

Local services for cancer patients

Organisation	service	Contact
Macmillan information centre	Support during all stages of cancer journey from diagnosis to treatment & living well and beyond.	Direct line: 01438 284657 Mobile: 07554436746 Email: macmillaninfosupport.enh-tr@nhs.net
Macmillan Benefits advice Service	Benefits Advice	Email: macmillan.benefitsadvice@hertfordshire.gov.uk Phone: 01438 843456 www.hertfordshire.gov.uk/macmillanbenefits
WeCan	Cancer exercise rehabilitation group	Alicja Polak Medialis Wellbeing E: info@medialiswellbeing.co.uk T: 07725740965 Instagram @medialiswellbeing Twitter @medialiswllbng
Hummingbird Cancer Support	Holistic Therapies: reflexology, reiki, massage, Indian head massage, and manicures.	www.hummingbirdcancersupport.org enquiries@hummingbirdcancersupport.org 07510178200 Facebook Hummingbird Cancer Support Group Twitter @HummingbirdCSG Instagram @Hummingbird CSG
Helen Rollason	Cancer support services: complimentary therapies, counselling, information & support groups.	Hatfield: Tel: 01245 382 888 Harlow: 01279 413 412 www.helenrollason.org.uk
Isabel Hospice	Complementary therapies, horticulture, fatigue & breathlessness/ wellbeing courses ,Family support & counselling, Support groups.	Phone 01707 382500 www.isabelhospice.org.uk
Compassionate neighbours	Supporting loneliness and social isolation	Phone 01707 382500 www.isabelhospice.org.uk
Look good feel better	Available for men, women & young people: Skincare, Makeup and grooming, Hand & nail care, styling for confidence, Hair loss, scalp care & new growth, headwear, brows and lashes, mindfulness, meditation & gentle exercise classes	Visit https://lookgoodfeelbetter.co.uk/workshops/ To book a workshop
One Step at A Time	Informative videos and literature advising on the cancer journey from the patient and carers viewpoint.	www.myhealthsex.co.uk/one-step