

## How to find us

### By bus

Take the Arriva No. 5 from Harlow Town mainline station, which stops at Princess Alexandra Hospital adjacent to Addison House.

### By rail

Harlow Station is 1.5 miles away, with connections to London Liverpool street and Cambridge.

### By car

Disabled parking is available outside Addison House, or pay and display nearby in Wych Elm Road.

## Get in touch

### West Essex Macmillan Cancer Information and Support Service

1st Floor, Addison House Health Centre, Hamstel Road, Harlow, Essex CM20 1EP

01279 698 673

[westessex.cancerinformation@nhs.net](mailto:westessex.cancerinformation@nhs.net)

[eput.nhs.uk/our-services/west-essex/cancer-support/](http://eput.nhs.uk/our-services/west-essex/cancer-support/)



We're here to help everyone with cancer live life as fully as they can, providing physical, financial and emotional support. So whatever cancer throws your way, we're right there with you. For information, support or just someone to talk to, call 0808 808 00 00 or visit [macmillan.org.uk](http://macmillan.org.uk).

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



## West Essex Macmillan Cancer Information and Support Service

In partnership with



Essex Partnership University  
NHS Foundation Trust

MACMILLAN  
CANCER SUPPORT

# West Essex Macmillan Cancer Information and Support Service

## Who are we?

The Macmillan Cancer Information and Support Service is here to help you access the physical, financial and emotional support you need.

We provide free, high-quality information and support to anyone affected by cancer, including those living with the disease, their relatives, friends and carers.

Based in Addison House Health Centre, the service is staffed by Macmillan Information Specialists and supported by trained volunteers. The team also works throughout West Essex and in the Williams Day Unit at Princess Alexandra Hospital.

## How we can help

We are able to provide information and support either in person or over the phone on:

- coping with how cancer affects your life
- benefits advice and assistance
- befriending service in the community
- 'Living with cancer' workshops including the HOPE (Help Overcoming Problems Effectively) course
- how to access emotional support
- how to access complementary therapies
- local and national support groups, agencies and services
- cancer prevention and healthy lifestyles



## Information

We offer a range of information on all aspects of cancer. These include leaflets, DVD and CDs. If necessary, we can arrange an appointment to assess your needs.

Our information resources can be accessed at our information points within the Williams Day Unit at the Princess Alexandra Hospital, St Margaret's Hospital Outpatients and Saffron Walden Community Hospital Outpatients.

Some of our resources are available in different languages and are suitable for people with learning difficulties.

## We work in the community

We can arrange an appointment to assess your needs if necessary. We also provide an information advice line from Monday to Friday, with an answerphone out of hours.

For telephone advice or to arrange a face-to-face meeting, please call 01279 698673, email [westessex.cancerinformation@nhs.net](mailto:westessex.cancerinformation@nhs.net) or visit the information hatch in the Williams Day Unit.