



Affected by Cancer? Need our support?

The Centre provides a haven for
friendship and support



"The Centre has all the qualities that a loving family can offer: acceptance, unconditional love and support...and fun!"

Contact us:

Mon - Wed 10am - 4pm

David Rayner Building
120 Cambridge Road
CB22 5JT



01223 840105



contact@cambridgecancerhelp.org



www.cambridgecancerhelp.org

How can we help?

If you or someone close to you has a cancer diagnosis, it can be a devastating and very stressful time. We are on hand to help you cope with the changes that illness can bring.

The Centre is a place away from the hospital that offers practical, emotional and social support to people with cancer as well as to their friends and family.

We welcome you to drop in for a cuppa and a chat or to learn about how we can help. You can be sure of a warm welcome from our team of staff and volunteers and other users alike.



Support and Services that we offer



Practical Support

Professionally led Macmillan HOPE (Help to Overcome Problems Effectively) Course designed to help you manage your conditions. Find out new ways to regain your confidence and manage stress and emotional difficulties.



Emotional Support and Wellbeing therapies

For stress reduction and relaxation, we have professionally trained therapists offering a wide range of holistic therapies such as reflexology, Bowen technique, massage, group relaxation and guided visualisation.



Specialist Support Groups

A number of cancer specific groups meet at the Centre for peer-to-peer support; specialist advice and guidance. The groups are open to all and more information can be found at:

<https://www.cambridgecancerhelp.org/support-groups>



Activities

Various activities such as Art Group, Craft Group, Yoga, Relaxation, singing, walking and much more take place at the Centre as users discover and share their interests.

We are conveniently located within Scotsdales Garden Centre in the David Rayner Building, the single-storey building beyond the lawn to the left of the main drive.

To reach the nearest car park, turn left off the main drive after you enter the Scotsdales site.



Opening Times

Monday 10:00am – 4:00pm
Tuesday 10:00am – 4:00pm
Wednesday 10:00am – 4:00pm

Join us

We are always on the look out for Volunteers to support the day to day running of The Centre.
Contact Claire, contact@cambridgecancerhelp.org for more information.



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CB22 5JT

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Email: contact@cambridgecancerhelp.org

Charity No. 1188745