



South East Cancer Help Centre

Helping people cope with cancer

Annual Review

April 2019-March 2020

Talk to us – we're here to help



CHAIRMAN'S STATEMENT

The Centre continues to support the community at its main Centre here in Purley and also providing outreach services at Croydon University Hospital and more recently at the new Wellness Centre located in the Whitgift Centre, founded and run by the Croydon BME Forum. Our services support residents from the North of Croydon to the South and even further afield from other boroughs.

We strive to increase the range of services provided to support our ever increasing membership levels and are working in collaboration with GP hubs, Social Prescribing Boards, the Council and other like minded organisations.

It is so important that we engage with all groups within the borough's diverse community, faith groups, BAME groups and those socially isolated to encourage awareness and the use of our services.

Our work depends entirely upon the generosity of our supporters, volunteers, members and friends together with local business. Income this year, although lower than last year, remains at a credible level to support the growing demands for our services.

During the year many events have been organized by our supporters, fundraisers and volunteers to raise funds on our behalf including marathons, swimathon, race nights and concerts, together with fun activities for our members including outings, art exhibitions, fairs and much more.

Our annual Paint Purley Purple event was again a great success with Purley being the center of activities for around four weeks during October, but also attracted a growing support from surrounding areas, with local schools and businesses all joining in the colourful events.

Very special thanks must go to Tesco, who for many years have provided our premises together with a great deal of other support. We are very grateful for all they do.

I would like to thank all my Trustee colleagues and our many wonderful volunteers, plus our staff team for their hard work in support of the charity and their strong commitment to our vision.

As with many other organisations the pandemic seriously restricted the provision of our services during March but we quickly switched to providing a large number of on-line remote services that will continue until normal services can resume. We look forward to fully opening and supporting our members when it is safe to do so.

Jennifer Mollett, Chairman

VISION

To be the leading independent provider of cancer support services in our area and to be known to all new patients diagnosed with cancer, in order that they and their families get the support they need.

MISSION

To provide support groups, complementary therapies, counselling and other therapeutic activities, within a caring friendly environment, which helps anyone affected by cancer cope with their situation.

VALUES

We offer a caring, supportive and friendly environment.

Everyone is welcome, no-one is discriminated against.

Everyone is treated with dignity and their views and choices are respected.

We aim for the highest standards in all we do: all our therapies and counselling services are delivered by professionally qualified practitioners.

The welfare of our members is paramount, and confidentiality is always maintained.



OBJECTIVES

We consider it important to remain a progressive organisation that develops and adapts to the needs of our members.

Our key objectives:

- To continue to provide, review, develop and improve the range of services offered at Purley, Croydon University Hospital and the centre of Croydon and wherever we can help our members.
- To increase awareness of our services and the number of members we support.
- To work closely with GPs, GP hubs and social prescribing boards to increase knowledge of our support and range of activities.
- To increase our outreach service to include difficult to reach residents who may be in care homes or bed bound, and might feel socially isolated.
- To align our services with the area's diverse community and be fully inclusive working with local faith groups, BME Forums, LGBTQ+ groups and other organisations.
- To fully engage with the Council's localities programme to ensure we reach all residents in the borough.
- To fully engage with all GPs, hospital staff, CCG Boards, SW London Partnership, SLAM, Healthwatch, Croydon Carers' Centre and all major health partners. To work in collaboration with like-minded organisations such as Macmillan, Maggie's Centres, St Christopher's Hospice, Duffus Cancer Foundation and Penny Brohn.
- To increase our communications, marketing and public relations activity along with improved social media to engage with a wider audience.

Continue as a leading independent provider of cancer support services:

- To offer an unrivalled service for all our members.
- To recruit new trustees, patrons, ambassadors and a new President.
- To ensure all service providers work to the highest standards.
- To ensure that all staff and volunteers are fully supported and receive training and support as required or requested.

Attract adequate regular funding to allow for growth and development:

- To support our current Trust donors and work to identify new avenues of Trust income.
- To work closely with local government initiatives, councillors and key health partners to identify sources of income.
- To develop sound relationships with local business and corporates, community groups and other organisations and affiliates.

Infrastructure projects:

- The Member Management and Booking System is currently a work-in-progress for replacement or upgrading to a current generation of software.
- As a part of IT improvements and thus efficiency, select and implement an integrated fundraising software package.
- Increase our working space across our three sites and look at further opportunities to deliver good support services to our members.
- Improve and enhance our front door approach and estate.





A PATIENT'S TRIBUTE to Help Centre staff and volunteers

Cancer. I never expected to hear that word applied to myself. It has changed my life and devastated my prospects and I'm not sure, even now, that I have really come to terms with my diagnosis.

At first, I simply couldn't cope with the fact that I had cancer. Then I tried to cram my life full of experiences – seeing people, going places, doing things; even though for many months I was so unwell that it was hard to enjoy any of these things. My life seemed to be one round of medical appointments week after week and treatment for my cancer – although the hospital does offer a range of support this is not always quick to access because of the demand and even when you can get support it is usually of limited duration.

But then I was reminded that there was the South East Cancer Help Centre in Purley, offering a great range of 1-to-1 and group sessions. It's an opportunity not only to engage with 1-to-1 therapies and group activities that you know and enjoy but to try new ones.

However, it is not just about these 1-to-1 and groups sessions, it is the whole atmosphere of support and understanding you get from

the moment you walk through the door. The generosity of staff, therapists and volunteers giving their time, effort, energy and compassion to support people like myself who have been diagnosed with cancer is overwhelming.

This is truly a place where you can come and be supported while being able to talk as much, or as little, as you like about your condition; and where you have the opportunity to talk about things you may not feel able to discuss with family and friends and get practical ideas on how to cope with issues from others who have had similar experiences. You can build up as much of a social network as you want to and enjoy normal conversations which do not always have to focus on cancer.

Being diagnosed with cancer is the single most traumatic thing that has happened to me. But having cancer is an opportunity to choose to live differently, to be different, to behave differently and to make new decisions about how you want to live your life. And the staff and volunteers at the South East Cancer Help Centre help you do exactly that. They support you to carry on living. So I want to thank everyone at the Help Centre for all the help and support they are giving me.

Margaret, Member of the South East Cancer Help Centre

ONE TO ONE SERVICES

Talking Therapies (counselling)

We offer a safe, confidential and non-judgemental place to help Members explore issues which are troubling them. Those unable to come to the Centre due to illness or inaccessibility can talk to a counsellor over the phone or video.

We also offer:

Young Persons Talking Therapy (over 12 years of age)

This provides an opportunity for young people to meet a counsellor on their own, to share and resolve issues that arise as a result of cancer. These sessions are arranged with parental consent.

Couples Talking Therapy

This offers help in improving communication and resolving differences in a relationship that arise as a result of cancer.

Aromatherapy Massage

Aromatherapy treats mind and body together. The scent of the essential oils used can have a powerful effect on the emotions, whilst the oils' chemistry affects the body: soothing and comforting aches, pains and imbalance.

Emotional Freedom Technique (EFT)

EFT (or tapping) is a self-help technique taught to help release blocked energy and so reduce the effects of stress and anxiety. It is easy to learn and easy to apply; it involves tapping near the end points of energy meridians located on your hands and face. The tapping process is done in order to reduce physical tension and promote a deeper mind-body connection.

Hairdressing

Practical support including haircuts and styles for your own hair, as well as clipper cutting, shaping and care of wigs. Ask for advice on scarf-tying and hair regrowth.

Hypnotherapy

Uses a state of deep relaxation and positive suggestion to enable changes to thinking and behaviour.

Manicures and pedicures

These will not only leave your nails beautifully shaped and perfectly polished, but they are also a great way to relax and unwind.

Massage Therapy

Massage is a natural way to help you relax and cope with stress. Studies suggest that it can help to reduce symptoms such as pain, nausea, anxiety and fatigue.

Nutritional therapy

A visit to the nutritionist is an opportunity to find out which foods are best for you to improve energy, reduce symptoms, cope with treatment, and help reduce the chances of a recurrence.

Reflexology

A specialised form of foot massage using gentle pressure on specific points on the feet to relieve a range of symptoms.

Reiki

A gentle hands-on technique which releases energy flow to help relax, reduce stress and support the body's healing processes.

Wellbeing Facial

A deluxe facial using skin friendly cleansing, soothing and hydrating products combined with a relaxing massage to encourage blood flow and oxygen to the underlying facial muscles.

Arts & Crafts

A very popular and social programme catering for a variety of interests, followed by a social lunch.

Creative Writing

Find inspiration, encouragement and a chance to share thoughts and observations in the written word.

Drama

An opportunity to have fun and become someone else for a while!

GROUP ACTIVITIES

Gentle (seated) Yoga

Seated Yoga makes this gentle exercise accessible to everyone including those with limited mobility or health issues.

Joyful Spirit

In a supportive and uplifting environment, you will have the opportunity to learn and explore various techniques for relaxation, meditation and healing. Through guided meditations and other creative and light-hearted exercises, you will be encouraged to listen to your inner self, thus promoting confidence and personal growth.

Meditation and Relaxation

Group courses to learn how to face stressful situations calmly and promote a peaceful mind.

Mindfulness

Helps us to find peace and calm in the midst of our challenges. The classes are structured so that they are suitable for everyone, whether you're a complete beginner, have a committed daily practice or if you feel you are somewhere in between.

Paracise™

A gentle but effective functional exercise to "fabulous" music class. Ideal for those who find regular fitness classes too demanding, or who haven't exercised for a long time, or who are coming back from injury. It may be accessible to those with a wide range of health conditions such as arthritis, fibromyalgia, bad backs, etc.

Pilates

Our Pilates classes are aimed at giving you the time to breathe, stretch and strengthen in a fun, relaxed and encouraging environment.

Relaxation and Meditation

Group courses to learn how to face stressful situations calmly and promote a peaceful mind.

Singing

Learn how your whole body works together to produce beautiful sounds and how people can work together to create beautiful harmonies in these fun group singing sessions.

Tai Chi

Gentle flowing movements to strengthen the body, relax the mind and lift the spirit. Suitable for everyone, whatever age or fitness level.

The Tuesday Club

Tuesday Club 10.00 - 12.30 followed by homemade soup lunch.

A small, friendly social group on a Tuesday morning where you can enjoy a chat over coffee, planned activities and a monthly cinema club followed by a homemade soup lunch.

1st Tuesday of month:
Crafts with Davina

2nd Tuesday of month:
Gentle exercise and relaxation

3rd Tuesday of month:
Cinema Club

4th Tuesday of month:
This and That

5th Tuesday of month:
Games/Poetry/etc

Yoga

Breathing exercises, movement and relaxation to create holistic harmony.

Between April 2019-March 2020 we continued to offer a wide range of activities to new and existing members:

- **284** new members joined the Centre during the period 1st April 2019 to 31st March 2020 (189 New Patients & 95 New Carer / Family Members)
- and as of 31st March 2020, we had **663** members.
- We provided **4039** one-to-one counselling/therapy sessions and **633** group sessions.

REACHING OUT TO EVERYONE



AT CROYDON UNIVERSITY HOSPITAL

As part of SECHC's commitment to clients we have therapists based at Croydon University Hospital (CUH) in the Macmillan Unit in Nightingale House.

SECHC have been providing therapists to Macmillan for over 15 years and providing therapy to members from within the hospital itself, which is in the North of the borough. This is extremely helpful if you are unable to get to our Centre in Purley and treatments can sometimes be scheduled to fit in with members' hospital appointments.

Services currently offered include Massage Therapy, Reflexology and Hypnotherapy and Macmillan provide an array of activities there too.

There is a relaxing atmosphere dedicated to the care of cancer patients and their family members and carers, separate from the rest of the hospital.

Treatments will leave you feeling calmer, refreshed and less stressed than when you arrived. It really is a place of calm in a hospital setting.

*Claire Driver
Aromatherapy and Massage Therapist*



AT THE WELLNESS CENTRE

South East Cancer Help Centre and Croydon BME Forum have launched a counselling service based at the newly opened Wellness Centre, on the 1st Floor of the Whitgift Centre in Central Croydon.

For the first four weeks of the Wellness Centre being open, South East Cancer Help Centre occupied the Counselling room within the Centre every Wednesday for counselling sessions with SECHC Members.

Unfortunately, due to COVID-19 all face to face counselling services had to stop, but we are looking forward to welcoming back the South East Cancer Help Centre to the Wellness Centre once we can do so safely.

In the meantime, one of the Counsellors who was working at the Wellness Centre has been providing counselling services by phone and video instead.

*Andrew Brown
(CEO), Croydon BME Forum*



FOCUS ON THERAPIES

What is Hypnotherapy?

Hypnotherapy has been in use for hundreds of years all around the world. It is used in hospitals, dental surgeries and in other medical professions. In the UK it is practised by hypnotherapists, and, at SECHC, all hypnotherapists are qualified, insured and registered with the National Council for Hypnotherapy (NCH).

Hypnosis is a deep state of relaxation during which suggestions are made to create beneficial changes in ideas or behaviour.

Hypnotherapy can help you in many ways. It can be used to help you with a range of problems and to boost many positive qualities, for example: self-esteem, motivation, concentration, optimism and determination.

The number of sessions required usually varies from person to person; however, most people feel some benefit from Hypnotherapy immediately.

Some of the problems that Hypnotherapy can help with:

- Anxiety
- Pain management
- Irritable Bowel Syndrome
- Weight Management
- Confidence
- Public Speaking
- Depression
- Insomnia
- Smoking Cessation
- Motivation
- Fears and Phobias

My experience with SECHC

My experience of working for the SECHC as a Clinical Hypnotherapist has been a truly positive one. I am based at Croydon University Hospital in the Macmillan Centre. I have met some wonderful patients there who are an inspiration to all of us. The SECHC is an amazing organisation that has the Members' wellbeing and best interests at heart.

Written by Gail Militao BSc (Hons), DHyp, HPD

What is EFT?

During the last 6 years that I have been working at SECHC as a therapist doing Emotional Freedom Technique (EFT) also called Tapping, I have treated a lot of amazing people.

EFT was started by Gary Craig in the 1990's in America. It is an energy healing system based on the belief that distressing thoughts or incidents experienced by an individual can lead to an emotional and/or physical response, which if not dealt with around the time it occurred is then lodged in the body's energy system.

EFT does not just deal with past issues it can also help with current ones, like stress and anxiety.

EFT is based on the Energy Meridian System used in acupuncture and acupressure, which are invisible pathways along which energy, or chi, flows in the body linking organ systems together. By tapping or holding several points on the head, body or hand in turn whilst concentrating on a specific issue can provide the person with profound relief.

What I particularly love about EFT is that by teaching the Member to use it for themselves whenever they need to, they can take back some control on how they feel. This is important when you are going through life-changing experiences. I have been so impressed and humbled by how resilient the Members have been.

I love working at SECHC. There is such a lovely supportive, positive atmosphere at the Centre, and it is obvious that everyone working there is fully committed to do the very best for all the people who come to the Centre. I feel it is a great benefit that there are so many different therapies and activities to choose from.

Kirsten Larsen, EFT Therapist



MONTHLY CANCER SUPPORT GROUPS

(APRIL 2019 – MARCH 2020)

Bowel Cancer Support:

The group meets on the first Wednesday of each month, between 7pm and 9pm. Over the last year our speakers have included Dr Nigel Day, from The Royal Marsden Hospital, on the Use of Imaging in Colorectal Cancer, Melissa Mogor and colleagues from The World Cancer Research Fund, on Managing the Side Effects of Cancer and Cancer Treatment via Nutrition and Exercise, and Nicola Hodges, Research Fellow from The Royal Marsden Hospital, on Decision Making in Colorectal Cancer. We also have meetings with no speakers so we can have more time to give mutual support to each other and talk freely, informally and in confidence about issues affecting us.

john.amos@sechc.org.uk

Breast Cancer Support:

The group meets on the third Tuesday of each month, between 6.30pm and 8.30pm.

We have had interesting speakers giving advice. We had a speaker giving hair care advice during and after chemotherapy. And expert advice on choosing and fitting of mastectomy bras and swimwear. We have also had a workshop for mindfulness and benefits during cancer journey.

On a lighter side, we have had a lovely evening of Scottish Dancing with a combination of exercise and rhythm to the music, and lots of laughter.

mina.shah@sechc.org.uk

Prostate Cancer Support Group:

The group meets on the first working Monday of each month, between 10.30am and 12.30pm. Our speakers have included Lisa Curtis and Peter Tague from Look Good Feel Better, a charity helping boost the physical and emotional wellbeing of people undergoing cancer treatment. We also had a talk by Lorraine Grover, a psychosexual

specialist nurse and Stephen Gordon, a Consultant Urologist. Helen Smith, our Macmillan prostate cancer support worker, attended most of our meetings.

terry.garrigan@sechc.org.uk

Oesophageal and Gastric Cancer Support Group:

The group meets on the third Wednesday of each month, between 6.30pm and 8.30pm. We are now into our second year and remain a small group and our meetings continue to be friendly and informal with plenty of opportunity to chat and share experiences. We usually have an equal number of patients and carers. Some of the patients are still undergoing treatment and at the time writing, one was anticipating their surgery.

adele.sewell@sechc.org.uk

Ovarian Cancer Support Group

The group meets on the second Wednesday of every month, between 6.30pm and 8.30pm. Members of the group are very supportive and visit any member who is receiving hospital treatment. We also celebrate birthdays and other major events together. Our speakers have included Hitesh Taylor on the Emotion Code, a healing technique that frees the body of the weight of negative emotions, and a presentation on Healthy Eating During Cancer by Adele Hug of the World Cancer Research Fund. Two of our members – Ann Brown & Louise Darville - took part as models in the Touch of Teal fashion show at the May Fair Hotel. All the models in the annual Touch of Teal event have had a diagnosis of ovarian cancer. One of our members, Preeti Dudakia, took part in a Bollywood dance presentation at the Fairfield Halls and a contingent from the support group attended.

michael.prendergast@sechc.org.uk

OUR ARTS AND CRAFTS TEAM

Jacqueline Davies, Volunteer Art Teacher

What a caring and stimulating environment to work in. It is always good to see and hear the support everyone gives one another whilst making art, especially to new visitors who are encouraged to try out a new technique and join in the creative process. This can include self-portraits, using charcoal and exploring colours with pastels and paint. Making art and crafts deepens our sense of ourselves.

Lynn Edwards, Volunteer Craft Group Lead

I first became aware of the Cancer Centre a week after being diagnosed with breast cancer in August 1998. My first visit changed my outlook totally. I found happy and friendly people who supported each other through the good and bad times and lived well with their cancer diagnoses. I enjoyed therapies but it was the craft group that kept my hands and thoughts occupied. After 4 years I was asked to lead the craft group.

Pam Orchard, Craft Group volunteer

I am responsible for keeping the card section up to date and for selling them. It is very rewarding to know that people are enthusiastic about the handmade cards. We also introduced Christmas cards two years ago, which have sold very well. I have been attending the Centre for nearly five years and have enjoyed getting involved in this worthwhile Centre.

June Spain, Craft Group volunteer

I am a SECHC Volunteer.
Thursday is my day to be here.
After many trips to the cupboard in the wall, cards galore and sticky tapes
Hardly a space on the table at all.
Materials of every hue, to be stitched into bags for which the Marsden appreciate.
Knitting, crochet can also appear at different times during the year.
Never a dull moment when you're here.
Listeners, helpers and laughter.
So happy to be here.



NEW CENTRE ADMINISTRATORS



Natalie Myers

Hi I'm Natalie Myers, I am originally from Croydon, but moved to Kenley about 6 years ago with my 3 children. I have done Office Management for over 10 years in various companies, my favourite was QVC. I am currently in my 3rd year of studying for my accreditation in accountancy, which is hard and challenging at times.

Fun fact: I used to sing and tour when I was in my late teens and early twenties, I won't tell you my stage name as you might come across some rather embarrassing videos/songs.



Kate Pawlowicz

Hi I'm Kate Pawlowicz. I am from Redhill where I live with my husband and my two daughters. I have a marketing background and spent the last 7 years working for a small travel extras company. I love keep fit and have run a half marathon. I also enjoy sewing, cross stitch and trying new things.

Fun fact: when I was in my early twenties, I did a parachute jump even though I am scared of flying and heights.

We are both excited to have joined the team at South East Cancer Help Centre and we are looking forward to meeting you all when the Centre reopens. We are currently working 9 am till 1 pm Monday to Friday until the Centre reopens full time.

CHARITABLE TRUST INCOME

Each year we are indebted to the charitable trusts that support the Centre in so many ways. Many are regular donors, but this year we were delighted to receive donations totalling £10,500 from trusts that have never assisted us before.

Some of the projects covered by these grants were a First Aid course for staff and volunteers, "Joyful Spirit" meditation sessions, Telephone Counselling and an Outing to Eastbourne where 49 Members enjoyed a day at the seaside with a delicious three-course lunch and a stroll along the promenade and pier. None of this would have been possible without the support of charitable trust funding.

The commitment and generosity of all these trusts is invaluable and so very much appreciated.



COMMUNITY FUNDRAISING

Community fundraising is an important part of our income and brings much needed funds to the Centre and raises awareness in the community.

In the last financial year we had some very successful events – Chari-TEA, Fish & Chips Quiz, Fashion Show, Rod Stewart Tribute Night, Dog Jog, Sunrise Fireworks and our October Awareness Month. The Winter Ball was particularly spectacular and benefitted from being sponsored by Pinks Funeral Directors and DTT Ltd.

Our October Awareness Month goes from strength to strength and raised an incredible net income of £13,102. We collected at Tesco throughout October. We are especially grateful to our supporters who joined in with collections and to Tesco for their support including allowing us to have collections for our awareness month and letting us decorate the outside of their building with purple knitting and banners. Local businesses, shops, schools and groups were also keen to decorate their premises and fundraise for us in 2019, thank you. We encouraged local schools to run purple mufiti days whilst local groups and shops ran a range of coffee mornings, raffles and events.

We also had great fundraising efforts from our supporters! Jim Kenison and Tom Mulcahy took on the challenge of the London to Brighton Bike Ride. We had a fantastic group take part in the Purley Rotary Swimathon, whilst Agnes Maxwell raised money for us at an Allotment Charity Open Day. We had competitors in the Milton Keynes Half Marathon, 10k Croydon Run, and Simon from the Purley Leisure Centre completed an entire Triathlon in-house.

We are so grateful to the generous donations from our community, local businesses and individuals. Thank you.



FINANCES

The Centre relies entirely on donations, legacies and fundraising income and the support of its members to provide its services with no funds coming from central Government. A breakdown of our Income is described in the table below.

Our main item of expenditure is on direct costs for our charitable activities and makes up approximately 76% (2019 :80%) of the total cost. This includes salaries and related costs for our staff, fees paid to therapists, counsellors and group leaders for the services they provide and costs of drama, outings and other events. The remaining 24% cost comprises fundraising salaries and governance.

The Centre is committed to maintain and expand, where beneficial to its members, its overall level of services. The financial position of the Centre is satisfactory, having again strengthened during this past year.

Financial performance over the year to 31 March 2020

Total income **£241,500**

Net deficit **£19,300**

Expenditure **£260,800**

| Where the money has come from | |
|-----------------------------------|-----|
| Donations and gifts – Individuals | 22% |
| – Organisations | 29% |
| Gifts in kind | 8% |
| Outings and socials | 3% |
| Events income | 16% |
| Membership subscriptions | 9% |
| Membership contributions | 9% |
| Legacies | 2% |
| Interest & investment income | 2% |

| How the money was spent | |
|-------------------------|-----|
| Direct costs | 52% |
| Premises | 8% |
| Other support costs | 16% |
| Fundraising costs | 22% |
| Governance | 2% |

These figures are taken from the audited Financial Statements of the Company for the year ended 31 March 2020.

The Annual Report and Financial Statements is available on request.



TRUSTEES AND STAFF

Patrons

Sir Richard Ottaway
Mr Gary Das MS, FRCS, FRCSUrol (retired)
Chris Philp MP

Staff

| | |
|----------------|-------------------------|
| Natalie Myers | Part-time Administrator |
| Kate Pawlowicz | Part-time Administrator |
| Liz French | Part-time Fundraiser |
| Soonah Weeden | Part-time Receptionist |

Patient Representative

John Amos

Trustees

Mrs Jennifer Mollett* (Chair)
Cllr Yvette Hopley* (Vice Chair)
Mr David Mollett* (Company Secretary)
Mr Peter W J Mills* (Treasurer)
Mrs Catherine Rees*
Mr Antonio Barranco
Mr Michael Tubbs
Mr Richard Waller
Mrs Zahura Sultana Hossain

**These trustees are also members of the Executive Committee*



Charity No: 1011509

CONTACT US

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Tel: 020 8668 0974

Email: info@sechc.org.uk

Website: www.sechc.org.uk

Purley Centre

Weekday 9am – 5pm

Tuesday 9am – 8pm

Saturday 9am – 1pm

Wellness Centre

Wednesday 9am – 3pm

Outreach at Macmillan Centre, Croydon University Hospital

Wednesday 9am – 5pm

Thursday 9.30am – 2.30pm



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Instagram @SECHC_Purley