

Further information

For more information, or to request a copy of our booklet containing detailed information about our services, please contact us:

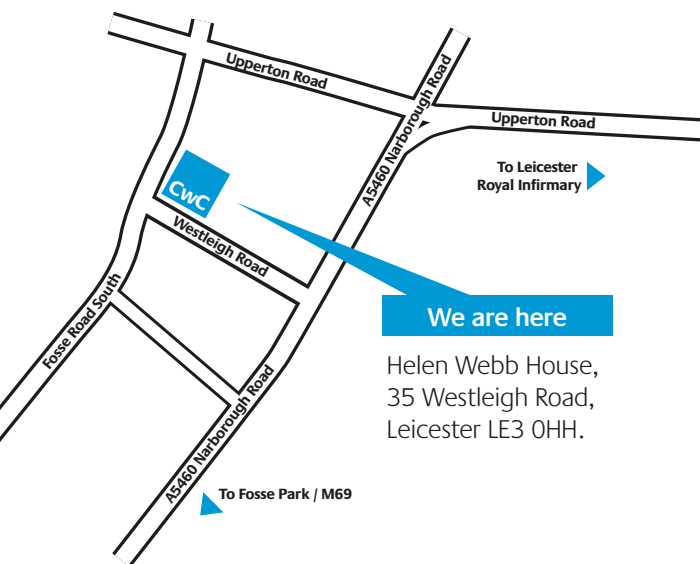
Tel **0116 223 0055**

Email **info@c-w-c.org.uk**

You can also visit our website

www.c-w-c.org.uk

Coping with Cancer is based at Helen Webb House, just outside the centre of Leicester. We are open weekdays from 9.00am - 4.00pm.



We are here

Helen Webb House,
35 Westleigh Road,
Leicester LE3 0HH.

**Coping
with
Cancer**
in Leicestershire
and Rutland

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in Leicestershire and Rutland

**Practical and emotional support for
anyone affected by cancer**

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Coping with Cancer provides practical and emotional support for anyone affected by cancer.

We are an independent, local charity that provides support for cancer patients, their

families and carers. Our services are free and available from the moment a diagnosis is made. Most importantly, our support can last for many weeks, months or even years, as long as it is needed by the individual.

At any one time, we're supporting over 500 local people. We do not charge for our services, although any donations to support our work are gratefully received.

Accessing our support is easy

We have an 'open door' policy, which makes accessing our services easy. Patients, carers and family members can refer themselves to us, or referrals can be made by health and social care professionals.



To make a referral, for yourself or someone else, contact us by phone on 0116 223 0055, and we'll guide you through our simple referral process. We'll ask a series of brief and simple questions to gather some information about your individual circumstances.

Once the initial referral form is filled out, a member of our team will arrange a home visit where a full assessment will be completed. If, for whatever reason, you would prefer us not to visit you at home, an assessment can be carried out at Helen Webb House, just outside the centre of Leicester. The assessment provides the opportunity for you to explore the range of services on offer, discuss any issues or concerns, and identify the appropriate services for you.

Counselling

Here to listen when you need us



When you're affected by cancer, we know it is important to find ways to help with your emotional needs. Counselling is one way you can get support with this, and for many people it can be extremely valuable.

Counselling sessions are arranged by appointment and usually take place at Helen Webb House, either during the day or in the evening.

Befriending Home visiting service

Our befriending service can provide people with the opportunity to have one-to-one support by a trained volunteer. This service is time-limited (usually anywhere up to a year) and can provide a listening ear to talk through concerns or issues or accompany you to the shops.

Our befrienders can allow a carer to take a valuable break from their caring role, and if you are particularly isolated can help alleviate any feelings of loneliness you may be experiencing.



Solicitor's Surgery

Coping with Cancer works with local solicitors who will be able to advise you on all types of legal issues including the drawing up of wills. Our solicitor's surgery is available on an appointment-only basis and they take place over the telephone on Thursday afternoons.



HeadStrong

Hair loss information and support

HeadStrong provides practical support to anyone, male or female, who is likely to lose their hair as a result of treatment for any kind of cancer. The service is available on an appointment basis every first and third Wednesday of each month at Helen Webb House. HeadStrong is provided by Breast Cancer Care in partnership with Coping with Cancer.



Complementary Therapy

Complementary therapies work with the person as a whole, treating the client on a physical and emotional level. This is called an holistic approach.



Complementary therapies may help you feel better, give you a sense of control over what is happening to you, reduce stress, tension, sleeplessness, anxiety and depression and

make you feel more relaxed. If you are being treated for cancer, complementary therapies may help to reduce some of the symptoms, such as pain, feeling sick, tiredness and poor appetite.

Our team of therapists are experienced in treating those affected by cancer are able to offer an extensive range of therapies.

Support Groups

Coping with Cancer offers a wide variety of support groups. They are open to patients, relatives and carers and aim to provide access to emotional support and information.

We also offer dedicated 'Time Out' complementary therapy groups across a variety of locations across Leicestershire. To find out more please contact 0116 223 0055 or visit our website.