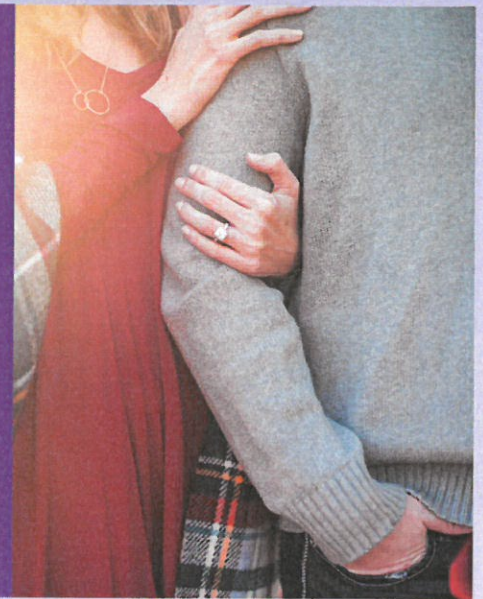


# Are You Living With Cancer?

Free, local support available for anyone affected by cancer.  
Ask at your GP reception for more information.



## Local Cancer Support Services

**citizens advice** Herefordshire

**MACMILLAN CANCER SUPPORT**

**Herefordshire Macmillan Citizens Advice**

We offer a free, confidential benefits advice service for people living with cancer, their carers and relatives. Advisers offer advice by telephone and pre arranged face to face appointments.

8 St.Owen Street, Hereford HR1 2PJ  
T: 01432 377 587  
E: macmillan@citizensadviceherefordshire.org.uk

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

**NHS**  
Wye Valley  
NHS Trust

**MACMILLAN CANCER SUPPORT**

**Macmillan Information and Support Centre**

We offer free support and information to anyone living with and beyond cancer, their relatives, friends and carers.

The County Hospital, Union walk  
Hereford HR1 2ER  
T: 01432 355 444 ext 5459  
E: hereford.cancerinfoandsupport@nhs.net

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

**breast cancer haven**  
your help through the toughest times

**Breast Cancer Haven**

When breast cancer tries to rob a person of their individuality, confidence or strength, we provide a tailored package of emotional, physical and practical support, free of charge.

37 St. Owen's Street, Hereford HR1 2JB  
T: 01432 361 061  
E: hereford@breastcancerhaven.org.uk  
Charity reg no: 1061726

[www.breastcancerhaven.org](http://www.breastcancerhaven.org)

**Yeleni**  
Therapy & Support

A quality cancer environment approved for you

**Yeleni Therapy & Support**

Supporting you in living well throughout your cancer journey and beyond. We offer anyone with any cancer, at any age and at any stage, a free programme of therapies and ongoing support via self help groups and classes, as well as offering support to their relatives and carers.

2 Blackfriars Street, Hereford HR4 9HS  
T: 01432 342 342  
E: info@yelenisupport.co.uk  
Charity reg no: 118969

[www.yelenisupport.co.uk](http://www.yelenisupport.co.uk)

## Local Cancer Support Groups

**BRAIN TUMOUR SUPPORT**  
Together WE are Stronger

**Brain Tumour Support**

We are dedicated to providing support for patients, families and carers so that no one feels alone facing the effects of a brain tumour diagnosis. Monthly Hereford support group meetings. For further info go to [www.braintumoursupport.co.uk/herefordshire.html](http://www.braintumoursupport.co.uk/herefordshire.html)

T: 01454 422 701  
E: support@braintumoursupport.co.uk  
Charity reg no: 1163856

[www.braintumoursupport.co.uk](http://www.braintumoursupport.co.uk)

**HEREFORD Cancer Support GROUP**

Reaching out to anyone affected by Cancer in Hereford? We offer a warm welcome to our monthly meetings, held in relaxed and friendly surroundings.

Yeleni Therapy & Support Centre  
2 Blackfriars Street  
Hereford HR4 9HS  
T: 07497 087 259  
E: herefordcsg@gmail.com

**Ludlow Cancer Support Group**

Meetings held on the 2nd and 4th Fridays of each month in a sociable, welcoming environment where friendships develop and experiences are shared.

Parish Centre at St.Peter's Church,  
Henley Road, Ludlow SY8 1OZ  
T: 01584 875438  
E: rosemary.wood3@gmail.com

[www.ludlowcancersupport.org](http://www.ludlowcancersupport.org)

**Ross on Wye Cancer Support Group**

Meetings where you can have a cuppa and chat and enjoy talks on subjects of interest in a friendly, social atmosphere

Ross on Wye Community Hospital,  
Alton Street, Ross-on-Wye HR9 5AD  
T: 07501 211 779  
E: rosscsg2017@gmail.com



**Other Support**

**H.O.P.E Support Services**

**Hope Support Services**

We support young people when a loved one is seriously ill.

Unit 8C Alton Business Park,  
Ross on Wye HR9 5BP  
T: 01989 566317  
E: help@hopesupport.org.uk  
Charity reg no: 1135680

[www.hopesupport.org.uk](http://www.hopesupport.org.uk)

**Herefordshire Stoma Support Group**

We are a non medical group whose objective is to provide a social atmosphere where you and your family can get advice, find answers and make new friends. Meeting last Tuesday of every month.

The Kindle Centre,  
Asda Stores, Hereford HR2 7JE  
E: herefordshirestomasg@gmail.com

**National Cancer Support**

**MACMILLAN CANCER SUPPORT**

**Macmillan Cancer Support**

We're here to help you find your best way through from the moment of diagnosis, so you're able to live life as fully as you can.

Tel: National: 0808 808 00 00  
Monday to Friday 9am to 8pm  
Charity reg no: Macmillan Cancer Support England & Wales 261017, Scotland SC039907, Isle of Man 604 also operating in Northern Ireland.

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