

In partnership with:



Norfolk and Norwich University Hospitals
NHS Foundation Trust

Whatever you need to ask about cancer

Information and support services

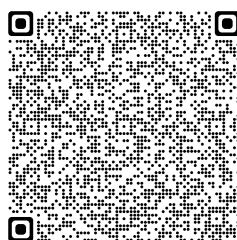
Get in touch

Monday-Friday 9.30-4.30 (excluding bank holidays)

North Norfolk Macmillan Centre,
Cromer and District Hospital, Mill
Road, Cromer, NR27 0BQ

01603 641559

cromermacinfocentre@nnuh.nhs.uk



Scan the QR code
for more details

Macmillan Cancer Support will do whatever it takes to give you the answers to your questions about cancer or treatment:

- **Contact our information specialists and nurses to ask your questions, for free, on 0808 808 00 00**
- **Visit our website, which has lots of information about cancer types and treatment, at macmillan.org.uk**
- **Get information from other people with cancer through our Online Community, community.macmillan.org.uk**



How we can help

The North Norfolk Macmillan Cancer Support Centre based at the Cromer and District Hospital offers a welcoming and confidential service for anyone affected by cancer. Staffed by Macmillan Information Managers and specially trained volunteers, we can offer:

- 'Drop-in' face to face, telephone or email advice and support
- Booklets and fact sheets on all aspects of living with cancer including specific types of cancer, treatments, side-effects and the emotional impact of a cancer diagnosis
- Information on cancer related issues such as diet, fatigue, hair loss, work, travel and coping with the cost of cancer
- Emotional support and the opportunity to talk to someone in a relaxed environment
- Carers support, information and signposting
- Referral to services which take place in the centre such as Counselling and Complementary Therapies, which are available to patients and their carers/family
- A local support group for both people living with cancer and their families or carers
- Spiritual support from the hospital Chaplaincy team
- Signposting and referral to local Welfare Benefits advice
- A range of sample headwear to try
- HOPE (Help to Overcome Problems Effectively) courses for people living with or beyond cancer
- Specialist Bereavement support with our Living with Loss group session
- Health and Wellbeing events



**"Macmillan's support
made me feel less alone."**

Shola, diagnosed with thymoma