

## Useful phone numbers and contacts around Telford & Wrekin

### Macmillan Cancer Information Centre

Information and support available on all issues related to cancer in a relaxed and confidential environment. @ Princess Royal Hospital 01743 261000 ext 1957 / [jessica.brindley@sath.nhs.uk](mailto:jessica.brindley@sath.nhs.uk)

### The Hamar Help and Support Centre

Counselling at the Royal Shrewsbury and Princess Royal Hospital, complementary therapies, a quiet place to think and a meeting place. 01743 261035 / [hamarcentre@sath.nhs.uk](mailto:hamarcentre@sath.nhs.uk)

### Macmillan Welfare Rights Service

Advice on benefits you could claim, how to make a claim and help to do so. 01743 492405 / [shropshire.macmillan@wolverhampton.gov.uk](mailto:shropshire.macmillan@wolverhampton.gov.uk)

### Macmillan Help Line

Free emotional, financial and practical support for anyone dealing with a cancer diagnosis and wants to talk. 0808 808 00 00 (Monday to Friday 9am- 8pm)

### Get Active, Feel Good Advisor

Supports people affected by cancer to start regular, sustainable, physical activity. Kim Davies 07543 827531 / [getactivefeelgood@gmail.com](mailto:getactivefeelgood@gmail.com)

### Shropshire Wig Bank

Tracy Reynolds hairdresser and wig maker. Donate pre-loved wigs 25% of sale proceeds to Severn Hospice. 07456 594 948 / [tnt.hair@outlook.com](mailto:tnt.hair@outlook.com)

### Cruse in Shropshire

Bereavement counselling service 0845 606 6812 (Answer phone machine available when the phone is unattended) [shropshire@cruse.org.uk](mailto:shropshire@cruse.org.uk)

### Telford and Wrekin Carers Centre

Support, advice and information for carers. 01952 240209 / [admin@carerscontact.org.uk](mailto:admin@carerscontact.org.uk)

### Swimming After Surgery

Complementary swimming sessions May to November. Fiona Smith 07580 021149 / [www.swimmingaftersurgery.org.uk](http://www.swimmingaftersurgery.org.uk)

### Pink Ribbons

Breast cancer support group meet every third Wednesday evening @ Princess Royal Hospital. Betty Jenkinson 01952 586898

### Shropshire & Mid Wales Cancer Forum

Become involved in making changes in improving cancer services. [www.cancerforum.org.uk](http://www.cancerforum.org.uk) Sian Hallewell 07504 120315

### Nicky Marcar

Specialist Wig Fitting Service & Styling. 44 High Street, Much Wenlock, TF13 6AD 01952 727555 / [nickymarcar.co.uk](http://nickymarcar.co.uk)

### Relate in Wellington

Relationship difficulties including loss of confidence and self - esteem in relating to others. 01743 344010 / [www.relateonline.co.uk](http://www.relateonline.co.uk)

### Cancer Research

Information, a chat forum and contact to a nurse specialist. [www.cancerresearchuk.org/about-cancer/coping-with-cancer/](http://www.cancerresearchuk.org/about-cancer/coping-with-cancer/)

### Exercise Rehabilitation

Fitness sessions specifically for cancer patients every Monday 2pm-3pm Wellington Leisure Centre £3.10. Welcome to go with a friend. No need to book. 01952 382720

## Can you help?

We are looking for volunteers who can help us develop our services, including:

### Qualified Complimentary Therapists

**Drivers** *to take patients to Appointments*

### General Administration

### Fund Raisers & Event Organisers

**Sports Enthusiasts** *to take part in challenges*

**Local Businesses** *able to support us with donations of a product/service that we can use for fundraising*

### Crafters & Hobby Enthusiasts

*to come along and share their skills at our meets*

## How to Get in Touch

### Monthly Meets

**Please join us every last Tuesday of the month 11am-1pm.** Come along when you feel like it, whether it is once or every month. No booking required.

### Contact us

Jayne Sargent Foundation, c/o Unit B3, Dawley Bank Industrial Estate, Dawley, Telford, TF4 2BA

### Telephone:

01952 505 059

### Visit our Website:

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

### Email:

[hello@jaynesargentfoundation.org.uk](mailto:hello@jaynesargentfoundation.org.uk)



/jaynesargentfoundation



@jaynesargentff

 Jayne Sargent Foundation

'Information correct when published March 2016'

# Cancer Support in Telford & Wrekin

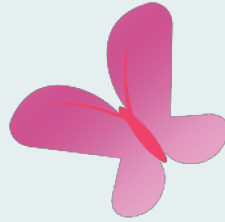
A friendly group of local people offering information, support and friendship for anyone dealing with cancer.

Jayne Sargent Foundation



## Who are we?

Jayne Sargent Foundation was set up in March 2014 in memory of Jayne Sargent, who had fought a ten year battle with breast cancer. She was a local business woman, wife, mother and grandmother.

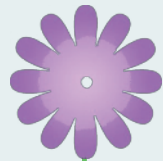


Colin Sargent, Jayne's husband wanted to make a difference in Telford as he felt that there were limited resources to help him and his family when they needed it most.

Along with six other trustees they set up Jayne Sargent Foundation with the aim of providing the support that people affected with cancer and their families need in the Telford and Wrekin area.

As a charity we have a long way to go to be able to offer all the services we believe people affected by cancer and their carers need to support them on their cancer journey.

If you feel able to help or have any suggestions to improve our services, please get in touch with Jayne Sargent Foundation.



## What can we offer?

### Monthly Support Group

We provide a place to find support and understanding, and to meet others who share your concerns and feelings.

We meet on the last Tuesday of every month, 11am-1pm at Meeting Point House, Southwater, Telford, TF3 4HS. The reception will show you which room we are in as it can change.

Join us for a cup of tea. There is no need to book, just come along on your own, with your partner, family member or friend.



Our meets are friendly and informal. Most meets have a complimentary activity or guest speaker and local health professionals often attend.

We plan fundraisers and events, go out, laugh and make new friends and our homemade cakes are always a talking point!

We make things, try out new things and find positive ways to help us deal with our cancer journeys. Sometimes we talk about cancer and sometimes we don't. We know it can be difficult to reach out, so we can assure you of a warm welcome and understanding from others that share your feelings and concerns.

Further information of upcoming events and support group activities can be found on our website or please call us.



## Who is our service for?

Anyone dealing with cancer in the Telford and Wrekin area, whether you were diagnosed recently or some time ago; are undergoing treatment, are in remission or indeed a survivor – our service is available to you, your carer and family.



## What do others say?

*"I have been coming to the group since it started and it gives me something to look forward to and I meet people who are in the same situation as myself."*

*"The monthly meetings of Jayne Sargent Foundation have helped me come to terms with the effects of cancer surgery. They offer support, signposting and activities in the area to enable people to move forward with their lives. Without the activities and meetings I would not have learnt new skills and networked with other vital groups."*



*"Great guests, great company. I would recommend any patient or carer to come along. Something for everyone."*

*"We are a friendly group and discuss many things to improve our health and wellbeing. We enjoy planning days out and always look forward to our next meet."*



*Support and understanding with others who share your concerns and feelings*