

Rosie Jamieson, Fundraiser at Helen Rollason Cancer Charity gave us a very interesting account of their work at the Community Breakfast on 11<sup>th</sup> January. The charity is dedicated to supporting people whose lives are touched by cancer. Their support centres in Essex (newly built at Hatfield Peverel), London (Edmonton) and Hertfordshire (Bishop's Stortford) are vital in helping people living with cancer. The centres offer a range of complementary therapies to patients in an environment of peace and tranquillity, including counselling, reflexology, aromatherapy, manual lymphatic drainage and support groups. The centres are for patients with all types of cancer at all stages, whether newly diagnosed or longer term, throughout and after completion of treatment. Founded in 1999, the charity is the legacy of BBC broadcaster Helen Rollason, whose vision was that:  
*"Good quality of life while coping with cancer is the most important gift a sick person can receive. It should be available to everyone."*

Providing support for cancer patients' emotional well-being alongside their medical treatment continues to be at the core of the charity's mission. They also support research and clinical drugs trials relating to cancer with an annual grant made to Broomfield Hospital and The North Middlesex Hospital.

Anyone wanting to know more about the support that they can provide, for themselves or a loved one, should contact Pat Hume, Centres Development Manager, on 01245 380719 or email [pat.hume@helenrollason.org.uk](mailto:pat.hume@helenrollason.org.uk) including a daytime contact telephone number.

To support their charitable events see <http://www.helenrollason.org.uk/events/> They have charity shops at Wickford, Burnham on Crouch and Witham, and will collect large quantities of clothes from Royston if someone is willing to gather and store these for collection. To help with fundraising, see <http://www.helenrollason.org.uk/get-involved/fundraise/>.