.rayoflightwales.org.uk

Meet on the first Wednesday of every month 7.15 to 8.45pm at Main Entrance, Green and Blue Room, Velindre Hospital, Whitchurch, Cardiff, CF14 2TL.
A non-profit-making organisation that provides emotional support for people caring for someone with cancer.

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

Contact: Stoma Care Nurse Team (Sheila Jones and Helen Benjamin)
Telephone Number: 01443 443053

Jean Thomas – Support Group Secretary Tel: 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.

Pembrokeshire Cancer Support.
Tel: Barbara/ Jill - 01646 683078

Provides Support & Information for those who have or have had cancer
 together with their family and friends.

Life After Cancer for Everyone. (L.A.C.E.)
Tel: Linda Jaggers 01639 720052

Meet every Tuesday at The Melin Advice Centre, 84, Briton Ferry Road,
Neath. SA11 1PT. 10:30-13:00, for surviving cancer patients
Drop-in centres

CancerCareline
15 Woodbine Road
Blackwood
Gwent NP12 1QF

Kay Read  Tel: 01495 221660 (24hr helpline, 365 days per year)

E-mail: cancercareline15@aol.com

Web site: www.cancercareline.co.uk

- The drop in centre is open Monday to Friday 10-2pm
- Tuesday Friends – self help and support group - meet weekly 2-4pm
- C – Red Men’s Support Group (call 01495 221660 for more details)
- Offers counselling; advocacy; Complementary therapies including aromatherapy, reflexology, relaxation, reiki, 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). IT training on Wednesday 1.30pm to 3pm.
- Monthly trips and holidays

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

Contact Name: Tracey Burke    Tel: 01685 379633

E-mail: info@canceraidmerthyr.co.uk

- The centre is open Monday to Friday 9-5pm
- Free transport service for patients attending hospital for outpatient appointments and treatment.
- Counselling: one to one; children’s counselling; group counselling.
- Complementary therapies including; aromatherapy; reflexology; reiki; Indian head massage, acupuncture and workshops when required.

Helping Hands – Rhymney Cancer Self Help Group

92 High Street
Rhymney
Gwent
NP22 5NB.

Contact Name: Derwyn Evans    Tel: 01685 844888
Tel: 01685 840229 Doris Shurmer (Chairperson)

E-mail: hh92base@btinternet.com

- 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.

Sandville Self Help Centre

Sandville Court
Ton Kenfig
Bridgend
CF33 4PU.

Contact Name: Gwyneth Poacher    Tel: 01656 743344
• 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; self-hypnosis; relaxation and aromatherapy.
• Provides support, advice and information for patients and their families.
• Overnight accommodation for those travelling long 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 for radiotherapy or chemotherapy.
• Hairdressing facilities available Weds and Thurs.
• St Michaels Church is open daily for anyone needing to reflect. (Any denomination).
• Monthly Social evenings or days
• The centre does not charge but donations are gratefully accepted.

The Bracken Trust

Cefnlllys Lane
Llandrindod Wells
Powys
LD1 5LJ

Tel: 01597 823646

E-Mail: bracken.trust@btopenworld.com

Website: www.brackentrust.powys.org.uk

• Open Monday to Friday, 9 – 5pm.
• Supports people affected by cancer.
• Information, advice, support, counselling and complimentary therapies.

The Rowan Tree Cancer Care

58-60 Commercial Street
Mountain Ash
Rhondda Cynon Taf
CF45 3PW

Contact Name: Rhian Dash       Tel: 01443 479369

E-mail: rhian@rowantreecancercare.co.uk

• The centre is open Monday to Friday 9am -5pm.
- Counselling services.
- Complementary therapies including aromatherapy; reflexology, reiki. Armchair yoga, music therapy, and Art therapy, glass painting.
- Free transport to and from hospital for any cancer related hospital appointments.
- Information; support; contact with other cancer service providers.
- 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.
- All services are free for families in Taff Ely, Ynysybwl and Cynon Valley.
- Outreach available at GP surgeries throughout RCT – please contact the centre for details

**The Haven Breast Cancer Support Centre**
37 Owen Street Hereford
HR1 2JB.

Tel: 01432 361 051
E-mail: herefordreception@thehaven.org.uk
[www.thehaven.org.uk](http://www.thehaven.org.uk)

The Haven provides, free of charge, a wide range of support and therapies to improve your wellbeing with, and beyond, breast cancer. Our specialist nurses and experts in nutrition, exercise, emotional support and complementary therapies provide individualised, in-depth programmes to help with the physical and emotional side effects of breast cancer treatment.

**Usk House Day Hospice**
Usk House
Bridge Street
Llanfaes
Brecon
Powys
LD3 8AH

Tel: 01874 611717 (Day Hospice)
615081 (Information Centre)

- 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, reflexology and healing
- Bereavement support Group held once per month
- Transport to the centre on the Usk House Bus.
- Community palliative care nurse 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.
- Lymphoedema service Tuesday afternoons.

**Rhondda Breast Friends Centre**

31A Eirw Road
Porth
Rhondda Cynon Taff CF39 9LT

Contact Name: Christina Ryan Tel: 01443 687556
E-mail: info@rhonddabreastfriends.org.uk
www.rhonddabreastfriends.org.uk

- The Centre aims to provide support for breast cancer patients, family and supporters and is open Monday to Friday 10am – 3pm with regular evening meetings. Transport can be provided if necessary.

- The support group usually meets on the second Wednesday of every month at 7pm and hold a coffee morning on the last Friday. Regular social functions and fundraising events are also held. Meetings include time to talk, refreshments, a programme of guest speakers and entertainment. All people affected by breast cancer, their partners and friends are welcome. Ring for details of current events.

- The centre also offers counselling, meditation and healing courses, a programme of workshops, information and signposting to cancer services.

**Cancer Information & Support Services. (C.I.S.S.)**

Tel: Swansea 01792 655025
Neath 01639 642333
Information, Support, Counselling, For Cancer Patients and Carers.

**Maggie’s Cancer Caring Centre – Swansea**
North Residence, Singleton Hospital, Swansea
Tel: Debbie Horrigan - 01792 285868
Information and Support Benefits advice
Some Complimentary Therapies

**Ystradgynlais Cancer Support Group. (Ty Croeso)**
Tel: 01639 844414
Cancer Support Day Unit,
Open Monday/Wednesday/Thursday.
Personal care, Lunch, Support, Information

**Yr Rhosyn Cancer Support Unit, Neath and Port Talbot Hospital**
Tel: 01639 862553
Cancer Support Day Unit.
Monday-Friday. Provides help and support to cancer patients and their Family/carers

**Swansea & Gower Cancer Self Help Group**
Tel: Yvonne 01792 535698
Support, Information and holistic Therapies available

**Old Mill Foundation Holistic Cancer Support Centre, Penclawdd SA4 3XE**
Tel: 01792 851553
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

**Cardigan Cancer Support Group**
Tel: Judy Cramp - 01239 614851
Fundraising local to Cardigan
Supporting Patient/Family needs

**Thorne Masons Trust Drop in Centre - Haverfordwest.**
Tel: Debbie Mason - 01437 766011
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.
The Beacon of Hope – Aberystwyth, Cardigan
Tel: 01970 615593 and 01239 614989
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

The Ruby Care Foundation, Llandysul, Carmarthenshire
Tel: Judith Pocock - 0870 794 5353 www.rubycare.org
‘Taking the fear away from dying’
Support, Counselling and Training available.

Hospice or Palliative Care Providers

Hospice of the Valleys

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

Contact Name: Helen Rees Tel: 01495 717277
E-mail: enrolries@hospiceofthevalleys.com
Web site: www.hospiceofthevalleys.com

- We are a community-based service and therefore offer advice and support in the patient’s own homes; in addition we hold weekly drop-in clinics in Abertillery, Tredegar, Ebbw Vale and Nantyglo.
- Cover the area of Blaenau Gwent and provides a 24hr/365 days per year service
- The service consists of:
  Consultant in Palliative Medicine
  Specialist Doctor
  Community Palliative Care Nurse Specialists
  Specialist palliative Care Social Workers
  Specialist Physiotherapist
  Welfare Benefits Advisors
  Complementary Therapists
- The social work team offer emotional support, financial and benefits advice and bereavement support.
**Shalom House Trust - St. David’s**
Tel: 01437 720398/721344
Independent Charitable Hospice
'A retreat for terminally ill people'. Day Care and In-Patient Unit

**Tom Lamb Unit** - Ward 10. Withybush Hospital, Haverfordwest
Tel :01437 733210

**Ty Geraint, Bronglais Hospital, Aberystwyth**
Tel: 01970 628850
Palliative Care Resource Centre

**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.

**Ty Cymorth, Carmarthen**
Tel: 01267 227101
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.
The Paul Sartori Foundation, Haverfordwest
Tel: 01437 763223  www.paulsartori.wales.org
Hospice Home Care Service
Bereavement Support; Equipment loan service; Holistic Therapies

Skanda Vale Hospice, Llandysul.
Tel: 01559 371222
Offering comfort, support, respite care, completely free.
St David’s Foundation Hospice Care

Blackett Avenue
Newport
NP20 6NH

Contact Name: Emma Saysell   Tel: 01633 851051

E-mail: enquiries@stdavidsfoundation.co.uk

Website: www.stdavidsfoundation.co.uk

- 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
- 3 Day hospices, based at Ystrad Mynach and Panteg Community Hospitals and at Usk House in Brecon for patients and carers. Free transport is provided. Relaxation, aromatherapy, Snoezelen® multi-sensory rooms (Ystrad Mynach and Panteg), reflexology, art therapy are available.
- 2 bedded in-patient unit at two local nursing homes.
- 2 Social workers and 2 welfare rights advisors
- Bereavement support service, including bereavement groups
- 2 Resource Centres, one based at Grayhill Surgery, Caldicot and one based at the Bridges Centre, Monmouth.
- 7 – Day a week bedside assessment by CNS.
- Unicorn project to support children and young people
- Carers groups.

Ty Olwen, Morriston Hospital, Swansea
Tel: 01792 703695
Day Centre, In-Patient Unit, Community Nurse Team

Ty Bryngwyn, Llanelli
Tel: 01554 783561
Day Centre and In-Patient Unit

Y Bwthyn Newydd, Princess of Wales Hospital, Bridgend
Tel: 01656 752003
Day Centre and In-Patient Unit
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

- In-patient hospice providing 10 specialist palliative care beds for adult patients within the 5 localities of Aneurin Bevan Health Board and includes Monmouth, Torfaen, Blaenau Gwent, Caerphilly and Newport.
- Three additional respite beds specifically for patients with a non-cancer condition. Two bed are allocated for Aneurin Bevan Health board area and one for Cwm Taf patients
- A multi-disciplinary team which includes a medical and nursing team, physiotherapist, pharmacist, social worker, psychologist, complimentary therapist and pastoral care. Access to dietician, speech therapist and occupational therapist is currently sought through Aneurin Bevan health Board hospitals.
- The pastoral team supports patients and families and provides an on-going bereavement support service, home visits and individual counselling, as required.
- Care is provided free of charge to patients and families
- The hospice is under the medical supervision of a consultant in Palliative Medicine.

Ty Croeso Day Hospice, Ystradgynlais
Tel: 01639 844414
Monday/Wednesday, Thursday
Provides Support; Counselling; Personal Care.

Usk House, St David’s Foundation. Day Hospice, Brecon
Tel: 01874 610337
A charity-run day hospice. Open 4 days a week
Support, Counselling, Information and Holistic Therapies available

Severn Hospice, Newtown, Powys
Tel: 01686 617204
Hafan Day Hospice. (Day Unit Service) sited in Newtown Hospital, Powys.
**National support organisations – telephone helplines and websites**

**Bereavement:**
The **Compassionate Friends** support bereaved parents and their families. They produce leaflets, newsletters and have an online bookstore. They have an online forum and chatroom. They also have a website and publications specifically for siblings.
Helpline: 0845 123 2304
Main website: [www.tcf.org.uk](http://www.tcf.org.uk)
Sibling support website: [www.tcfsiblingsupport.org.uk](http://www.tcfsiblingsupport.org.uk)

**CRUSE Bereavement Care** offer support to bereaved people to enable them to understand their grief and cope with their loss. They produce information leaflets. They have a website and publications specifically for children and young people.
Helpline: 0844 477 9400
Main website: [www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk)
Young people’s website: [www.rd4u.org.uk](http://www.rd4u.org.uk)

**Winston’s Wish** offer support, information and guidance for families of bereaved children.
Helpline: 0845 20 30 40 5
[www.winstonswish.org.uk](http://www.winstonswish.org.uk)

**General:**

**Cancer Research UK** is the European leader in the development of new anti-cancer drugs. It funds research on all aspects of the disease from its causes, to treatment and prevention, education and psychological support for patients. They produce high quality information for people affected by cancer, health professionals and the general public through their CancerHelp website.
Helpline: **0808 800 40 40**
Website: [www.cancerresearchuk.org](http://www.cancerresearchuk.org) and [www.cancerhelp.org.uk](http://www.cancerhelp.org.uk)

**Macmillan Cancer Support** provides care and support for people with cancer at every stage of their illness through. They provide information, advice and emotional support to cancer patients and their families. They produce leaflets, audio tapes and CDs, and Braille booklets about living with cancer. Their freephone telephone and letter information service is provided by a team of specialist cancer nurses. Their benefits advice line offers advice on financial matters generally.
Helpline: **0808 808 00 00**
Email: [cancerline@macmillan.org.uk](mailto:cancerline@macmillan.org.uk)
Website: [www.macmillan.org.uk](http://www.macmillan.org.uk)
Marie Curie Cancer Care provides nursing and end of life care. They produce information leaflets for patients and carers. [www.mariecurie.org.uk](http://www.mariecurie.org.uk)

The Sexual Dysfunction Association provides information on sexual problems that can affect women and men. They provide lists of local specialist practitioners, as well as fact sheets.
Telephone: 02074867262
Email: [info@sda.uk.net](mailto:info@sda.uk.net)
[www.sda.uk.net](http://www.sda.uk.net)

Tenovus Your Cancer Charity
Tel: 029 20768799
0808 8081010 – national freephone helpline 7 days a week 8am to 8pm (answer machine available on the same number)
Website: [www.tenovus.org.uk](http://www.tenovus.org.uk)
- A team of social workers; welfare rights officers and qualified counsellors. All providing support information and advice to people affected by cancer.
- Provide information leaflets on request and as well as a telephone helpline they provide an “Ask the Nurse” e-mail service through their website.

Children and young people:
The Christian Lewis Trust supports families affected by children’s cancers. They offer a befriending service, play therapy, family outings and holidays and bereavement support. [www.childrens-cancer-care.org.uk](http://www.childrens-cancer-care.org.uk)

CCLG (Children’s Cancer and Leukaemia Group) are one of the leading producers of high quality information for children and young people with cancer and their families. Their information leaflets address issues such as siblings, grandparents, treatment, and bereavement. [www.ukccsg.org](http://www.ukccsg.org)

CLIC Sargent cares for children and young people with cancer and their families. They produce information leaflets, provide social workers, benefits advice and play specialists. They offer family holidays, small grants and have an online community that includes chat forums, parents tips and patients stories.
Helpline: 0800 197 0068 Monday – Friday 9 – 5pm [www.clicsargent.org.uk](http://www.clicsargent.org.uk)
LATCH - the Welsh Children’s Cancer Charity supports the children’s oncology centre in Wales at UHW. They provide emotional and practical support to children and families. They offer holidays and other treats, activity weekends, and an annual children’s party. They can help with traveling expenses and any extra requirements at home. www.latchwales.org

The Teenage Cancer Trust supports teenagers and young adults with cancer. They have information online and links to other websites. They organise an annual conference called ‘find your sense of tumour’ for young people who are still having treatment or have recently completed treatment. www.teenagecancertrust.org/

Teen info on cancer is provided by CancerBACUP. They offer information written specifically for teenagers and advice and support on how to cope with cancer. They have an online forum. www.click4tic.org.uk/Home

Help Adolescents with Cancer (HAWC) is a support group run by adolescents with cancer for adolescents with cancer. They run a 24 hour Helpline: 0161 688 6244
www.hawc-co-uk.org E-mail: hawc@btinternet.com

Site specific information

Bladder cancer
The Bladder and Bowel Foundation is the UK’s largest advocacy charity providing information and support for all types of bladder and bowel related problems, for patients, their families, carers and healthcare professionals.
Helpline: 0845 345 0165
Email: info@bladderandbowelfoundation.org
www.bladderandbowelfoundation.org

The Urostomy Association supports people who are about to undergo, or have undergone surgery resulting in the diversion of the urinary stream. www.uagbi.org
Bone cancer

The Bone Cancer Research Trust promotes research into the causes and treatment of primary bone cancer and in particular of osteosarcoma and Ewing’s sarcoma. They are also looking to provide information, support and, in the longer term, counselling services for those suffering from primary bone cancer, and their families. www.bonecancerresearch.org.uk

Bowel cancer

Beating Bowel Cancer are a national charity working to highlight awareness of symptoms, promote early diagnosis and encourage open access to treatment choice for those affected by bowel cancer. Information on bowel cancer can be accessed either through their website or the Nurse Advisory Helpline. Helpline: 08450 719301 Monday, Wednesday and Thursday 9.30 – 1.30pm Email: info@beatingbowelcancer.org www.beatingbowelcancer.org

Bowel Cancer UK provide information about bowel cancer prevention, screening and symptoms through its website, leaflets and a bowel cancer advisory service run by specialist colorectal nurses. Helpline: 0870 850 6050 Monday – Friday 10 – 4pm Email: admin@bowelcanceruk.org.uk www.bowelcanceruk.org.uk

The Colostomy Association offers support, reassurance and information to anyone who has had a colostomy or is facing one. They produce a range of free literature with useful and practical guidance. They offer home and hospital visits by experienced colostomates, and telephone advice and support. They also produce a quarterly newsletter. All services are free of charge. Phone: 0800 328 4257 or 0800 587 6744 Email: cass@colostomyassociation.org.uk www.colostomyassociation.org.uk

The Ileostomy and Internal Pouch Support Group helps anyone who has had or is about to have their colon removed and has an ileostomy or internal pouch. Branches throughout the UK provide advice, information leaflets, and home and hospital visiting. The website hosts forums for discussion. There’s a membership fee. Helpline: 0800 018 4724 Email: info@iasupport.org www.the-ia.org.uk
Brain cancer

**Brain Tumour Action** provide information and support to people affected by brain tumours. They provide a helpline and counselling service and an online support group.

Telephone: 0131 466 3116
Website: [www.braintumouraction.org.uk](http://www.braintumouraction.org.uk)

**Brain Tumour Research** are a group of 14 organisations that combine to raise awareness of brain tumours yet maintain their own identities. They provide support, information and funding for research. Their website has lots of useful links and stories of the experiences of some of their supporters.

Website: [www.braintumourresearch.org](http://www.braintumourresearch.org)

**Brain Tumour UK** provide information and support to people affected by brain tumours. Their website includes information, frequently asked questions and a patients and carers forum where you can read about personal experiences. They also offer Phone Pals, this is a free service where a several people talk on the phone about anything that is relevant to the group at the time.

Helpline: 0845 4500 386 9am- 5pm, Monday to Friday
Website: [www.braintumouruk.org.uk](http://www.braintumouruk.org.uk)

**The Brain Tumour Charity** provide information and support as well as funding research into brain tumours. They have information about brain tumours and treatments and patient stories.

Helpline: 0808 800 0004
Website: [www.thebraintumourcharity.org](http://www.thebraintumourcharity.org)

Breast cancer

**Breakthrough Breast Cancer** carries out research into breast cancer. They produce information leaflets, fact sheets and newsletters.

Helpline: 08080 100 200
[www.breakthrough.org.uk](http://www.breakthrough.org.uk)

**Breast Cancer Care**

Breast Cancer Care provides support and practical assistance to anyone affected by breast cancer. They produce information leaflets, DVDs, newsletters, and a magazine. They offer specific support for younger women, people with secondary breast cancer and partners. They run lingerie evenings and offer prosthesis fitting. They offer information sessions and a cancer rehabilitation programme. They have online chat forums.

Helpline: 0800 800 6000  [www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)
Breast Cancer Care Cymru

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

Breast Cancer Care is here for anyone affected by breast cancer, bringing people together, providing information and support and campaigning for improved standards of care.

- One to one support, via telephone contact for women and men affected by breast cancer and their partners.
- Free confidential helpline with calls answered by someone with personal or professional experience of breast cancer.
- Website giving access to round the clock information when you need it.
- Online discussion forums and Live Chat
- Ask the Nurse enquiries by e-mail.
- Extensive information resources Inc leaflets, booklets, short films and audio clips to download.
- Headstrong service to help you prepare for the potential shock of losing your hair due to cancer treatment; a free private appointment
- Lingerie evenings for more confidence when choosing a bra after surgery.
- Information and support sessions covering a range of topics to help you move forward after treatment.
- Younger Women’s Forum providing support and information for women aged up to 45 who have been diagnosed with breast cancer in the last three years.
- Specialised support for people with secondary breast cancer.

Cancer of the gullet

Ochre is a national cancer charity for people affected by oesophageal cancer. They promote awareness of oesophageal cancer. They also intend to encourage research into the causes of oesophageal cancer and to develop information and support services for patients and their families.

Helpline: 0800 822 3370
Email: committee@ochrecharity.co.uk
www.ochrecharity.co.uk

Oesophageal Patients Association provides a national helpline, information booklets, and regional meetings where patients can find support from others.

Telephone: 0121 704 9860 Monday - Friday 9 - 5pm
Email: enquiries@opa.org.uk
www.opa.org.uk
Gynaecological cancers

**Eve Appeal** fund research into prevention, diagnosis and treatment options for ovarian cancer and other Gynaecological cancers.
Email: office@eveappeal.org.uk
www.eveappeal.org.uk

**Gynae C** provides telephone, letter and email support for women with any type of Gynaecological cancer (ovary, cervix, womb, and vulva) and their partners. There is a message board on their website. Their national helpline offers support to women with Gynaecological cancer.
Phone: 01793 491 116
Email: Gynae_C@yahoo.com
Website: http://www.gynaec.co.uk/index.html

**Jo’s Trust** provides information about cervical cancer and a confidential medical enquiry service. The website has a bulletin board where you can exchange experiences and information with others who have cervical cancer.
Phone: 01327 341965  Helpline: 0808 802 8000
Email: pamela@jotrust.co.uk  www.jotrust.co.uk

**Ovacome** offers a nationwide telephone support network of **Fone Friends** who have had ovarian cancer and are happy to talk to others.
Tel (admin): 020 7299 6654 (Monday to Friday 9.00am - 4.00pm)
Helpline: 0845 371055
E-mail: ovacome@ovacome.org.uk
www.ovacome.org.uk

**Ovarian Cancer Action** aims to improve survival for women with ovarian cancer and raise awareness. The organisation also organises conferences and has a newsletter.
Tel: 020 8238 7605
E-mail: info@ovarian.org.uk
Website: http://www.ovarian.org.uk

**Vulval Awareness Campaign Organisation** provides support and information via telephone and email to women with Vulval cancer.
Tel: 0161 747 5911
Email: vacouk@yahoo.com
www.vaco.co.uk/
**Women’s Health Concern** provides information on Gynaecological and sexual aspects of women’s health including some Gynaecological cancers. They produce information leaflets on a range of subjects including hormone replacement therapy, menopause, hysterectomy and ovarian cysts. Can give personalized advice on menopause problems and hormone replacement therapy. Professional counseling available. Helpline: 0845 123 2319 Monday - Tuesday 10 -2pm, Wednesday - Friday 10 – 1pm Website: [www.womens-health-concern.org](http://www.womens-health-concern.org)

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**Head and neck cancers**

**Changing Faces** offer support to people who have disfigurements to their face or body. This may be due to a condition present at birth, accident or illness, or treatment for cancers of the head, neck, mouth, throat and skin. They offer a life-skills programme that includes one-to-one counselling and advice, group workshops, self-help guides and videos. Helpline: 0845 4500 240 Email: [info@changingfaces.org.uk](mailto:info@changingfaces.org.uk) Website: [www.changingfaces.org.uk](http://www.changingfaces.org.uk) Website for young people: [www.iface.org.uk](http://www.iface.org.uk)

**Let’s Face It** is a charity that provides support for people with facial disfigurement and their family and friends. They produce newsletters, leaflets and offer counselling. Phone: 01843 833 724 [www.lets-face-it.org.uk](http://www.lets-face-it.org.uk)

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**Kidney cancer**

**Kidney Cancer UK** provide patients and their carers with improved access to reliable information about kidney cancer and its treatment, and works with the medical profession to improve standards of care. Has an online forum and chat room. Email: admin@kcuk.org [www.kcuk.org](http://www.kcuk.org)

**National Kidney Federation** campaigns for improvements to care and treatment for people with kidney conditions, and supports patients and their families. National office can give local contacts. Phone: 0845 601 02 09 Email: [helpline@kidney.org.uk](mailto:helpline@kidney.org.uk) [www.kidney.org.uk](http://www.kidney.org.uk)
Cancer of the larynx

**Cancer Laryngectomee Trust** provides support and understanding for people who are about to have, or have had, a laryngectomy. Their aim is to promote and assist the relief of all people in the UK who have had a laryngectomy. The book 'Laryngectomy Is Not A Tragedy' by Sydney Norgate is free to all patients and health professionals.

Phone: 01422 205522

[www.cancerlt.org](http://www.cancerlt.org)

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The National Association of Laryngectomee Clubs is an association of over 100 nationwide clubs to aid rehabilitation of people who have had laryngectomy surgery. They provide pre and post-surgery support, information and speech and language therapy. They produce booklets on laryngectomy issues.

Phone: 020 7730 8585

Email: [info@laryngectomy.org.uk](mailto:info@laryngectomy.org.uk)

[www.laryngectomy.org.uk](http://www.laryngectomy.org.uk)

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Leukaemia

**Leukaemia CARE** provides care & support to people affected by leukaemia, lymphoma & the allied blood disorders. They provide information, holidays, limited financial support and operate CARE Teams throughout the UK to ensure that there is local support wherever a patient and their family live.

Helpline: 08088010444  24 hours, 7 days a week

Email: care@leukaemiacare.org.uk

[www.leukaemiacare.org.uk](http://www.leukaemiacare.org.uk)

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Liver cancer

The **British Liver Trust** provides information about cancer as well as other diseases of the liver. They produce a leaflet on liver cancer.

Helpline: 0800 652 7330 Monday – Friday 9 – 5pm

[www.britishlivertrust.org.uk](http://www.britishlivertrust.org.uk)

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Lung cancer

**British Lung Foundation** provides information about lung cancer. They produce information leaflets. Their website lists details for local Breathe Easy support groups. Online discussion forums. They also run Pen Pals, this is a scheme that puts people who are affected by lung disease in touch with each other by email or post. There are schemes for patients and carers.

Helpline: 08458 50 20 20

[www.lunguk.org](http://www.lunguk.org)
The Roy Castle Lung Foundation provides information and support for people with lung cancer. They produce leaflets and a DVD. Online chat forums. Helpline: 0800 358 7200 Monday – Friday 9 – 5pm www.roycastle.org/

Lymphoma

The Lymphoma Association provides emotional support and information on a range of issues to anyone with lymphatic cancer and their families, carers and friends. They produce information leaflets, provide a buddy scheme and online chat forums. Helpline: 0808 808 5555 Monday – Thursday 9 – 6pm and Friday 9 – 5pm www.lymphomas.org.uk

Mesothelioma

Mesothelioma UK provides impartial, up to date information for patients diagnosed with mesothelioma and their carers. They have a national free phone helpline which provides access to advice, lists of local contacts, and other sources of information. Helpline: 0800 1692409 Monday – Friday 9 – 4pm www.mesothelioma.uk.com

Myeloma

Myeloma UK provides an extensive range of information about myeloma for patients and carers. This includes information online and leaflets, Myeloma TV, an online chat forum and accounts of people Personal Experiences. Helpline: 0800 980 3332 www.myeloma.org.uk

Pancreatic cancer

Pancreatic Cancer UK is a national charity committed to cancer patients through information, support, awareness and research funding. Provide contact by email and/or telephone both with central coordinators and others in a similar situation (patients/relatives/carers). Phone: 0203 177 1686 Email: support@pancreaticcancer.org.uk www.pancreaticcancer.org.uk

Pancreatic Cancer Research Fund is a national charity that funds research into pancreatic cancer throughout the UK. Phone: 020 8360 1119 www.pcrf.org.uk
Prostate cancer

Prostate Cancer UK provides information and support to those affected by prostate cancer. They produce information leaflets and offer one to one support with a Support Volunteer. They also have chat forums. Helpline: 0800 074 8383 Monday to Friday 10am - 4pm plus Wednesday 7pm - 9pm
www.prostate-cancer.org.uk

Prostate Action fund research into prostate cancer. They produce several booklets and a DVD.
www.prostateuk.org

Sarcoma

Sarcoma UK provides information about sarcoma and its treatments and offer web based support.
http://www.sarcoma-uk.org

Skin cancer

Skin Cancer Research Fund (ScaRF) promotes research into all types of skin cancer. They produce information leaflets and provide support for people with skin cancer, particularly malignant melanoma.
Phone: 0117 340 3130
Email: Caroline.Newton@nbt.nhs.uk
www.skin-cancer-research-fund.org.uk

Skinship UK provides a helpline which offers help, information and support to anyone with any kind of skin problem, including skin cancer. Skinship (UK) is a stakeholder with the National Institute of Clinical Excellence in the field of skin cancer, and an Associate of the Telephone Helplines Association.
Helpline: 01387 760567
www.ukselfhelp.info/skinship/

Wessex Cancer Trust provides MARCS Line a telephone advice line for people with skin cancer.
Telephone: 01722 415071
Email: marcsline@salisbury.nhs.uk
www.wessexcancer.org/folders/what_we_do/support_services/marcs_line.cfm
**Stomach cancer**

**CORE – the Digestive Disorders Foundation** supports research into all forms of digestive disease. They produce a range of leaflets and fact sheets covering the disorders and diseases that can affect the digestive system including digestive cancers.

Phone: 020 7486 0341  
Email: info@corecharity.org.uk  
www.corecharity.org.uk

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**Testicular cancer**

**Orchid Cancer Appeal** fund research into the diagnosis, prevention and treatment of testicular, prostate and penile cancers as well as promoting awareness of these cancers. They provide information and advice and produce leaflets and a testicular cancer awareness video.

Phone: 0203 465 5766  
Email: info@orchid-cancer.org.uk  
www.orchid-cancer.org.uk

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**Thyroid cancer**

**The British Thyroid Foundation** provides information and support to those affected by thyroid cancer for a small annual membership fee.

www.btf-thyroid.org/

**Butterfly Thyroid Cancer Trust** supports people affected by thyroid cancer. They offer email and telephone contact with group members, and a Buddy system.

Helpline: 01207 545469 Monday – Friday 10 – 4pm  
Email: enquiries@butterfly.org.uk  
www.butterfly.org.uk

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**Non-Cancer Specific:**

The **Daisy Network** offers support to women who have experienced a premature menopause due to a medical condition or treatment. They offer information and a network of women who are willing to share their personal experiences of premature menopause.

Email: daisy@daisynetwork.org.uk  
www.daisynetwork.org.uk

**Healthtalkonline** has collections of patient experiences in writing and as audio and video clips. You can find out about other people's experiences of tests, treatment and living with cancer. There is also a patient forum. Healthtalkonline is run by the DIPEX (Database of Patient Experiences) charity.
Look Good ... Feel Better is a charity set up by the cosmetics industry. Volunteer beauty therapists provide skincare and make up workshops for women undergoing cancer treatment. All guests are provided with a free goodie bag.
E-mail: info@lgfb.co.uk
Website: www.lookgoodfeelbetter.co.uk

The Lymphoedema Support Network offers support to people affected by lymphoedema. They, produce fact sheets. Send a large self addressed envelope to them for an information pack (they cannot take email requests for the packs).
Information and support: 020 7351 4480 (10am-4pm)
Email: adminlsn@lymphoedema.freeserve.co.uk
Website: www.lymphoedema.org/lsn
Address: St Luke's Crypt, Sydney Street, London, SW3 6NH

The Princess Royal Trust for Carers is the largest provider of carers support services in the UK. Through a network of 144 independently managed Carers' Centres , 85 young carers services and interactive websites, www.carers.org and www.youngcarers.net, The Trust provides quality information, advice and support services.
Wales Office: Victoria House, 250 Cowbridge Road East, Canton, Cardiff, CF5 1GZ.
Tel: 02920 221788
E-mail: Info Wales (infowales@carers.org)
Web site: www.carers.org