Cancer Support Centres

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

**Essex Cancer Support Centre**

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

**London Cancer Support Centre**

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

**Hertfordshire Cancer Support Centre**

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

**Cancer Support Centres Manager**

Lorna Ellis
Tel: 01245 463633
E-mail: lorna.ellis@helenrollason.org.uk

**Head Office**

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

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"Facing cancer for the second time has been daunting. The Helen Rollason Cancer Charity has been my rock and has helped me face it, fight it and, hopefully, beat it. My hour a week at the HRCC Support Centre is the only time I have actually had to TOTALLY allow myself, and my body, the space and time to recover. I can never thank this amazing charity enough."

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.

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

For further information go to:
www.helenrollason.org.uk

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

CSCB 1015

Helen Rollason Cancer Charity

Cancer Support Centres

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

Essex: Springfield, Chelmsford
London: North Middlesex University Hospital
Hertfordshire: The Rivers Hospital

www.helenrollason.org.uk
Our Centres support people living with cancer.

Our Centres 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.

They are friendly and relaxing places 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.

They 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.

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 make an appointment.

Our Services

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

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.

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.

Award-winning Support

Helen Rollason Cancer Charity received the award for ‘Best Complementary Medicine Organisation’ from the Institute for Complementary and Natural Medicine.

“The treatment has completely relaxed me and helped with my anxiety.”

“Wonderful oasis for both patient and carer.”

“I feel so fortunate that I have such a lovely place to visit and feel so good afterwards.”

“What a refreshing, calm, loving and therapeutic place. What you do here is beyond price.”

“The centre is a lovely friendly place with a very calming atmosphere.”