Herefordshire Cancer Support Groups and Services

provide information, advice and support to cancer patients and their family and friends before, during and after treatment

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| **Cancer type** | **Contact details** | **SUPPORT GROUP** | **SUPPORT SERVICES** |
| Breast Cancer | **Breast Cancer Haven**  37 St Owen Street, Hereford HR1 2JB  01432 361061  [hereford@breastcancerhaven.org.uk](mailto:hereford@breastcancerhaven.org.uk)  [www.breastcancerhaven.org.uk/hereford](http://www.breastcancerhaven.org.uk/hereford) | Secondary Cancer Group - Monthly Fridays  Young Women’s Support Group -Wednesdays monthly at  37 St Owen Street, Hereford HR1 2JB | Offers a programme of free complementary therapy sessions along with hypnotherapy & counselling for anyone with a diagnosis of breast cancer, at any stage. Ongoing information & support from trained healthcare professionals. Free bra fitting. Healthcare professionals’ study days. Manual lymphatic drainage specialist.  Daily classes (yoga, tai chi, fit steps, mindfulness courses) |
| Brain Tumour | **Brain Tumour Support Group – Hereford**  Sarah Erskine 07711 597164  Email [sarah@braintumoursupport.co.uk](mailto:sarah@braintumoursupport.co.uk)  [www.braintumoursupport.co.uk](http://www.braintumoursupport.co.uk) | Fourth Monday of except May, August and December 2018 at  St Michael’s Hospice Frome Close, Bartestree, Hereford HR1 4HA  Offers support, information and guidance to anyone affected by a brain tumour diagnosis | Brain Tumour Support offer continuing support to those affected by a brain tumour by telephone, email and text.   We ask people what support means to them and then aim to provide or sign post on to other organisations to meet individual needs. |
| All | **Hereford Cancer Support Group**  07497 087289  Email: [herefordcsg@gmail.com](mailto:herefordcsg@gmail.com) | The group meets on the third Thursday of each month at various locations, for different activities.   The group offers anyone who has or had cancer, plus carers an opportunity to meet with like minded people in a relaxed and social atmosphere. |  |
| Young people when a loved one is seriously ill | **Hope Support Services**  01989 566317  [help@hopesupportservices.org.uk](mailto:help@hopesupportservices.org.uk)  [www.hopesupport.org.uk](http://www.hopesupport.org.uk)  Hope Support Services, Unit 8C, Alton Business Park, Ross-on-Wye, HR9 5BP |  | Support in Herefordshire includes one-to-one support, youth sessions in venues across the county, activities, small group trips and access to our online community. |

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| All | **Macmillan Cancer Information & Support Service Hereford Hospital**  Alison Stemp 01432 355444 ext 5459 [hereford.cancerinfoandsupport@nhs.net](mailto:hereford.cancerinfoandsupport@nhs.net) [www.macmillan.org.uk](http://www.macmillan.org.uk)  Macmillan Renton Unit, Wye Valley NHS Trust, The County Hospital, Union Walk, Hereford HR1 2ER |  | Monday-Friday 9.30am-4.30pm  Provides free information, support and practical advice for anyone affected by cancer. Confidential one-to-support. Information on all aspects of living with cancer and treatments available, diet and nutrition, guided internet access, access to relevant support and information, signposting to other services locally. |
| All | **Macmillan Welfare Benefits Advice** 01432 377587 [macmillan@herefordshirecab.org.uk](mailto:macmillan@herefordshirecab.org.uk)  8 St Owen Street, Hereford HR1 2PJ |  | A free, confidential benefits advice service to people living with cancer, their carers and relatives. Face to face appointments or telephone help. |
| All | **Ross Support Group**  Contacts: Paul Baker 07867 987992 rpsbaker@gmail.com  Gerald Francis Gerald@intamail.com | Meet Third Tuesday of the month from 4.30 to 6.30 pm at Ross Community Hospital, Wye Valley NHS Trust, Alton Street, Ross-On-Wye, HR9 5AD. For all those affected by cancer. Visiting speakers on range of subjects, activities, planned visits, information, help and support and socialise. |  |
| All | **Yeleni Therapy & Support**  2 Blackfriars Street, Hereford HR4 9HS  Nicky Heath 01432 342342  [info@yelenisupport.co.uk](mailto:info@yelenisupport.co.uk)  [www.yelenisupport.co.uk](http://www.yelenisupport.co.uk) |  | Offering a programme of free complementary therapy sessions and counselling for anyone with any type of cancer, at any stage. Self-help workshops, information and support. |