

Cancer Support

Hospice Hope

07935 800658 / 07483 124926 / 01530 222079

- + Ashby-de-la-Zouch Café** - Fridays from 1.30pm to 4pm
Legion House, South Street, Ashby de la Zouch, LE65 1BQ
- + Coalville & Whitwick Support Café** - Wednesdays from 1.30pm to 4pm
Methodist Church, Hall Lane, Whitwick, LE67 5PF
- + Ibstock Support Café** - Tuesdays from 1.30pm to 4pm
Methodist Church, Melbourne Road, Ibstock, LE67 6JS
- + Castle Donington Support Café** - Mondays from 2pm to 4pm
St Edward's Church Hall, St Annes Lane, Castle Donington DE74 2JH

Complementary therapies are provided free of charge fortnightly at the Ashby, Castle Donington and Ibstock Support Cafés. The Coalville and Whitwick group also offer relaxation techniques and seated exercises.

Hope House

Manager, Carol: 01530 222079

Hope House in Griffydam is run by Hospice Hope and is a place specifically for people with life limiting conditions and their carers'.

People can refer themselves to Hope House (self-referral) or referrals can be made by health and social care professionals, a carer or family member.

Mondays and Thursdays are for the person with the life limiting condition. This allows the carer to take a much deserved break from their caring duties, safe in the knowledge that their loved one is being well looked after.

Tuesdays we run our 'Carers Plus' day - which is for the person with the life limiting condition and their carer.

There is no charge for being at Hope House; the transport, services (including complementary therapies) and delicious hot two course lunch are completely free.

Useful Local Contacts

- ✚ Coping with Cancer in Leicestershire & Rutland **0116 223 0055**
- ✚ Macmillan Befrienders Charnwood & NW Leics **0116 299 2233**
- ✚ Together Against Cancer **0116 246 0195**
- ✚ Age UK Leics & Rutland Macmillan Cancer Support **0116 223 7370**
- ✚ LOROS Home Visiting Service **0116 231 8470**
- ✚ Shuttlewood Clarke Foundation **0153 024 4914**
- ✚ Tamworth Cancer Support Centre **0182 789 9590**
- ✚ Macmillan Information Centre Leicester **0116 258 6189**
- ✚ Hope Against Cancer **0116 270 0101**
- ✚ Burton Breast Cancer Support Group: Meeting every 2nd Thursday of the month at Burton Library from 7p.m

For information and advice on financial issues and welfare benefits

- ✚ Christians against Poverty debt help **0800 328 0006**
- ✚ Citizens Advice Bureau Loughborough **0344 411 1444**
- ✚ Age UK Information and Advice **0116 299 2278**
- ✚ Turn2 us <https://www.turn2us.org.uk/>

For information, advice and support on all aspects of coping with cancer

Macmillan Cancer Support: **0808 808 0000**

Website www.macmillan.org.uk/information-and-support

Macmillan cancer support offers a wide range of free formation including booklets, audio, cds and dvds. You can order these by phone online, and you can listen online or download e-booklets at the macmillan website.



For further information on other local services and groups in Ashby, please contact your Local area Coordinator, Andrew Barson on 07712 324253