



**East Suffolk and  
North Essex**  
NHS Foundation Trust



**Cancer  
Wellbeing and  
Information  
Centre**

In partnership with



# Welcome

The Cancer Wellbeing and Information Centre at Colchester Hospital provides vital support and information to anyone affected by cancer. Whether you are a patient, family member or carer, we are here to help you. The centre offers a non-clinical and relaxing environment in a tranquil lakeside setting. The building was funded entirely by community donations to Colchester & Ipswich Hospitals Charity's Cancer Centre Campaign.

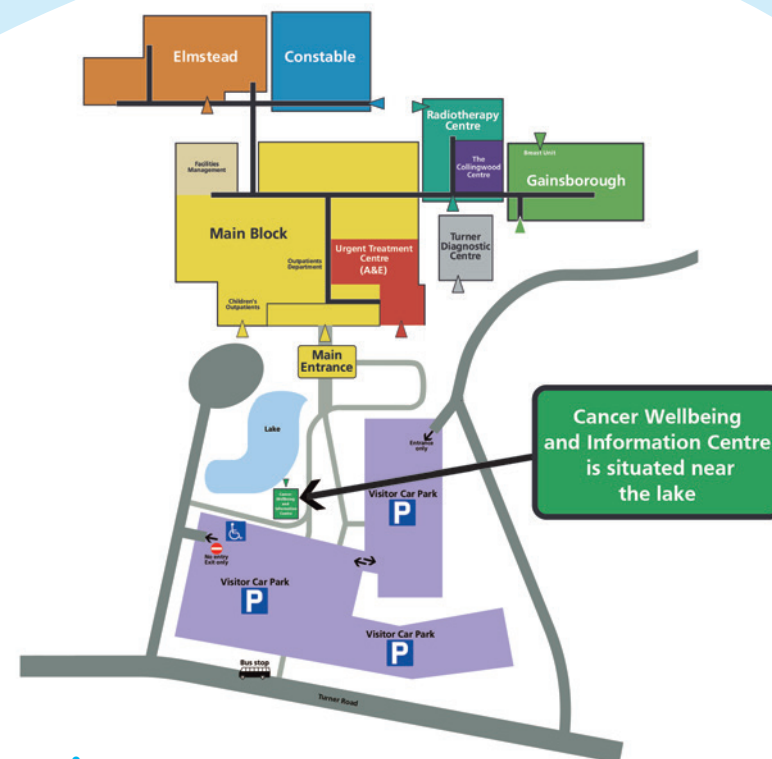
The services provided by the centre include:

- specialist information and advice
- counselling services
- complementary therapies
- physical activity services
- hair and skincare advice
- dietary advice
- practical support
- benefits advice and signposting
- a venue for self help and support groups

For some services you will need to book an appointment, others are operated as a drop in service.

## How we can help you

East Suffolk and North Essex NHS Foundation Trust and Colchester & Ipswich Hospitals Charity are proudly working in partnership with a wide range of charities to offer you the services and support detailed in this booklet.



## Opening times

The centre is open Monday - Friday from 8.00am to 4.00pm

## Get in touch

Our friendly staff and volunteers are on hand to book appointments, answer your questions or help in any way they can.

☎ 01206 745347

📍 Cancer Wellbeing and Information Centre, Colchester Hospital,  
Turner Road, Colchester CO4 5JL

✉ [esneft.cancerwell-beingcentre@nhs.net](mailto:esneft.cancerwell-beingcentre@nhs.net)

f @ESNEFTCWBC 🐦 @ESNEFTCWBC

Helen Rollason **Cancer Charity**

# Complementary therapies

Helen Rollason Cancer Charity support men and women with all types of cancer at all stages – newly diagnosed, throughout treatment and during recovery. The charity provides the following range of complementary therapies to help patients reduce anxiety, stress and tension:

- reflexology - a form of gentle manual pressure applied to specific areas of the feet, to reduce stress and anxiety and promote wellbeing
- 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

**Book a complementary therapy treatment**

☎ 01206 745347

For information about additional services including yoga, mindfulness, craft therapy, Lymphoedema clinic and support groups

☎ 01245 380719

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

📍 Mid Essex Support Centre, The Street,  
Hatfield Peverel, Essex CM3 2EH

Registered Charity No. 1052861





## Counselling service

### Macmillan Counselling Service

The Macmillan Counselling Service is available to patients and their family members affected by cancer who are aged 18 years and above. Their experienced and fully qualified counsellors are accredited by the British Association of Counselling and Psychotherapy (BACP) and abide by the BACP ethical framework.

They provide a supportive and safe environment in which to explore the psychological difficulties that you may experience at any time following diagnosis. These difficulties might include the following:

- coping with a sense that the future is uncertain
- coping with how cancer affects relationships
- managing the demands of home and family life while caring for oneself
- uncomfortable feelings, e.g. depression, anxiety, anger
- coping with changes to your body image and with disability
- coping with adjustment, change and loss
- coping with pain, discomfort, fatigue and treatment side-effects
- coping with how cancer affects sexual functioning and sexuality
  - coping with how cancer affects self-esteem and sense of self
  - coping with a loss of purpose and hope

If you find that any of these issues cause you persistent and significant distress counselling might help. Macmillan offer a space in which to be listened to without judgement

and strategies to help you cope and to make sense. They also have bases in Clacton-on-Sea and Ipswich.

Talk to a Macmillan Counsellor

☎ 01206 745376 or 01206 745347

## Information and support

### Macmillan Information and Support Centre

Whatever cancer throws your way, Macmillan are right there with you, providing financial and emotional support to help you live life as fully as you can. They can advise on benefits and other sources of financial support and have a huge resource of information leaflets within the centre.

They are able to help with Blue Badge applications and other practical issues you may need an advocate to support you with. Please pop in for a cup of tea and chat, Macmillan are a listening ear to support you and your family.

Drop in or talk to the Macmillan Information and Support Centre

☎ 01206 745347

For information about additional Macmillan services

☎ 0808 808 00 00

🌐 [www.macmillan.org.uk](http://www.macmillan.org.uk)

Registered Charity No. in England and Wales 261017

# Support courses and workshops

**BREAST  
CANCER  
NOW** The research  
& care charity

## Moving Forward 4 week course

Adjusting to life after treatment for primary breast cancer can bring a mix of highs and lows. Breast Cancer Now's Moving Forward course give you the chance to share your experiences in a supportive environment, get tips from breast cancer experts and connect with others in a similar situation. Whether it's help to manage physical and emotional changes or improving your general wellbeing, you can get the support you need to move forward with your life.

The course is open to people who have had a primary breast cancer diagnosis and have finished their hospital-based treatment at Colchester Hospital.

**Book a Moving Forward course**

☎ 0345 077 1893

✉ [movingforward@breastcancer.org](mailto:movingforward@breastcancer.org)

**For information about additional Breast Cancer Now services**

☎ 0808 800 6000

🌐 [www.breastcancer.org](http://www.breastcancer.org)

Registered Charity No. in England and Wales 1160558

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

## Macmillan HOPE 6 week course

HOPE is a 6 week course that helps you find new ways to regain your confidence, manage stress and emotional difficulties. Meet, share, learn and get more out of life with Macmillan's HOPE (Help Overcome Problems Effectively) course.

By the end of the six week course you will:

- feel more able to support and share your experiences with others to help in safe group environment
- feel less isolated
- feel more confident in dealing with emotional issues such as anxiety, anger, depression and uncertainty
- discover how to use relaxation techniques to refresh your mind and body
- learn how to make plans and achieve goals that are important to you

**Book a Macmillan HOPE course**

☎ 01206 745347

## Confidence boosting workshops

Look Good Feel Better (LGFB) is the only international cancer support charity that helps boost the physical and emotional wellbeing of people undergoing cancer treatment.

The free confidence boosting Workshops are held across the UK for women, men and young adults undergoing treatment for any type of cancer. Each group session is led by trained volunteers and offers a chance to meet others in a similar situation, as well as learning useful skills and techniques to manage the side-effects of cancer treatment.

A female only workshop is hosted by Colchester Hospital in the Cancer Wellbeing and Information Centre.

The workshops are open to anyone who has had a diagnosis of cancer over the past couple of years and is undergoing treatment, this does not mean you have to have had chemotherapy. You may only have had surgery or been put on medication - this is absolutely fine.

**Book a Look Good, Feel Better workshop**

☎ 01206 745347

**For further information about online tools, the confidence kit or workshops/masterclasses for men visit**

☎ 01372 747500

🌐 [www.lookgoodfeelbetter.co.uk](http://www.lookgoodfeelbetter.co.uk)

Registered Charity No. 1031728

## Wigs and headwear

### Frobishers

WIG SPECIALISTS

est 1979

Frobishers Wigs specialise in the comprehensive supply of wigs and headwear throughout East Anglia and the UK. They provide a weekly wig clinic at the Cancer Wellbeing and Information Centre.

Choosing a wig or hairpiece can be overwhelming. But it doesn't have to be. With over 40 years industry experience and 20 years supplying NHS Trusts, their dedicated team are here to help and talk you through your choices. Whether you have recently experienced hair loss due to chemotherapy, alopecia or other health conditions, they can recommend and supply the perfect wig or hairpiece to suit your personal situation.

Frobisher's stock and supply both human hair and synthetic wigs from leading brands. For that extra personal touch they can alter your wig for the perfect fit. They can also cut and style your wig, if required.

**Book an appointment with Frobishers**

☎ 01473 254156

✉ [info@frobisherswigs.co.uk](mailto:info@frobisherswigs.co.uk)

# Support groups at the Cancer Wellbeing and Information Centre

## Cancer Choir

7.00pm to 9.00pm, every Monday evening

✉ shirleycochrane@btinternet.com

## Colchester Breast Cancer Support Group

10.00am to 12.00pm, first Tuesday of every month

☎ 01206 748370

✉ bcsgcolchester@gmail.com

## Gastro-Intestinal Cancer Support Group

6:30pm to 8:30pm, third Thursday of every month

☎ 07565 929381

✉ semicolon.jb@gmail.com

🌐 www.gics.org.uk

## Head & Neck Cancer Support Group

7.00pm to 8:30pm, second Wednesday of every other month

☎ 01206 286900

✉ sally-anne.philpott@colchesterhospital.nhs.uk

## Lymphoma Association Support Group

7.00pm to 9.00pm, third Tuesday of every month  
(except August and December)

☎ 01206 384586 or 01255 425146

✉ brian.george.mersea@gmail.com

## Myeloma Support Group

2.00pm to 4.00pm, bi-monthly  
on a Wednesday

☎ 01206 742190



# Support groups at other locations

## Myeloma Cancer Support Group

Venture Centre, Bromley Road, Lawford, Manningtree CO11 2JE  
1pm to 3pm or 2pm to 4pm, every Thursday every 2 to 3 months

☎ 01206 742414 or 07919 572039

✉ julie.watson@colchesterhospital.nhs.uk

## North Essex Lymphoedema Support Group

Weston Homes Community Stadium  
United Way, Colchester CO4 5UP

11.00am to 1.00pm, second Wednesday of every month (except April and October: 7.00pm to 9.00pm on the second Monday of every month). Evening meetings are arranged on an ad-hoc basis

☎ 01206 501150 or text only 07887 7925252

🌐 www.nelsg.org.uk

f North Essex Lymphoedema Support Group (NELSG)

Continued on the next page.

## Ovarian Support Group

Helen Rollason Support Centre, Yvonne Stewart House  
The Street, Hatfield Peverel, Chelmsford CM3 2EH  
12.00pm to 2.00pm, first Tuesday of each month

☎ 01245 382888

✉ [hazel.keane@helenrollason.org.uk](mailto:hazel.keane@helenrollason.org.uk)

## Palliative Support Groups

(for those living with an incurable, life limiting illness)

St Helena Hospice, Barncroft Close, Colchester CO4 9JU  
Contact us for dates and duration of men's, women's and younger women's groups

☎ 01206 848163

## Urology Cancer Support Group

Training Rooms South, Colchester Hospital, Turner Road  
Colchester CO4 5JL  
6.00pm to 8.00pm, first Wednesday of every month  
(except January and August)

☎ 07754887907 or 01206 767466

✉ [col.cansuport@gmail.com](mailto:col.cansuport@gmail.com)



# About Colchester & Ipswich Hospitals Charity

Colchester & Ipswich Hospitals Charity is the official charity of East Suffolk and North Essex NHS Foundation Trust.

Our vision is to transform healthcare for our community. We will push the boundaries of possibility and make every patient experience the best it can be.

With our supporters' help, we fund enhancements to healthcare services and directly support the work of Trust staff by making improvements across the organisation that have a patient benefit.

The Cancer Wellbeing and Information Centre is one example of our varied work. With local community support, we raised over £520,000 for the construction of the centre. We are very proud of this achievement and every difference we make to our patients, no matter how big or small.

together we make a difference

☎ 0300 770 1369

✉ [charity@esneft.nhs.uk](mailto:charity@esneft.nhs.uk)

🌐 [colchesteripswichcharity.org.uk](http://colchesteripswichcharity.org.uk)

Registered Charity No. 1048827




# Did you know?


The Cancer Wellbeing and Information Centre was entirely funded by the community. Without their generosity we would not be able to provide this pioneering facility.


All the charities involved in the Cancer Wellbeing and Information Centre rely on donations and fundraising to do their work.

You can support any of the partner charities by donating, fundraising or volunteering.

Please speak to a Cancer Wellbeing and Information Centre staff member or volunteer who will be able to help you get in touch with the charity of your choice.

 **Cancer Wellbeing and Information Centre,**  
Colchester Hospital, Turner Road, Colchester CO4 5JL

 **01206 745347**

 **esneft.cancerwell-beingcentre@nhs.net**

 **@ESNEFTCWBC**

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Hospitals  
Charity.**

