

## Helen Rollason MBE

Helen Rollason Cancer Charity is dedicated to supporting people whose lives are touched by cancer.

Founded in 1999, the charity is the legacy of the television sport presenter, broadcaster and fundraiser, Helen Rollason MBE. Helen was diagnosed with cancer and, during her treatment, she became aware of how little support was available to people living with this illness.

Helen fought an inspirational battle with her cancer, much of it in the public eye, but died in 1999 aged 43. She gave her name and support to this charity to help other cancer patients in the future. The Chairman of the charity is Professor Neville Davidson, who was Helen Rollason's oncologist.



Helen Rollason believed that: "Good quality of life while coping with cancer is the most important gift a sick person can receive; it should be available to everyone." Her vision has led to the foundation of our support centres in her name.

**All of the services at our cancer support centres are funded by Helen Rollason Cancer Charity and provided free of charge to our clients.**

We receive limited funding and rely on donations, fundraising and money raised through our 12 charity shops to continue this work.

For further information, please see our website.

[www.helenrollason.org.uk](http://www.helenrollason.org.uk)

## Cancer Support Centres

For more information, to book an appointment or to make a donation, please contact our centres:

### Essex Cancer Support Centre

Rochelle House, Lawn Lane, Springfield,  
Chelmsford, Essex CM1 7TJ  
Tel: 01245 463633

### London Cancer Support Centre

Radiotherapy Department,  
Ground Floor - Podium Building,  
North Middlesex University Hospital,  
Sterling Way, Edmonton, London N18 1QX  
Tel: 020 8887 2408

### Hertfordshire Cancer Support Centre

Thomas Rivers Wing, The Rivers Hospital,  
High Wych Road, Sawbridgeworth,  
Hertfordshire CM21 0HH  
Tel: 01279 602667

### Cancer Support Centres Manager: Lorna Ellis

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Helen Rollason Cancer Charity is the trading name of Helen Rollason Heal Cancer Charity.

Registered charity number: 1052861

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Helen Rollason  
Cancer Charity

## Cancer Support Centres

**Essex:** Springfield, Chelmsford

**London:** North Middlesex University Hospital

**Hertfordshire:** The Rivers Hospital



*Support for people  
touched by cancer*

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# Cancer Support Centres

## Our centres support people living with cancer.

They are friendly and relaxing places where cancer patients can go - with their families, friends and carers - to talk through any problems and issues.

Patients can have therapies that work together with their medical treatment and reduce stress. They include massage, reflexology and aromatherapy.

Our centres support men and women with all types of cancer at all stages - newly diagnosed or longer-term, throughout treatment and after treatment is completed.



*“The warm, calm and relaxed welcome together with first class treatment has become my weekly escape. The genuine feeling of care is extraordinary.”*

## Award-winning support

Helen Rollason Cancer Charity received the 2010 - 2011 award for **‘Best Complementary Medicine Organisation’** from the Institute for Complementary and Natural Medicine.

*“Very welcoming and caring staff. Nothing is too much trouble for them.”*

# Our services

Our centres offer a range of support and therapies to help people living with cancer.

## Counselling and Support Groups

**For patients, family, friends and carers**

- **Counselling**  
The opportunity to explore feelings and emotions in a confidential one to one setting.
- **Support groups**  
A chance to meet with others in a similar situation.

## Complementary Therapies

**For patients**

- **Reflexology**  
A form of gentle manual pressure applied to specific areas of the feet, to reduce stress and anxiety and promote well-being.
- **Massage**  
A gentle touch therapy to promote relaxation and reduce stress.
- **Aromatherapy**  
The use of essential oils in massage to enhance relaxation and release tension.
- **Bach flower remedies**  
Flower and plant essences taken in dilute form which help to balance emotions at times of stress.

## Manual Lymph Drainage (MLD)

Lymphoedema is a type of swelling that can occur, mainly in a limb, as a result of surgery or radiotherapy to the corresponding lymph nodes.

Manual Lymph Drainage is a specialised massage and bandaging technique which can be used to minimise its effects.

**Please contact your local centre for details of the services available in your area.**

# Look Good...Feel Better

The Look Good...Feel Better charity is a worldwide programme which helps women to get back their self-confidence when they are receiving cancer treatment.

We are working with them to run Look Good...Feel Better workshops in Chelmsford.

During these two-hour sessions, the ladies are given make-up and skincare tips from trained beauty professionals. They help them to manage the potential effects of cancer treatment on their appearance. Everyone leaves with a gift bag of products that they can use at home.

The workshops are open to women aged 18 and over who have been diagnosed with any type of cancer in the last two years. For further details or to book a place, call our Essex centre - 01245 463633.

*“The centre is a lovely friendly place with a very calming atmosphere.”*

## Booking Appointments

Visitors are welcome to drop in to relax at our centres without an appointment. Counselling, therapies and Look Good...Feel Better workshops should be booked in advance. Please contact your local centre to make an appointment.

**We make no charge for any of these services.**

## Cancelling Appointments

We know that there are times when our clients are not well enough to come to our centres or their appointment coincides with medical treatment.

However, if you have an appointment that you cannot attend, please give us as much notice as possible. Then we can offer it to someone else so the treatment is not wasted.

*“The treatment has completely relaxed me and helped with my anxiety.”*