

University College Hospital

Finding a complementary therapist once you have completed your therapy sessions

Information for cancer and red cell haematology patients

This information sheet lists services that may be available to you once you have completed your outpatient therapy sessions at University College Hospital Macmillan Cancer Centre.

Next steps

- To find a private therapist contact any of the organisations listed on page 14 of the '**Complementary therapies**' service leaflet. These organisations will usually be able to give you the names of therapists working in your local area.

When contacting therapists keep in mind the advice offered on pages 12 and 13 of our service leaflet. If you don't have a copy of the leaflet, talk to one of our complementary therapists or staff at the Macmillan Support and Information Service welcome desk.

- Ask your GP if there are any recommended therapists attached to the practice or you can be referred to. Your GP may also be able to recommend local services offering free or low cost therapy sessions.
- Make enquiries at hospices in your local area.

Services you may find useful (listed by area)

North London and South Hertfordshire

Cherry Lodge

Cherry Lodge Cancer Care is a charity committed to improving the quality of life for those living with cancer, their carers and families.

Their Information and Support Centre is based in the heart of Barnet, and covers much of North London and South Hertfordshire.

Address: Howard House, 23 Union Street, Barnet, Hertfordshire EN5 4HY

Tel: 020 8441 7000

Email: info@cherrylodgecancercare.org.uk

Disability Foundation – Stanmore

The Disability Foundation operates on a membership basis. Their members include mostly adults, children and families coping with disability, carers, NHS staff, as well as health professionals and social service workers. You don't have to be a member to have your first treatment at the Foundation. But you will need to join the membership for any subsequent appointments.

If you are a cancer patient, you will have to provide a consent letter before any complementary therapy treatment is offered.

Address: Royal National Orthopaedic Hospital, Brockley Hill, Stanmore, HA7 4LP

Email: reception@tdf.org.uk

Tel: 020 8954 7373

Minicom: 020 8954 7413

www.tdf.org.uk

Lynda Jackson Macmillan Centre at the Mount Vernon Cancer Centre – Northwood

Complementary therapies are available free of charge to patients under the care of a Mount Vernon Cancer Centre doctor.

Address: Mount Vernon Cancer Centre, Northwood, Middlesex HA6 2RN

Helpline: 020 3826 2555

Drop-in centre opening hours: Monday – Friday, 9.30am to 4.30pm

South West London

Paul's Cancer Support Centre – Clapham Junction

The Centre is based less than 10 minutes' walk from Clapham Junction station in south London. It offers services to people over 18 years of age from all parts of the community, regardless of their background, gender, faith or sexual orientation.

Address: 20-22 York Road, London SW11 3QA

Tel: 020 7924 3924

East London

St Joseph's Hospice – Hackney

St Joseph's Hospice cares for people aged 18 and over with a life-limiting condition which cannot be cured, or who are terminally ill. Many of these people have cancer, chronic lung disease, heart disease or neurological conditions such as multiple sclerosis (MS) or motor neurone disease (MND). The hospice also cares for people with much rarer conditions.

Most of the patients are referred by their GP, district nurse, community palliative care nurse or hospital consultant. Please talk to your healthcare provider if you would like to be referred. Alternatively, you can refer yourself by calling the St Joseph's First Contact Team on 0300 30 30 400.

Address: St Joseph's Hospice, Mare St, London E8 4SA

Tel: 020 8525 6000

South London and Kent

Royal Trinity Hospice – Clapham

The Royal Trinity Hospice supports people aged 18 or over who have a progressive, life-limiting condition and live in their catchment area. The hospice welcomes referrals from healthcare professionals, patients and families at early stages of the patient's illness.

Healthcare professionals can download the referral form from the hospice's website.

For enquiries and to discuss referrals, please contact the admissions and referrals team on 020 7787 1065.

Address: 30 Clapham Common North Side, London SW4 0RN

Tel: 020 7787 1000

Fax: 020 7787 1067

St Christopher's Hospice – Sydenham

The hospice's arts and complementary therapists offer individual and group sessions on site in Sydenham and at the Caritas House in Orpington. They can also visit patients in their homes and in a range of care homes across South East London.

Individual complementary therapy sessions are normally offered as part of the care plan and consist of six regular sessions. Please talk to your nurse if you think you might benefit from a series of sessions.

Address 1: 51 - 59 Lawrie Park Road, Sydenham, London SE26 6DZ

Tel: 020 8768 4500

Email: info@stchristophers.org.uk

Address 2: Caritas House, Tregony Road, Orpington, Kent BR6 9XA

Tel: 01689 825755

Maggies – various locations and support offered

www.maggiescentres.org

If you need large print, audio, braille, easy read or translated copy of this information sheet, please contact us on 020 3447 8663. We will do our best to meet your needs.



We are committed to delivering top-quality patient care, excellent education and world class research

Safety
Kindness
Teamwork
Improving

Publication date: November 2017
Last review date: November 2017
Next review date: November 2018
Leaflet code: UCLH/S&C/CD/HAEM/COMPLEMENTARYTHERAPIST/1
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