

## Helen Rollason MBE

Helen Rollason MBE was the first female television sport presenter, a broadcaster and a fundraiser. She was diagnosed with cancer of the colon and later of the liver and lungs. She fought an inspirational battle with her illness, much of it in the public eye, but died in August 1999.

While being treated for her illness, Helen became aware of how little support was available to people with cancer. She felt people should be treated as a whole - emotionally and mentally - as well as medically.



*"Helen would be so proud of what the charity has achieved in her name."  
Lord Coe KBE, Patron*

Before she died, she said: *"Good quality of life while coping with cancer is the most important gift a sick person can receive, it should be available to everyone."*

Her oncologist, Professor Neville Davidson (founder and chairman of the charity), shared her vision and in January 1999, Helen gave her name and image to help attract national and international support. The Helen Rollason Cancer Charity was then established.

*For more information, to book an appointment or to make a donation, please contact our centres:*

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### Essex Cancer Support Centres

Rochelle House, Lawn Lane, Springfield,  
Chelmsford, Essex CM1 7TJ  
Tel: 01245 463633

5 Dame Elizabeth Court, Broomfield  
Hospital, Chelmsford, Essex CM1 7WE  
Tel: 07943 056995

### London Cancer Support Centre

Radiotherapy Department, Ground Floor -  
Podium Building, North Middlesex University  
Hospital, Sterling Way, Edmonton, London N18  
1QX.  
Tel: 0208 887 2408

### Hertfordshire Cancer Support Centre

Thomas Rivers Wing, The Rivers Hospital,  
High Wych Road, Sawbridgeworth,  
Hertfordshire CM21 0HH  
Tel: 01279 602667

For any further information about the charity, please see our website or contact the charity office on 01245 514325.

Charity office: Woodside, Broomfield Hospital,  
Chelmsford, Essex CM1 7ET

Tel: 01245 514325 Fax: 01245 515028

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

Helen Rollason Cancer Charity is a trading name of Helen Rollason  
Heal Cancer Charity.  
Registered charity number: 1052861

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Helen Rollason  
Cancer Charity

## Cancer Support Centres

*Essex: Springfield and Broomfield,  
London: North Middlesex University Hospital  
Hertfordshire: The Rivers Hospital*



*Havens for people touched  
by cancer*

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

## Cancer Support Centres

*Helen Rollason's vision to provide better emotional support for cancer patients has led to the foundation of the Helen Rollason Cancer Support Centres.*

In an environment of peace and tranquillity, complementary therapies, counselling and support groups are available to people with cancer, their families, carers and friends. The centres are for patients with all types of cancer at all stages: whether newly diagnosed or longer term, throughout treatment and after treatment is completed.



## Counselling and Support Groups

### *Counselling*

An opportunity to explore feelings and emotions in a confidential one to one relationship.

### *Support groups*

A chance for those with cancer and/or their carers to meet with others in a similar situation.

## Complementary Therapies



### *Reflexology*

A form of gentle foot massage which helps to reduce anxiety and stress, and promotes well-being.

### *Massage*

A gentle touch therapy to promote relaxation and a sense of well-being.

### *Aromatherapy*

The use of essential oils in massage to enhance relaxation and relieve tension.

### *Bach flower remedies*

Completely natural and gentle, they help people to cope with the emotional ups and downs of life.

## Manual Lymph Drainage (MLD)

The use of specialised massage and bandaging techniques to minimise the effects of lymphoedema.

Please contact your local centre for details of services available in your area.

All the services provided at our cancer support centres are wholly funded by the Helen Rollason Cancer Charity and provided free of charge to clients. The charity relies on public donations and does not receive any government funding.

For further information, please see our website - [www.helenrollason.org.uk](http://www.helenrollason.org.uk)

*“This peaceful place is a blessing; I thank you with all my heart”*

*“A wonderful oasis for both patients and carers”*

*“Inspiring, peaceful, supportive”*

*“30 minutes of sheer pleasure”*

*“A lovely peaceful haven every time, wonderful people I feel I can call my friends”*

*“Escapism at its best”*

*“It's an oasis of peace, tranquillity and hope, a place where I did not have to pretend and put on a brave face”*