

Your guide to cancer services in Wales

**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 Wales area on pages 4 to 10.

## 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.



# Local services

## Cancer information and support centres

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### Services developed in partnership with Macmillan

#### Macmillan Information Centre (Glan Clwyd)

Glan Clwyd Hospital, Bodelwyddan, Rhyl, Clwyd LL18 5UJ

#### 01745 445939

Monday–Friday, 10am–4pm (times can vary, so please phone to check we’re open before making a special journey)

We provide information on local cancer services, as well as a range of booklets and leaflets. We can also signpost you to other services you may need, such as benefits advice and counselling.

#### Macmillan Shooting Star Information Centre (Wrexham Maelor Hospital)

Wrexham Maelor Hospital, Croesnewydd Road, Wrexham LL13 7TD

#### 01978 726188

Monday–Friday, 10am–4pm (times can vary, so please phone to check we’re open before making your journey)

If you’re affected by cancer, we’re here for you. We offer a range of information and support and can signpost you to other services you may need.

#### Macmillan Blaenau Gwent Cancer Information and Support Service

Tredegar Library, The Circle, Tredegar, Blaenau Gwent NP22 3PS

#### 01495 355857

Please call for details of locations. Our service is available in various libraries across Blaenau Gwent. Please contact the service for details of locations and times.

#### Macmillan Bracken Trust Cancer Information and Support Centre

The Bracken Trust, Cefnlllys Lane, Llandrindod Wells, Powys LD1 5LJ

#### 01597 824135

Monday–Friday, 9.30am–4.30pm

We offer support and information to anyone affected by cancer, their family and friends.

#### Macmillan Rhondda Cynon Taf Libraries Cancer Information and Support Service

Pontypridd Library, Library Road, Pontypridd, Rhondda Cynon Taf CF37 2DY

#### 01443 406050

If you’re living with cancer, care for a friend or relative or simply want to know more about cancer, give us a call or pop into a library in Rhondda Cynon Taf. We can also advise you about ways to lower your risk of getting cancer.

#### Macmillan Torfaen Libraries Cancer Information and Support Service

Cwmbran Library, Gwent Square, Cwmbran, Torfaen NP44 1XQ

#### 01633 647654

Monday 9.30am–4.30pm, Friday 9am–4pm

We’re here to listen and support you if you’re affected by cancer. We offer confidential one-to-one sessions to help you find and understand the information you’re looking for, and we can signpost you to other local sources of support. We also have regular sessions at Blaenavon Library and Pontypool Library. Call for details.

#### Macmillan in Monmouthshire Cancer Support and Information Service

Abergavenny Library, Baker Street, Abergavenny NP7 5BD

#### 01873 735980

We provide cancer information areas and drop in sessions in libraries in the area, for people living with cancer, their friends, family and professionals.



**Macmillan Support and Information Service (Ysbyty Gwynedd)**

Main Foyer, Ysbyty Gwynedd, Bangor, Gwynedd LL57 2PW

**01248 384902**

Monday–Friday, 8.30am–4.30pm

We provide information and support to people living with cancer and their families. We are able to signpost to other services and organisations.

**Macmillan Information and Support Centre – University Hospital Wales**

University Hospital of Wales, Concourse, Cardiff CF14 4XW

**029 2074 5655**

Monday–Friday, 8.30am–4.30pm

We provide information and support to people living with cancer, their family and friends. We are able to provide the opportunity to talk in a confidential environment, provide access to cancer information, as well as access to financial advice and information on benefits and housing through the Citizen Advice Bureau. Relate services are available in the centre on a weekly basis to offer counseling.

**Macmillan Family Information and Support Coordinator (Bridgend)**

Bridgend Carers Centre,  
87 Park Street, Bridgend CF31 4AZ

**01656 658479**

**[www.carers.org/bridgend](http://www.carers.org/bridgend)**

Monday–Friday, 9am–5pm

We provide information and support to people living with cancer, their family and friends.

**Other cancer information and support services**

**Cancer Aid Merthyr Tydfil**

Upper Union Street, Dowlais,  
Merthyr Tydfil CF48 3LE

**01685 379633**

**[www.canceraidmerthyr.co.uk](http://www.canceraidmerthyr.co.uk)**

Monday–Friday, 9am–5pm

Cancer Aid is for people affected by cancer living in the Merthyr Tydfil Borough. They offer complementary therapies and counselling (by appointment) and a free transport service to take people to cancer-related clinic appointments, scans and treatments in hospitals throughout South Wales.

**Cancer Information and Support Services Ltd (Neath)**

6 Alfred Street, Neath,  
West Glamorgan SA11 1EF

**01639 642 333**

**[www.cancerinformation.org.uk](http://www.cancerinformation.org.uk)**

Drop-in Monday–Friday, 2pm–4pm,  
(appointments can be made for other times)

CISS centres provide a wide range of up-to-date information on all types of cancer and treatments, as well as a confidential listening and counselling service for anyone affected by cancer. They also offer complementary therapies.

**Cancer Information and Support Services Ltd (Swansea)**

2–2a Gwydr Crescent,  
Uplands, Swansea,  
West Glamorgan SA2 0AA

**01792 655025**

**[www.cancerinformation.org.uk](http://www.cancerinformation.org.uk)**

Drop in Monday–Friday, 9am–5pm  
(appointments can be made for other times)

This CISS centre offers a range of information and support, including counselling, self-help and support and complementary therapies.

### **Maggie's Cancer Caring Centres (Swansea)**

Maggie's South West Wales, Singleton Hospital, Sketty Lane, Swansea SA2 8QL

**01792 200000**

**[www.maggiescentres.org](http://www.maggiescentres.org)**

Monday–Friday, 9am–5pm (also open some evenings – please phone to check)

Maggie's provides emotional, practical and social support to people with cancer and their families and friends. This centre offers counselling, benefits advice and a range of support groups, as well as Look Good...Feel Better skin care and make-up workshops twice a month.

### **Support on the high street**

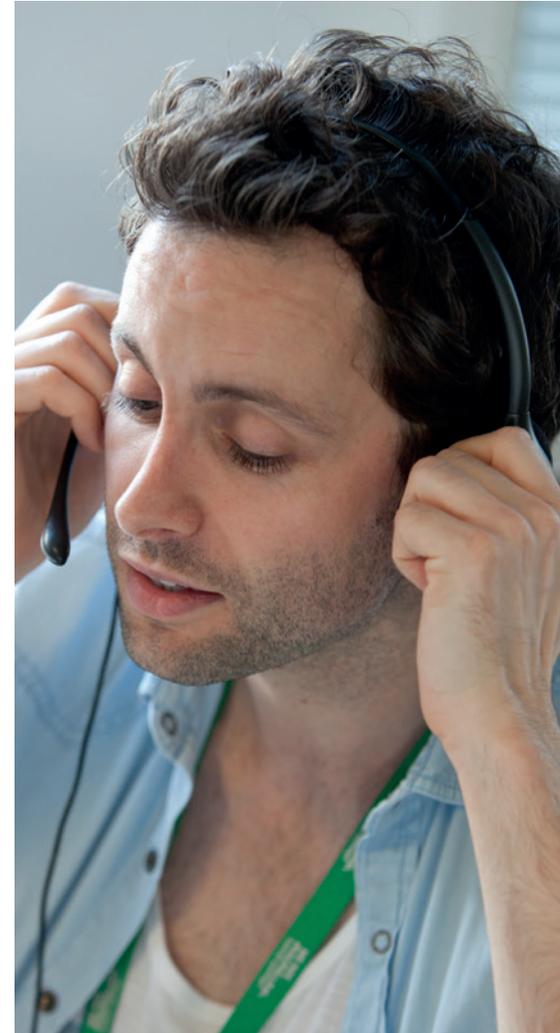
For more information about sources of cancer support, pop into your local Boots store or to find your nearest Boots visit **[boots.com](http://boots.com)**.

# 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](http://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](http://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\_Wales

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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