



North East London
Cancer Alliance

Carers Support & Information



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Introduction

Caring for someone with cancer can be deeply rewarding, but it also comes with significant emotional, social, practical, and physical challenges.

Caring for someone with cancer can be deeply rewarding, but it also comes with significant emotional, social, practical, and physical challenges. Carers often experience a mix of emotions, from love and dedication to stress, anxiety, and exhaustion.

The demands of caring can lead to social isolation, financial strain, and physical fatigue, impacting overall well-being. It's important to recognise that carers need support in their own right - whether through emotional guidance, respite services, financial assistance, or practical help.

This leaflet provides information on the support available for carers across North East London, ensuring that no one has to face this journey alone.

Barking and Dagenham

Barking and Dagenham Talking Therapies

Barking and Dagenham Talking Therapies provide a wide range of treatments helping those concerned by their mental health and feeling distressed by difficult events in their lives.

The services are confidential, easy to access, and available to people with a registered GP in the London borough of Barking & Dagenham. To self-refer please go to the website. If you have any questions, you can email bdtalkingtherapies@nelft.nhs.uk If you don't have access to the internet, call 0300 300 1554 option 3 for self-referral or for any queries.

talkingtherapies.nelft.nhs.uk/havering

tel: 0300 300 1554 - Option 2 (9am–5pm, Monday–Friday)

email: haveringtalkingtherapies@nelft.nhs.uk

Barking and Dagenham

Havering Carers' Hub

Charity for unpaid carers of all ages. It offers information, advice and practical and emotional support including advice on benefits, social activities, outings and carer support groups where people can meet others with shared experiences.

haveringcarershub.org.uk

email: info@haveringcarershub.org.uk

Saint Francis Hospice

The Family Support team provides services which include:

- Bereavement counselling
- Bereavement support group
- Pastoral care
- Social support, social workers also provide emotional support.

sfh.org.uk/carers-family-loved-ones

tel: 01708 753319

email: srt@sfh.org.uk

Hackney

City & Hackney Carers Centre

Charity offering practical, emotional and social support to unpaid carers living, or caring for someone, in City of London and Hackney. Services include counselling and coaching, exercise and wellbeing sessions, group meet ups, one to one befriending, and social outings.

hackneycarers.org.uk

email: info@hackneycarers.org.uk

City & Hackney Talking Therapies

An NHS service offering free talking therapy to people registered with GPs in the City and Hackney area in London. These areas include Barbican, The City, Clapton, Clerkenwell, Dalston, London Fields, Shoreditch, Stamford Hill, Stoke Newington, Hackney, Hoxton and Homerton. The service offers psychological therapy to help with issues ranging from [Anxiety](#), [Depression](#) and [Panic Attacks](#) to [Phobias](#), [Obsessive Compulsive Disorder \(OCD\)](#) and [Post traumatic stress disorder \(PTSD\)](#).

Although you do need to be registered to a GP in the above areas, you do not need a GP referral to speak to someone. You can refer yourself directly via the 'Get Help' buttons on this website.

The types of therapies that are offered include Cognitive Behavioural Therapies (CBT), Mindfulness Based Cognitive Therapy, Behavioural Couples Therapy, Interpersonal Therapy and Counselling for Depression.

cityandhackneytalkingtherapies.homerton.nhs.uk

tel: 0207 683 4278

email: huh-tr.talkingtherapy@nhs.net

Hackney

St Joseph's Hospice

Hospice offering free specialist palliative care to people living with cancer and other life-limiting conditions at the hospice, in the home or the community. Other services include respite care, day hospice, therapies for patients and families, counselling, support for carers, advice and more.

stjh.org.uk

tel: 020 8525 6000

email: info@stjh.org.uk

Havering

Havering Carers Hub

Charity for unpaid carers of all ages. It offers information, advice and practical and emotional support including advice on benefits, social activities, outings and carer support groups where people can meet others with shared experiences.

haveringcarershub.org.uk

tel: 01708 961111

email: info@haveringcarershub.org.uk

Havering Talking Therapies

Havering Talking Therapies provides a wide range of treatments and services helping those feeling distressed by difficult events in their lives as well as people concerning their mental health.

The services are confidential, easy to access and available to people living in the London Borough of Havering.

These include:

- Cognitive Behavioural Therapy (CBT)
- Silver cloud: Online self-help programme using Cognitive
- Behavioural Therapy (CBT)
- Mindfulness-based (CBT)
- Interpersonal Therapy (IPT)
- Counselling for Depression (CFD)
- Couples Therapy for Depression
- Behavioural Couples Therapy BCT
- Dynamic Interpersonal Therapy (DIT)
- Eye Movement Desensitisation & Reprocessing (EMDR)

talkingtherapies.nelft.nhs.uk/havering

tel: 0300 300 1554 - Option 2 (9am–5pm, Monday–Friday)

email: haveringtalkingtherapies@nelft.nhs.uk

Havering

Samaritans of Havering

Emotional support service providing help to people experiencing mental health issues. It offers a free 24-hour helpline 365 days a year and also face-to-face drop-in support, support by email, a self-help app and more. See website for more information.

[samaritans.org](https://www.samaritans.org)

email: havering.outreach@samaritans.org

Saint Francis Hospice

The Family Support team provides services which include:

- Bereavement counselling
- Bereavement support group
- Pastoral care
- Social support, social workers also provide emotional support.

[sfh.org.uk/carers-family-loved-ones](https://www.sfh.org.uk/carers-family-loved-ones)

tel: 01708 753319

email: srt@sfh.org.uk

Newham

Care Navigators - Newham

Health service providing support to people with complex needs or multiple health conditions, including their loved ones and carers. The service provides information, advice, and signposts patients and carers to other services that would benefit their quality of life.

elft.nhs.uk

tel: 020 8709 5555

Newham Carers Community

Charity project for unpaid carers living or caring for someone in Newham. It offers emotional and practical support including advice and information, activities and professional training, workshops and courses.

renewalprogramme.org.uk/news/newham-carers-community

tel: 020 3954 3143

email: info@newhamcarerscommunity.org.uk

Newham

Newham Talking Therapies

Newham Talking therapies offers free, confidential and effective therapy, this is backed up by a lot of studies showing the effectiveness of all of our treatments. The service offers many different types of therapy in a variety of different formats so there will be one the suits you and your needs best.

To begin your referral, fill out the online form on the website and one of our team members will contact you to schedule an assessment with one of our practitioners. Alternatively, you can give us a call at 0208 175 1770 during our office hours of Monday to Friday, 9am to 5pm.

talkingtherapies.nelft.nhs.uk

tel: 0208 175 1770

email: elft.NTT-Referrals@nhs.net

St Joseph's Hospice

Hospice offering free specialist palliative care to people living with cancer and other life-limiting conditions at the hospice, in the home or the community. The services include respite care, day hospice, therapies for patients and families, counselling, support for carers, advice and more.

stjh.org.uk

tel: 020 8525 6000

email: info@stjh.org.uk

Redbridge

Redbridge Carers Support Service

Any carers of individuals experiencing mental health challenges can access 1-1 support, including specialist advice and information from our Mental Health Support Officer, Leah Bulka. Redbridge Carers Support Service signposts and refers to practical support, such as benefits and respite, as well as provide emotional support through counselling and coaching.

The Mental Health & Wellbeing Support Group meets the second Tuesday of the month from 10 am - 12 pm. The support group is open to mental health carers and any carers who are looking to improve their coping with stress and difficult emotions.

services.thejoyapp.com/en/listings/19835-redbridge-carers-support-service

tel: 020 8514 6251

email: office@rcss.org.uk

Redbridge Talking Therapies

Redbridge Talking Therapies provide a wide range of free treatments and services for anyone going through a hard time, or struggling with feeling stressed, anxious, low or other distressing emotions. The services are confidential, easy to access and available to people living in the London borough of Redbridge.

talkingtherapies.nelft.nhs.uk/redbridge

tel: 0300 300 1554 - Option 1 (9am–5pm, Monday–Friday)

email: RDBTalkingtherapies@nelft.nhs.uk

Tower Hamlets

St Joseph's Hospice

Hospice offering free specialist palliative care to people living with cancer and other life-limiting conditions at the hospice, in the home or the community. Other services include respite care, day hospice, therapies for patients and families, counselling, support for carers, advice and more.

stjh.org.uk

tel: 020 8525 6000

email: info@stjh.org.uk

Tower Hamlets Carers Centre

Charity for unpaid carers aged 16 and above. It offers information, advice and support including one-to-one and peer support, retreats and trips, advocacy, relaxation days and signposting to local services. Advice is given on benefits, grants, housing, community care and setting up lasting power of attorney.

ccth.org.uk

tel: 020 7790 1765

email: enquiries@ccth.org.uk

Tower Hamlets

Tower Hamlets Talking Therapies

Free confidential NHS services that can help with a range of problems such as depression, anxiety, stress, bereavement and relationship problems. Open and accepting referrals for those over the age of 18, If you want to refer yourself, please use our online self-referral form or call 0208 175 1770.

elft.nhs.uk/tower-hamlets-talking-therapies

tel: 0208 175 1770

email: elft.thtalkingtherapies@nhs.net

Tower Hamlets Young Adult Carers Project

Organisation providing support to young adult carers aged 16 to 25 years. It offers a weekly social group, information sessions, book club, film club, and one to one support for specific issues such as welfare and benefits advice, housing and education. See website for more information.

ccth.org.uk

tel: 020 7790 1765

email: benjamin@ccth.org.uk

Waltham Forest

Carers First Waltham Forest

Charity providing information and advice to unpaid carers. It supports carers with practical information on employment issues, accessing respite, navigating conversations with medical and social care professionals, benefits and financial advice, training, social and wellbeing activities and finding support groups.

carersfirst.org.uk/waltham-forest

email: hello@carersfirst.org.uk

Waltham Forest Talking Therapies

Free confidential NHS services that can help with a range of problems such as depression, anxiety, stress, bereavement and relationship problems.

You can refer yourself to your local talking therapies service by calling the telephone number listed below between the hours of 9:00am to 5:00pm, Monday to Friday. The service aims to see and assess everyone within two weeks of the day that they contact the service. The initial appointment takes place over the telephone and last approximately 30 minutes.

tel: 0300 300 1554 - Option 4 (9am-5pm, Monday-Friday)

email: wf.talkingtherapies@nelft.nhs.uk

Accessible to all carers in North East London

Emotional Support Line

We have trained Emotional support volunteers to help overcome the first hurdle and talk through some of the emotional difficulties you may be experiencing during tough times in life. Everyone can be affected by mental health and it is always important to seek help.

Categories:

- Bereavement support
- Counselling
- Mental health support
- Mental health

Additional needs catered for:

- Non English speaking friendly

supportinghumanity.org/general-mental-health-services

tel: 020 4551 1584

email: info@supportinghumanity.org

Friends and Family Cancer Support Group (Maggies Barts)

Support group for loved ones and carers of people living with or beyond cancer. Meet others with shared experiences and get support and information. Held in person on the first and third Thursday of the month, 12pm to 1.30pm.

bartshealth.nhs.uk

tel: 020 3904 3448

email: barts@maggies.org

Accessible to all carers in North East London

Macmillan Cancer Information and Support Service - Barts Hospital

Support centre for people living with or beyond cancer and their loved ones and carers. Drop in for free and confidential support and information including counselling, benefits advice, self-help and practical support as well as courses, workshops, support groups and signposting to other services.

macmillan.org.uk

tel: 0208 535 6790

email: sharan.hatch@nhs.net

Macmillan Cancer Information and Support Service - Homerton Hospital

Support centre for people living with or beyond cancer and their loved ones and carers. Drop in for free and confidential support and information including counselling, benefits advice, self-help and practical support as well as courses, workshops, support groups and signposting to other services.

homerton.nhs.uk/macmillan-cancer-information-and-support-service

tel: 020 85105191

email: madhu.agarwal@nhs.net

Accessible to all carers in North East London

Macmillan Cancer Information and Support Service - Newham Hospital

Support centre for people living with or beyond cancer and their loved ones and carers. Drop in for free and confidential support and information including counselling, benefits advice, self-help and practical support as well as courses, workshops, support groups and signposting to other services.

bartshealth.nhs.uk

tel: 0207 363 8758

email: madhu.agarwal@nhs.net

Macmillan Cancer Information and Support Service - Royal London Hospital

Support centre for people living with or beyond cancer and their loved ones and carers. Drop in for free and confidential support and information including counselling, benefits advice, self-help and practical support as well as courses, workshops, support groups and signposting to other services.

bartshealth.nhs.uk

tel: 0203 594 0508

email: bartshealth.macmillannuh@nhs.net

Accessible to all carers in North East London

Macmillan Cancer Information and Support Service - Queens Hospital

Support centre for people living with or beyond cancer and their loved ones and carers. Drop in for free and confidential support and information including counselling, benefits advice, self-help and practical support as well as courses, workshops, support groups and signposting to other services.

macmillan.org.uk

tel: 01708 435 174

email: bhrut.cancerinfoandsupport@nhs.net

Macmillan Cancer Information and Support Service - Whipps Cross Hospital

Support centre for people living with or beyond cancer and their loved ones and carers. Drop in for free and confidential support and information including counselling, benefits advice, self-help and practical support as well as courses, workshops, support groups and signposting to other services.

bartshealth.nhs.uk

tel: 0208 535 6790

email: sharan.hatch@nhs.net

Accessible to all carers in North East London

Maggies

Maggie's at Barts have a range of emotional and supportive offerings for anyone affected by cancer (including relatives and carers) including a comprehensive group programme and access to a psychologist for individual support.

maggies.org/our-centres/maggies-barts

tel: 020 3904 3448

email: barts@maggies.org

MIND Support Line

This is a safe space for you to talk about your mental health. The advisors are trained to listen to you and help you find specialist support if you need it.

The support line is open 9am to 6pm, Monday to Friday (except bank holidays). Call Mind's support line on 0300 102 1234.

www.mind.org.uk/information-support/helplines

tel: 0300 102 1234

Samaritans

Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope or at risk of suicide throughout the United Kingdom.

samaritans.org/how-we-can-help

You can contact Samaritans 24 hours a day, 365 days a year:

tel: 116 123 (free from any phone)

tel: the Samaritans Welsh Language Line on 0808 164 0123
(7pm-11pm every day)

email: jo@samaritans.org

For more information, visit our website:

necanceralliance.nhs.uk

Follow us on social media

X: [@CancerNEL](https://twitter.com/CancerNEL)

Instagram: [@CancerNEL](https://www.instagram.com/CancerNEL)

Facebook: [@NELCancerAlliance](https://www.facebook.com/NELCancerAlliance) **Blue Sky Account:** [@cancernel.bsky.social](https://bsky.app/profile/cancernel.bsky.social)

YouTube: [youtube.com/@necanceralliance](https://www.youtube.com/@necanceralliance)

LinkedIn: [linkedin.com/company/north-east-london-cancer-alliance](https://www.linkedin.com/company/north-east-london-cancer-alliance)