

# Psychological wellbeing support for people affected by cancer

There is a range of support and information for people affected by cancer within Norfolk and Waveney. You are not alone.

The services below are free to use and are aimed at supporting your psychological wellbeing and can provide advice, help and guidance.

## Cancer wellbeing and support walk-in centres

### Big C Centres & Hubs

Cromer, Thetford, Great Yarmouth, Norwich, King's Lynn and Wells-next-the-Sea (and an outreach at The Pear Tree Centre)

0800 092 7640

<https://big-c.co.uk>

### North Norfolk Macmillan Cancer Support Centre

01603 641559

### Cancer Wellbeing & Support Centre (incl. Macmillan Information Support Service)

The Queen Elizabeth Hospital King's Lynn  
01553 214547 / 01553 613985

### Macmillan Information and Support Pod

Norfolk & Norwich University Hospital  
01603 647717

### The Louise Hamilton Centre

James Paget University Hospital  
01493 452783

### The Pear Tree Centre

Halesworth  
01986 899655

## Macmillan Cancer Care Navigators

Support for people affected by cancer from diagnosis, throughout treatment and beyond, including signposting to local support services.

### James Paget University Hospital

01493 452783

### Norfolk & Norwich University Hospitals

01603 647175

### The Queen Elizabeth Hospital King's Lynn

01553 214610

## Other Cancer Support Services

### Macmillan Cancer Support

0808 239 5065

<https://macmillan.org.uk>

### NHS Improving Access to Psychological Therapies (IAPT) - The Wellbeing Service

0300 123 1503

<https://wellbeingnands.co.uk/norfolk>

**For more information visit:**

<https://improvinglivesnw.org.uk/cancer>

