

Third Sector Resources

Please see below for voluntary and community services that offer free counselling and/or support groups for people living in the East Midlands affected by cancer

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Derbyshire

Service	Details	Website	Contact
HNChelp	Head and Neck Cancer Support	https://bit.ly/3nGyKlx	01246 865200 (Mon-Fri, 09.00 - 17.00) hncHELP@live.co.uk
Derby Prostate Cancer Support	Support group	https://bit.ly/3nFp2pU	01332 789164 (Mon-Sun) dhft.prostatecancersupportgroup@nhs.net
Macmillan at Chesterfield Royal Hospital	Has courses on 'moving forwards/on after cancer'	https://bit.ly/3rzJQsb	01246 516406 (Monday to Friday 08:30 to 16:30) crhft.macmillaninfo@nhs.net
Macmillan Information Centre at University Hospitals of Derby and Burton NHS Foundation Trust	Offers free general cancer information and support (no 1:1 counselling)	https://bit.ly/3IIEFdM	01332 786008 dhft.cancerinformation@nhs.net
Myeloma UK Support Groups	Support group	https://bit.ly/3FMBavf	Derby: 07879 115 881 susan.robb3@nhs.net

Leicestershire

Service	Details	Website	Contact
Sue Young Cancer Support	Leicestershire and Rutland - offer counselling and support groups	https://bit.ly/3qJ1z9k	0116 223 0055 info@sy-cs.org.uk
Brain Tumour Charity	Leicester Brainwaves Support Group	https://bit.ly/354mP00	07973 219271 brain@brainwavessupport.org.uk
University Hospitals of Leicester Macmillan Information support Centre	Offer HOPE course (6-week groups) and Health and Wellbeing Events providing cancer information	https://bit.ly/3KpVrKL	0116 258 6189 cancerinfo@uhl-tr.nhs.uk
Myeloma UK Support Groups	Small support group	https://bit.ly/3FMBavf	Leicestershire and Rutland: cath.morrow@uhl-tr.nhs.uk – 0116 258 5751 Marc.Winfield@uhl-tr.nhs.uk – 0116 279 2586

Lincolnshire

Service	Details	Website	Contact
Myeloma UK Support Groups	Myeloma Support Groups	https://bit.ly/3FMBavf	Lincoln SMYLLE Haematology Support group: info@lincolnsmylle.co.uk ; 01673 861475 Grimsby: 01673 828 271; janetstennett@btinternet.com North Lincolnshire: 01652 655886 or 07460 010200 northlincsmyeloma@gmail.com
Macmillan – United Lincolnshire Hospitals NHS Trust	Cancer Information and Support Service - general support (no 1:1 counselling) and groups	https://bit.ly/3GNCMGz	Lincoln: Monday to Friday, 9am – 4pm, (01522) 573799 Boston: Monday to Friday, 9am – 4pm, (01205) 446392 Grantham: (01476) 464978 Email: macmillan.infosupport@ulh.nhs.uk
Macmillan North East Lincolnshire NHS Foundation Trust	Counselling and support groups	https://bit.ly/3AdVnsW	01472 250623 (8.30am-4.30pm Monday to Friday) cpg.macmillanlwbct@nhs.net
Lincolnshire Brain Tumour Support Group	Every 3 months usually in Sleaford or Nettleham Rugby club	https://bit.ly/3fCEpeb	07757 102418 info@lbtsg.co.uk
Boston Breast Cancer Self Help Support Group	Every Thursday morning 10-12 at Morgan House boardroom	https://bit.ly/3qFFjNm	01205 722851 joyce.clark18@aol.co.uk
Sleaford Breast Cancer Drop In	1st Wednesday of the month, 12.30 to 1.30 at The Hub, Sleaford - small informal support group	https://bit.ly/3fCEwq7	01522 695808 01529 421392

Gainsborough Cancer Support Group	Casual drop-in support group for anybody affected by cancer. The group meet at Gainsborough House, Gainsborough, DN21 2NB between 10-12pm on the third Thursday of each month	https://bit.ly/33OLV2S	07707 707140
Maverick Warriors Skegness	Casual drop in support group for anybody affected by cancer. Meet the first Monday of each month between 10-2pm at the Lancaster Lounge, Barratt Court, Skegness, PE25 2PQ	https://bit.ly/3KpbDMp	Maverickwarriorsskegness@gmail.com
Daisy Chains Breast Cancer Facebook Page (Lincoln)	Support via chatroom for women with Breast Cancer only - can be accessed through the Facebook page	https://bit.ly/3lmhWyf	Facebook: Daisy Chains Lincoln Breast Cancer Support Group
Embrace – Boston/Louth/Mablethorpe Breast Cancer Support Groups	Breast Cancer Peer support groups	N/A	07990 583866 / 07800 802660 embracelincs@gmail.com
The Swallows Head and Neck Groups	Support groups	https://bit.ly/33y7MvV	info@theswallows.org.uk chris@theswallows.org.uk
Horncastle & District Cancer Support Group	Support group	https://bit.ly/3tKpxCP	01507 525306 trudy.jamieson@btinternet.com
Be and Become Support Group	Support group for women with cancer. Meet every three weeks on a Wednesday at Grayz tearooms on Gordon Street in the Bailgate. All pay £3 for Tea/coffee and cake. 6.30-8.30pm	https://bit.ly/33RvgM4	07427 364801 Facebook - @justbeandbecome Email – info@beandbecome.co.uk
Grimsby Bowel Cancer Support Group	Support group	https://bit.ly/3lfNPZu	Allen.oldham@yahoo.co.uk 01469 575962
Brigg and District Breast Cancer Support Group	Support and groups	https://bit.ly/3ryeMAJ	info@breastcancersupport-brigg.org.uk
Bosom Family Support	Support groups and counselling for families of patients with cancer	https://bit.ly/3qJaM12	07412 121716 enquiries@hopehousebfs.org

Northamptonshire

Service	Details	Website	Contact
The Dunstone Bennet Complementary Therapies service	Currently offering counselling online, but may merge with other services soon	https://bit.ly/3GKUIBB	07541 998711 E: dunstonebennett@gmail.com or contact@facefax.co.uk
Northampton Prostate Support Group	Coffee mornings and monthly meetings	https://bit.ly/3rzLPof	NorthamptonPCSG@gmail.com 07396 174906
Kettering Prostate Cancer Support Group	Monthly support groups (currently online - KDPCSG@ZOOM)	https://bit.ly/3rvMpDx	information@ketteringprostatecancersupport.co.uk
Northants Macmillan Cancer Information Support Centre	Offer general support, signposting to local groups and 'Take Control Moving forward with HOPE' online group - https://bit.ly/3KwhkYT	https://bit.ly/3rtRV9D	01604 544211 wendy.smith@ngh.nhs.uk
Kettering Cancer Information Support Centre	General Support and Signposting	https://bit.ly/33U3PBG	07813 363539 kgh-tr.cancerinfo@nhs.net
Maggie's Northampton	Coming soon	https://bit.ly/3tCgLa5	
The Swallows Head and Neck Groups	Currently doing online support groups	https://bit.ly/33y7MvV	info@theswallows.org.uk

Nottinghamshire

Service	Details	Website	Contact
Maggie's Nottingham	This service has a Clinical Psychologist and groups – sometimes run in conjunction with staff from NUH (including: relaxation, sleep, Heads2gether, Bereavement Support Group; Bereavement Parent Support Group (for those who have lost a child to cancer); BMT Support Group; Brainwaves; Family and Carer's Support group; Gynae Support Group (formally NottGOSH); Laryngectomy Support group; Lower GI Support Group; Lung Cancer Support Group; Men's Support Group; Secondary Breast Cancer Group; Prostate Cancer Support Group; Upper GI Support Group; Young Persons Cancer Support Group; Myeloma Support Group; Lymphoma Support Group; MPN support group; and more)	https://bit.ly/3GHNo9L	nottingham@maggies.org 0115 924 6210
Aurora Wellbeing (Bassetlaw and Yorkshire)	Counselling, workshops and support groups	https://bit.ly/3rPG467	Bassetlaw branch: 01909 470985 Monday–Friday (9am–5pm)
Alorafocus Support Group	Support Group. Patchhills Day Centre – Mansfield	https://bit.ly/3rtQsjD	07922 325 330, Support Line, 9.00am-7.00pm 07979 977 401 - 7.00am-7.00pm, 7 days a week carmelharkness@hotmail.com
Chronic Lymphocytic Leukaemia (CLL) (and CML) Nottingham Support Groups	Virtual Support Group for Chronic Lymphocytic Leukaemia	https://bit.ly/3nFi7wS	08088 010 444 (Monday – Friday, 9am-5pm) or support@leukaemiacare.org.uk

Macmillan – Queen’s Medical Centre and Nottingham University Hospitals NHS Trust	Provides emotional support and access to local services like support groups, counselling services and exercise programmes	https://bit.ly/3nDRClg	0115 970 9933 / 0115 840 2650 cancerinfo@nuh.nhs.uk
Macmillan – Self Help UK/Beyond Diagnosis	Befriending, peer support, signposting to counselling and groups	https://bit.ly/3qQ2K6Z	0115 9111662 or referrals@selfhelp.org.uk
Affected By Cancer	Support group, sharing compassion and mindful strategies to reduce loneliness, stress, anxiety and effects of treatment following and during cancer. Provide emotional support in a holistic way through being mindful. For patients and carers/families/friends	https://bit.ly/33vBQbu	sfh-tr.cancer.info@nhs.net 01623622515 ext 6499 office hours
The Amazon Breast Cancer Support Group	Breast Cancer Support group (partner and friends welcome too). Second Tuesday of every month. Sutton in Ashfield	https://bit.ly/3llQ4L0	info@amazongroup.org.uk 01623 622515 ext. 3884
Breast Cancer Support Group Nottingham	Support groups for those who have undergone treatment for breast cancer, their partners, family and friends.	https://bit.ly/33RxjzK	0133 298 8937 : Janet Briars evening 0115 923 3348 : Kate Holmes evenings janmbriars@gmail.com
Breast Cancer Support Group Newark	Support group for all affected by breast cancer, including carers, family, friends, in Newark and Sherwood.	https://bit.ly/3qGqdXZ	01636 706177 Chairman Elaine Ellison, Monday to Friday, evenings only 01636 688126 Secretary Chris Chambers, Monday to Friday 01636 613664 Secretary Karen Mason, Monday to Friday info@newarkbreastcancersupportgroup.org
Cancer Journey	Support group for cancer patients. Chilwell	https://bit.ly/3FJR1ed	cancerjourney@outlook.co.uk

Friends and Bredrins (FAB)	Cancer self-help group, formed with the help of Nottingham's BME cancer communities programme. Aiming to raise prostate cancer awareness and support predominantly (but not exclusively) African heritage men and their families affected by prostate cancer.	https://bit.ly/3GI0m5X	07711 202 298 / 078 175 22100 fabprostatecancer@hotmail.com
Heads2gether	Head and Neck Cancer Support groups	https://bit.ly/3Kj76et	0800 0234550 - helpline contact@heads2gether.net
IMPACT Cancer Support group	Weekly therapeutic Cancer Support Group (Friday 10-11:30am). For patients, families, carers, friends.	https://bit.ly/3nEvPA8	helpathandmansfield@gmail.com 07923664504
Newark Cancer Support Group	For anyone affected by cancer – every last Tuesday of the month, 2.00pm-4.00pm, The Palace Theatre Cafe, Appleton Gate, Newark NG24 1JY	https://bit.ly/32buCZs	Niki Whitburn 07803 710640 nikiwhitburn@btinternet.com
North Notts Prostate Cancer Support Group	First Wednesday of every month. Sutton in Ashfield - 117 Huthwaite Rd, NG17 2GY	https://bit.ly/3rPHcqN	01623 515 899 / 07545 778618 northnottsprostate@hotmail.co.uk / prostatecancersupportgroupnorthnotts@hotmail.co.uk
North Notts Stoma Support Group	Monthly: 2nd Saturday, 10.00am-12.00 noon, Clinic 3, Waiting Area, Kings Mill Hospital, Mansfield Road, Sutton-in-Ashfield, NG17 4JL.	https://bit.ly/3rpWX6Q	01773 715460 toreno@sky.com
Nottingham Cancer Patients and Carers Support Group	For anyone affected by cancer: patients, carers, healthcare professionals, in Nottingham and Nottinghamshire. A group offering information, advice and support. Monthly: 3rd Tuesday, 5.30pm (for 6.00pm meeting), Room C2505, School of Nursing, Queen's Medical	https://bit.ly/3GCUVqx	0115 931 3541 - Monday-Sunday 8.00am-8.00pm fredaingall@talktalk.net

	Centre campus, Derby Road, Nottingham, NG7 2UH		
Sistas Against Cancer	Fortnightly Monday meetings – support group for women with cancer from Black Asian Minority and Ethnic communities (all other nationalities welcome)	https://bit.ly/3nGl14p	07492830786/ 07891027723
Southwell Pink Ladies	For all women who have experienced Breast Cancer, in Southwell and surrounding areas	https://bit.ly/3fBocWT	01636 813518/ 01636 812197

East Midlands-wide

Service	Details	Website	Contact
Cavendish Cancer Care	Offering free counselling across South Yorkshire, North Derbyshire and Nottinghamshire	https://bit.ly/3qEz38H	0114 2784600
East Midlands Sarcoma Support Group	Counselling and groups (main base in Leicester)	https://bit.ly/3AdorRb	07949678934 EMSSG@live.co.uk

Nation-wide/Online

Service	Details	Website	Contact
Trekstock	Events and groups for: <ul style="list-style-type: none"> • Anyone diagnosed with cancer in their 20s or 30s • Anyone in their 20s or 30s who is living with the effects of cancer and its treatments • Childhood survivors of cancer living with late effects in their 20s and 30s • Anyone in their 20s or 30s being treated for MDS, Aplastic Anaemia, Low-Grade glioma, Borderline ovarian cancer or Basal Cell Carcinoma 	https://bit.ly/3qJ00Z2	02045417601 hello@trekstock.com
Shine Cancer Support	For people in their 20s, 30s, and 40s living with cancer – offering	https://bit.ly/3AddSxy	hi@shinecancersupport.org 07804479413

	workshops, retreats and an annual conference. Support available 24/7 via Facebook groups.		
Black Women Rising	Monthly peer support groups and general support resources for black cancer patients and those who have gone through cancer	https://bit.ly/3tHc6DS	foundation@Leannepero.com
Penny Brohn UK	Online groups and telephone counselling	https://bit.ly/3rxXtQw	0303 3000 118 bookings@pennybrohn.org.uk
Bupa/Macmillan	6 free sessions of counselling for patients who have or had cancer	https://bit.ly/3GYi1Z3	0808 808 00 00
Together Against Cancer	12 months free access to courses and counselling	https://bit.ly/32iGpW8	0116 246 0195 info@togetheragainstcancer.org.uk
Force Cancer Charity	Free telephone/online counselling sessions	https://bit.ly/3qFLCAs	01392406151 support@forcecancercharity.co.uk
Roy Castle	Lung Cancer Support Groups	https://bit.ly/3qEGgqg	0333 323 7200
Team Verrico	Cancer counselling	https://bit.ly/3qj5Ppk	teamverricocounsellingservice@gmail.com
CLL Support	Online 'Acceptance and Commitment Therapy' exercises	https://bit.ly/3KpH8WM	0800 977 4396
Bowel Cancer UK	Online support groups	https://bit.ly/3FJrqSK	020 7940 1760 - Monday to Friday 9am-5pm admin@bowelcanceruk.org.uk