

# Cancer Support Centres

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

## Essex

Rochelle House, Lawn Lane, Springfield,  
Chelmsford, Essex CM1 7TJ.  
Tel: 01245 463 633

St Luke's Community Centre  
St Luke's Road, Southend-on-Sea  
Essex, SS2 4AB  
Call 07876 896 958 (Tuesday and Thursday 9.30am - 4pm)

Braintree Community Hospital  
Chadwick Drive, Braintree  
Essex, CM7 2AL  
Tel: 01245 463 633

GenesisCare Hospital  
Lawn Lane, Springfield  
Chelmsford, Essex, CM1 7GU  
Tel: 01245 463 633

## Hertfordshire

Herts & Essex Hospital, The Kitwood Suite  
Cavell Drive, off Haymeads Lane,  
Bishop's Stortford CM23 5JH  
Tel: 01279 827 646

## London

Radiotherapy Department,  
Ground Floor - Podium Building,  
North Middlesex University Hospital,  
Sterling Way, Edmonton, London N18 1QX  
Tel: 020 8887 2408

## Head Office

Yvonne Stewart House,  
The Street, Hatfield Peverel,  
Chelmsford, Essex CM3 2EH.  
Tel: 01245 380719  
E-mail: admin@helenrollason.org.uk

## Booking an appointment

Visitors are welcome to drop in to relax at our centres without an appointment. Counselling and therapies need be booked in advance.

Please contact your local centre to book your appointment.

**For the latest information or to find out how you can support us please visit our website or social media:**

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

 HelenRollasonCC

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 helen\_rollason\_cancer\_charity



The Helen Rollason Cancer Charity (HRCC) was founded in 1999, and is the legacy of the BBC broadcaster and fundraiser, Helen Rollason, MBE.

Helen fought an inspirational battle with cancer, much of it in the public eye, but died in 1999 aged 43. During her treatment, she became aware of the need for more support to be available to people living with the illness: **“Good quality of life while coping with cancer is the most important gift a sick person can receive; it should be available to everyone.”** And so, this vision led to the foundation of our Support Centres in her name.

Helen Rollason Cancer Charity is the trading name of Helen Rollason Heal Cancer Charity.

Registered charity number: 1052861

CSC 01/18

# Helen Rollason Cancer Charity

**Enabling quality of life while  
living with cancer**

## Cancer Support Centres

ESSEX • LONDON • HERTFORDSHIRE



***“The caring and friendly staff welcomed me, and my family, helping us all with patience, empathy and understanding.”***

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



## Our centres offer a range of FREE support and therapies to help people living with cancer.

We support men and women with all types of cancer at all stages - whether newly diagnosed or longer-term, throughout treatment and after treatment is completed.

All of our locations provide a friendly and relaxing environment where cancer patients can go - with their families, friends and carers - to talk through any problems and issues. Patients can have therapies that work together with their medical treatment and reduce stress.

We also offer a range of extra, beneficial activities and groups ranging from Pilates, Art and Craft Groups, Look Good Feel Better Workshops and Support Groups. Contact your nearest Support Centre for more details.

**All the services at our centres are provided FREE of charge, and HRCC relies on donations, fundraising and money raised through charity shops to continue this work.**



## Counselling and Support Groups

*For patients, family, friends and carers*

- **Counselling**  
The opportunity to explore feelings and emotions in a confidential one-to-one setting.
- **Support Groups**  
A chance to meet with others.
- **Workshops**  
Beneficial activities to enjoy.

## Complementary Therapies

*For patients*

- **Reflexology**  
A form of gentle manual pressure applied to specific areas of the feet, to reduce stress and anxiety and promote well-being.
- **Massage**  
A gentle touch therapy to promote relaxation and reduce stress.
- **Aromatherapy**  
The use of essential oils in massage to enhance relaxation and release tension.
- **Bach Flower Remedies**  
Flower and plant essences taken in dilute form which help to balance emotions at times of stress.

## Lymphatic drainage

*(For those diagnosed with lymphoedema)*

A combination of gentle hand movements by the practitioner and the prescription of a compression garment. This encourages the trapped lymphatic fluid along alternative pathways in the body thus reducing the swelling of the affected limb.

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

**"Wonderful oasis for both patient and carer."**

**We are here to provide support at all stages of cancer**

**We support men and women**

**"The treatment has completely relaxed me and helped with my anxiety."**

**"The centre is a lovely friendly place with a very calming atmosphere."**

**All our services are provided FREE OF CHARGE**

