

Your guide to cancer services
in the Essex area

**CANCER
SUPPORT
ON
YOUR
DOORSTEP**

**WE ARE
MACMILLAN.
CANCER SUPPORT**

We're here for you

Cancer is the toughest fight most of us will ever face. But you don't have to go through it alone. The Macmillan team is in your corner. We are the nurses helping you through treatment. The experts on the end of the phone who can answer your questions. The advisers telling you which benefits you're entitled to.

We are Macmillan Cancer Support and we'll be with you every step of the way.

High-quality information and support

Visit one of our many information and support centres in your area for clear information about cancer and face-to-face support. Our team of trained staff and volunteers are there to talk about your issues and concerns.

You'll find details of the cancer information and support centres in the Essex area on page 5.

Financial support

The costs of cancer can stack up, and money worries are the last thing you need when you're facing the toughest fight of your life. But we can help with a wide range of financial issues. We can let you know how to apply for a Macmillan Grant. We can help you understand which benefits you're entitled to. We can even offer you straightforward financial guidance over the phone on matters including pensions, mortgages, insurance and savings.

You'll find details of financial support services in the Essex area on page 6.





Local services

Cancer information and support centres

Services developed in partnership with Macmillan

Information Resource Centre (St Luke's House)

St Luke's House,
22 Lampits Hill,
Corringham,
Essex SS17 9AL

01375 648170

Monday–Friday, 9am–4pm

We're here for everyone affected by cancer. We offer information and support, counselling and a range of complementary therapies.

Macmillan Information and Support Service (Colchester)

Essex County Hospital,
Lexden Road,
Colchester,
Essex CO3 3NB

01206 744401

Monday–Friday, 9am–4.30pm

Led by trained volunteers, our confidential information and support service offers practical advice and emotional support to anyone affected by cancer. You don't need an appointment, just drop in and let us know what you need.

Financial support services

Macmillan Welfare Benefits Advice Service (South Essex)

01268 448517 (helpline)

Monday–Friday, 9.30am–4pm

Our advisers will help make sure you get all the financial support you're entitled to. They provide specialist benefits advice, as well as help completing forms, phoning agencies and with tribunals. Appointments are available at our 'advice surgeries' or we can arrange to visit you at home. Call our helpline for more information.

Macmillan Welfare Benefits Service (North East Essex)

0800 019 6065

We offer a full range of specialist welfare rights services including advice, information, form filling, advocacy and representation at tribunal hearings. Appointments are available by calling 0800 019 6065.

Support on the high street

For more information about sources of cancer support, pop into your local Boots store or to find your nearest Boots visit **boots.com**.

Someone to talk to

You don't have to go through cancer alone. Whether you want support and information or you'd just like to talk, our team of cancer support specialists at the Macmillan Support Line are only a phone call away. From answering questions about cancer types and treatments to helping you find out what benefits you're entitled to, they're here to talk about whatever's on your mind. Call them on **0808 808 00 00** any time from Monday to Friday, 9am–8pm. It's free, even from mobile phones.

What's more, our website is packed with high-quality cancer information that covers everything from symptoms and screening to treatment types and sources of health. All information is written and reviewed by specialists. We've also worked closely with people affected by cancer to develop our booklets, online courses and face-to-face training. To find out more, head to **macmillan.org.uk** or call **0808 808 00 00**.

You can also access our online community. It's a place where thousands of people affected by cancer go to share their stories and get vital support. Five minutes after logging on, you can be chatting to someone who's going through the same things as you. Visit us at **community.macmillan.org.uk**



We're here for everyone affected by cancer, whatever you need. For support every step of the way, call the Macmillan Support Line free on **0808 808 00 00**.

And, when the time is right, you can join our team. Whether you hold a coffee morning, make a donation or help us campaign for change, you can make a vital difference. Call us today on **0300 1000 200**, and help make sure millions of people don't face cancer alone.

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). MAC14121_Essex

Information was correct at the time of going to print but we advise you to check that the service is currently available before visiting.

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