

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

The Hamar Help and Support Centre

Counselling, complementary therapies, a quiet place to think and a meeting place. 01743 2610385 / hamarcentre@sath.nhs.uk

Macmillan Welfare Rights Service

Advice on benefits you could claim, how to make a claim and help you to do this if needed. 01743 492405 / shropshire.macmillan@wolverhampton.gov.uk

Get Active, Feel Good Advisor

Supports people affected by cancer to start regular, sustainable, physical activity. Kim Davies 07543 827531 / getactivefeelgood@gmail.com

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)

Shropshire Wig Bank

Tracy Reynolds hairdresser and wig maker. 07456 594 948 / 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

Telford and Wrekin Carers Centre

Information and a quarterly newsletter, supports carers by listening and giving support, information and advice, linking carers with other organisations, support groups for carers and carers events throughout the year. 01952 240209 / admin@carerscontact.org.uk

Swimming After Surgery

Complementary swimming sessions May to November. Fiona Smith 07580 021149 / www.swimmingaftersurgery.org.uk

Counselling

Emotional and psychological help. Trained counsellor available every Wednesday @ Princess Royal Hospital. Hamar Centre 01743 261035

Pink Ribbons

Breast cancer support group meet every 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



How to Get in Touch

Monthly Support Group

Please join us every second Friday and 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.

Visit our Website

www.jaynesargentfoundation.org.uk



Email

hello@jaynesargentfoundation.org.uk

Contact us Directly

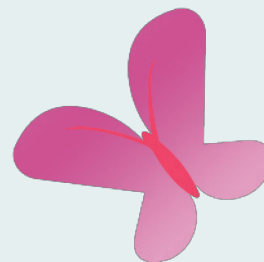
Jayne Sargent Foundation,
c/o Unit B3, Dawley Bank Industrial Estate,
Dawley, Telford, TF4 2BA
Tel: 01952 505 059



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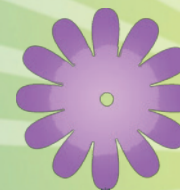


Jayne Sargent Foundation

Cancer Support Group in Telford

We offer a support group in Telford for anyone affected by cancer, their carers and family.

Jayne Sargent Foundation



Who are we?

The 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 the Jayne Sargent Foundation with the aim of providing the support that people affected with cancer and their families need.

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.

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.

Support and understanding with others who share your concerns and feelings

We meet on the second Friday and 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 and local professionals often attend. Most meets have a complementary activity or speaker on. We plan fundraisers, outings and find ways we can support one another. We laugh and make new friends and our homemade cakes are always a talking point! Sometimes we talk about cancer and sometimes we don't. We know it can be difficult to reach out for help 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?

Our service is available to men and women living with cancer in the Telford and Wrekin area, however recent or long ago you were diagnosed; are in remission or a survivor. Our service is available for you, your carer/s and family.

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

Crafters & Hobby Enthusiasts
to share skills at our support group.

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