

Cancer Information and Support Service Directory – West Essex

Macmillan Support Line – 0808 808 0000 (7 days a week, 8am-8pm)

ORGANISATION	WEB or EMAIL	TEL	LOCATION
Macmillan (For West Essex)	https://eput.nhs.uk/our-services/west-essex/cancer-support/	01279 698 673	Harlow
Carers First (Essex)	www.carersfirst.org.uk/essex	03003031555	Braintree
Citizens Advice Bureau	www.uttlesfordcab.org.uk	01799 618840	Saffron Walden
	www.citizensadviceef.org.uk/	03444 770 808	Epping/Loughton/Waltham Abbey
	www.harlowcitizensadvice.org.uk/	0344 4770808	Harlow
Transport	www.vaef.org.uk	01992 579556	Epping Forest
Community Travel	www.uttlesfordcommunitytravel.org	01371 875787	Uttlesford
Helen Rollason	www.helenrollason.org.uk	01279 413412	Harlow
The Hummingbird Group	www.hummingbirdgroup.btck.co.uk/	01279 827247	Bishop's Stortford
ProActive – Prostate Cancer Self-Help Group	www.proactive.me.uk	07747 374692	Epping
Breast Cancer Support Group	Contact - Gloria Eveleigh	01992 575449	Epping
Secondary Breast Cancer Support Group	www.breastcancerhaven.org.uk	020 3906 1406	Based at UCLH in London
Lung Support Group	Lung Cancer Nurse Specialist) 07932526152	01279 827622	Harlow
Connect - Stoma patients support group	E comeconnectwithus@gmail.com	Lin Hart 01279 505273	Harlow
Essex Bowel Cancer Support Group	www.facebook.com/groups/1463159353981457/	01279 444455 ext 3023	Harlow
Healthy Minds	www.hpft.nhs.uk/healthyminds	0300 2225943	
Health and Wellbeing Events	E lisa.reid3@nhs.net		Harlow
Macmillan Hope Course		01279 698 673	
Moving on from your breast cancer	E mbvatpah@outlook.com	01279 827857	
Fabulous and Beautiful		01279 827857	Epping or Harlow
Brafternoon Support group (Breast Cancer Support)	E anita@brafternoon.co.uk	07703254001	Sawbridgeworth
Cancer Hair Care	www.cancerhaircare.co.uk	01438311322	Harlow
Look Good Feel Better	https://lookgoodfeelbetter.co.uk/	07908221025	Sawbridgeworth
Energise Cancer Rehab	E Annettestansfield@pfpleisure.org.uk	01992 564564	Epping
Cancer Be Fit - Fitness for breast cancer survivors	E tayloredfitness@sky.com	07701 094373	Harlow
Active Harlow Social Strollers	www.harlow.gov.uk	01279 446435	Harlow
An introduction to physical activity	E pah.exercise@nhs.net	01279 827857	Epping
St Clares Hospice	http://stclarehospice.org.uk/	T: 01279 773 700	Harlow
Community Agents Essex Supporting Independent Living	www.communityagentessex.org.uk	08009 775858 or 01376 574341	
Frontline	www.uttlesfordfrontline.org.uk www.harlowfrontline.org.uk www.eppingforestfrontline.org.uk		Uttlesford Harlow Epping
Cruse Bereavement Care	www.cruse.org.uk	0844 477 9400 or young people's support-0808 808 1677	