



## Advice and Support

Here are the details of some of the charities and organisations we found most useful following our Breast Cancer diagnosis.

### Helen Rollason Cancer Charity

[Visit Their Site](#)

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Helen Rollason Cancer Charity is dedicated to supporting people whose lives are touched by cancer. Their Support Centres in Essex and London are vital in helping people living with cancer. The centres offer a range of complimentary therapies to patients in an environment of peace and tranquillity, including counselling, reflexology, aromatherapy, manual lymphatic drainage and support groups.

### Breast Reconstruction Awareness

[Visit Their Site](#)

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Based at Broomfield Hospital, Breast Reconstruction Awareness (BRA) provides support to women at all stages of breast reconstruction and beyond. Their meetings are an opportunity for women, newly diagnosed with breast cancer, to meet and talk to others that have been through the same experience.



[Visit Their Site](#)

#### The Cancer Wellbeing Centre

The Cancer Wellbeing Centre at Colchester Hospital provides vital support and information if you are affected by cancer. Whether a patient, family member or carer, the centre is there to help. Some of the services they offer include specialist information and advice, counselling services, complementary therapies, physical activity services, hair and skincare advice, dietary advice, practical support, benefits advice and signposting.



[Visit Their Site](#)

#### The John Le Vay Cancer Support and Information Centre

Based at Ipswich Hospital, The John Le Vay Cancer Support and Information Centre provides cancer support, information, practical advice, emotional support and a variety of supportive and educational opportunities.



[Visit Their Site](#)

#### Macmillan Cancer Support

Macmillan Cancer Support offer a whole host of support including emotional, physical and financial support from the moment you are diagnosed.