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## Local Support Services

Below are listed some of the support groups and services in the local area, but if you can't find what you are looking for, or if you live further afield, please speak to your nurse or the CUH Cancer Support Team who can find out what other support might be available. The CUH Cancer Support Team can be contacted at:

Macmillan CUH Cancer Support Service, Division B, Cancer Services, Box 193, Cambridge University Hospitals NHS Foundation Trust, Cambridge Biomedical Campus, Hills Road, Cambridge, CB2 0QQ

Email: [add-tr.Information-Support@nhs.net](mailto:add-tr.Information-Support@nhs.net)

Phone: 01223 274421/01223 274801

### Local Support Services and Organisations

Arthur Rank Hospice – A hospice designed to improve quality of life for people with life-limiting conditions.

Contact: [www.arhc.org.uk](http://www.arhc.org.uk) Address: Arthur Rank Hospice, Cherry Hinton Road, Shelford Bottom, Cambridge, CB22 3FB

Cambridge Cancer Help Centre – A centre providing holistic support to people with cancer.

Contact: [www.cambridgecancerhelp.com](http://www.cambridgecancerhelp.com).

Cambridge County Council Physical Activity Opportunities – For a range of medical conditions.

Contact: 01223 458646 [sports@cambridge.gov.uk](mailto:sports@cambridge.gov.uk), [www.cambridge.gov.uk/sport](http://www.cambridge.gov.uk/sport)

Cancer Haircare – The UK's leading hair loss support charity. Provides expert advice and support regarding all issues on hair care and hair loss during cancer treatment.

Contact: 01438 311322 <https://www.cancerhaircare.co.uk/>, [Support@cancerhaircare.com](mailto:Support@cancerhaircare.com),

Cancer Hair Care  
Co - The Caring Hair Studio  
5A Middle Row

Stevenage  
Hertfordshire  
SG1 3AN

Twitter: @CancerHair Instagram: CancerHairCare

Care Network Help at Home – Free practical volunteer help in the home (Short-term).

Contact: 01223 714433 hah.south@care-network.org.uk. Hunts and Fenland – 01354 694413 hah.north@care-network.org.uk.

CarersTrust – Cambridgeshire and Peterborough. Providing support and breaks for carers.

Contact: 01480 499055. Capccg.carerstrustcambridgeshireandpeterborough@nhs.net ,  
www.carerstrustpeterborough.org

Citizens Advice Bureau – Local support on a wide range of issues.

Contact: 03448 487 979 www.cambridgecab.org.uk

Cruse Bereavement Care – Bereavement Support

Contact: 01223 633536

CUH Cancer Support Team – Based at Addenbrooke's. A multi-disciplinary team who provide information and support on a wide range of issues. Members in the team can also provide Holistic Needs Assessments to individually address each patient's issues.

Contact: 01223 274421/01223 274801/01223 216876/01223 216861

Email: add-tr.Information-Support@nhs.net

Write: Macmillan CUH Cancer Support Service, Division B, Cancer Services, Box 193,  
Cambridge University Hospitals NHS Foundation Trust, Cambridge Biomedical Campus,  
Hills Road, Cambridge, CB2 0QQ

Ely Cancer Community Group – For anyone affected by cancer.

Contact: elycancer@yahoo.com

First Response Service – Mental Health Crisis Support Team. For anyone in Cambridgeshire suffering mental health difficulties.

KeepYourHead – Mental health support.

Contact: www.keep-your-head.com

Contact: <http://www.cpft.nhs.uk/about-us/mental-health-crisis.htm>. Call 111 Option 2.

Macmillan Benefits Advisors – Expert advice and support on all aspects of finances and benefits

On-site at Addenbrooke's every Wednesday and Thursday (appointment only)

Contact: 0345 600 6257 [macmillanbenefits@suffolk.gov.uk](mailto:macmillanbenefits@suffolk.gov.uk)

Maggie's Centre - 21 Milton House (the venue is on the campus of Addenbrooke's Hospital)  
Puddicombe Way, Cambridge, Cambridgeshire, CB2 0AD

Sawbridgeworth – The Rivers Hospital High Wych Road, Sawbridgeworth, Hertfordshire,  
CM21 0HH

Maggie's Centres provide free practical, emotional and social support to people with cancer and their families and friends. Built in the grounds of NHS hospitals but run by an independent charity, Maggie's Centres work in partnership with the NHS. At Maggie's Cambridge, our specialist staff offer one-to-one advice as well as group sessions, workshops and courses aimed at helping to address the physical and psychological impact of living with cancer.

REACT – An exercise programme based at Addenbrooke's, run by a senior physiotherapist and cancer exercise specialist. For patients undergoing cancer treatment at Addenbrooke's.

Contact: Nicola Day 01223 349294 or [react@addenbrookes.nhs.uk](mailto:react@addenbrookes.nhs.uk)

Relate Cambridge – Relationship advice and support.

Contact: 01223 357424. [www.relatecambridge.org.uk](http://www.relatecambridge.org.uk) [admin@relatecambridge.org.uk](mailto:admin@relatecambridge.org.uk)

VoiceAbility – Advocacy in Cambridgeshire – A free service for people with disabilities to make sure their voice is heard.

Contact: 01223 555800 / 01354 651222 [cambridgeshire.advocacy@voiceability.org](mailto:cambridgeshire.advocacy@voiceability.org)  
VoiceAbility, Mount Pleasant House, Cambridge, CB3 0RN