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Name:..........................................................................................................
Address:.......................................................................................................
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Tel:..............................................................................................................
Email:........................................................................................................

Community Cancer Centre (CCC)
Drop In For Information & Support
18a Fairfield Road, Yiewsley, Middlesex, UB7 8EX
Telephone office: 01895 448329
Telephone helpline: 01895 461016
E-Mail: office@communitycancercentre.org.uk
Website: www.communitycancercentre.org.uk

Or why not call us or drop into the centre?
We are open Mon - Fri 10am to 4pm
**Introduction**

For many years, the CCC has been supporting people affected by cancer.

Our aim is to provide the right information and support from diagnosis, through treatment and thereafter.

Many of our staff and volunteers have experienced cancer themselves and are very much aware of the concerns related to the illness.

Our staff and volunteers are willing to share their experiences with anyone in need of help.

We operate in a very relaxed environment and every endeavour is made to make people feel welcome and at ease when they visit us.

**Useful Contacts**

**Harlington Hospice**, Lansdowne House, St Peter’s Way, Harlington, UB3 5AB, Tel: 0208 7590453  
Website: http://harlintonhospice.org/new/

**Lynda Jackson Macmillan Centre**, Mount Vernon Hospital, Northwood, HA6 2RN, Tel: 01923 844014  
Website: http://www.ljmc.org.uk

**The Mulberry Centre**, West Middlesex University Hospital, Twickenham Road, Isleworth, TW7 6AF, Tel: 0208 3216300  
Website: http://www.themulberrycentre.co.uk

**Hillingdon Carers**, Luther Bouch House, 126 High Street, Uxbridge, UB8 1JT, Tel: 01895 811206  
Website: http://www.hillingdoncarers.org.uk

**Patient and Liaison Service (PALS)**, Hillingdon PCT, Kirk House, 97 High Street, Yiewsley, UB7 7HJ, Tel: 01895 452111  
Website: http://www.pals.nhs.uk

**Age Concern Hillingdon**, Globe House, Bentinck Road, West Drayton, UB7 7RQ, Tel: 01895 431331  
Website: http://www.ageconcernhillingdon.org.uk

**Cruse Bereavement Care (Hillingdon)**, 25 Hercies Road, Hillingdon, UB10 9LS, Tel: 01895 811330  
Website: http://www.crusebereavementcare.org.uk

**Macmillan Cancer Support**, 89 Albert Embankment, London, SE1 7UQ, Tel: 0808 8082020  
Website: http://www.cancerbacup.org.uk

**NHS Direct**, Riverside House, 2a Southwark Bridge Road, London, SE1 9HA, Tel: 0845 4647  
Website: http://www.nhsdirect.nhs.uk
Getting other advice and information

If you require any other information, you can drop into the centre. We have a library which holds a vast amount of information including cancer treatments, dietary information, self image and other topics relating to cancer. A trained member of staff will assist you in your search for information and signpost you in the right direction.

What else does the centre offer?

We offer counselling, including bereavement counselling and family sessions.

We also offer complementary therapies including:

- Reflexology
- Massage
- Relaxation
- Indian Head Massage
- Reiki Healing
- Meditation

For more details please contact the centre.

Requesting for help and support

Being diagnosed with cancer or caring for a cancer patient can affect a family in many ways. By contacting us we can put you in touch with a trained member of staff who will support and assist you through your cancer journey. We will ensure you receive the support and information when it is required to enable you to cope with the effects of cancer.

IT WILL CHANGE MY LIFE

Information and Support

This service is provided Monday to Friday, 10am - 4pm, or pre-booked appointments can be arranged for evenings or weekends when necessary.

We provide:

- One to one counselling
- A listening ear
- Signposting to the right information
- Workshops

Befriending Support

This service is provided 7 days per week.

We provide:

- Trained volunteers to support patients and/or carers to better manage their situation
- Identification of the needs of the patients/carers and possible solutions
- Outreaching to the disabled and housebound through home visits
- Organised breaks for informal carers (through partnership)
- Workshops and informal meetings
Support Sessions

This service is provided once a fortnight for patients, carers and volunteers.

We provide support on:

- Guiding individuals to reliable resources
- Self-management / Self-awareness
- Adapting to a new life
- Fatigue management
- Understanding symptoms and pain
- Exercise – too much or too little?

Who can benefit from this service?

Anyone who is affected by cancer.

Cancer patients

Cancer patients can benefit from this service as, through information, befriending, workshops and support, you will be able to make informed choices throughout your cancer journey.

Carers and relatives of cancer patients

Carers and relatives of cancer patient can benefit from this service as you will receive the necessary support that will enable you to better manage your situation with confidence and not feel so isolated.

BME Communities

Black minority and ethnic (BME) communities can benefit from our support as we can provide the following services:

- Multi-lingual DVD explaining what services there are and how to access them (available in Somali, Urdu, Sign Language)
- Specific support in local community languages with locally trained volunteers
- Drop-in sessions and workshops for BME communities at different locations in the borough
- Access to a forum for BME communities.

Getting medical advice and information

If you want medical advice or information, we recommend you contact your doctor or nurse and arrange a meeting. Write down any questions you want to ask. Also write down any answers they give you. Having everything written on paper, will make everything easier and clearer to understand.

When meeting with your doctor or nurse, you may want to bring somebody along with you. They may hear or understand something that you do not. Remember two heads are better than one!
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Community Cancer Centre (CCC)
Registered Charity No. 1057757

PATIENT AND CARER COPY

'It will change my life'
A Guide for Patients and Carers

Supporting those affected by cancer throughout their journey

Supported by The National Lottery through the Big Lottery Fund