

# Welcome



Together  
Against  
Cancer

## Support Services Guide

Over a number of years our team have collated useful information about clinics, counselling, cancer support, nutrition, therapies and other services you may find beneficial.

Rather than bombard you with a host of leaflets, they are now featured in this guide, designed to be quick and easy to use. We hope you'll find it useful on your cancer journey.



# How can we help?



**Free support for cancer patients and their carers for up to 3 years after diagnosis.**

Together Against Cancer is a charity which assists in the relief of cancer and similar conditions through education, complementary therapies, grants and public awareness.

We are committed to helping those fighting and recovering from illness. Our mission is ultimately to equip as many people as possible with the power to take control of their own health.



Website: <https://www.togetheragainstcancer.org.uk>

Email: [support@togetheragainstcancer.org.uk](mailto:support@togetheragainstcancer.org.uk)

Phone: 0116 246 0195

Charity: Together Against Cancer

Location: Unit S1  
Troon Way Business Centre  
Humberstone Lane  
Leicestershire  
LE4 9HA

## Introduction

Many people wish to adopt a holistic approach to healing, but can often be overwhelmed by the amount of information available.

The Education and Wellness Centre at Together Against Cancer exists to offer free nutritional guidance, practical workshops and one-to-one therapies.

Based in Thurmaston, Leicester, they can provide the tools that can help to create and maintain a healthy mind-body balance.

## Key Services

- Counselling
- Educational Talks
- Healing Hub
- Hydroxy
- Tai Chi
- Therapies

## Key Benefits

- Access to education and information
- A safe space
- Increased awareness of therapies
- Nutrition advice
- Support network of people who understand

# Contents

## Clinics

<b>IVitamin Clinic</b> / Supplements	4
<b>The Health Suite</b> / Private Healthcare	4
<b>MS Therapy Centre</b> / Oxygen Therapy	5
<b>Oxygen Boost Leicestershire</b> / Hyperbaric Oxygen Therapy	5

## Counselling

<b>Cruse</b> / Bereavement Support	6
<b>Mayflower Therapies</b> / Trauma Counselling	6
<b>Vita Health Group</b> / Mental Wellbeing Support	7

## Cancer Support

<b>Apnapan CIC</b> / South Asian Bereavement Support	8
<b>Breast Cancer Now</b> / Secondary Breast Cancer Support	8
<b>Rachel C-K</b> / Breast Health and Cancer Support	9
<b>Sue Young Cancer Support</b> / Guidance and Support	9
<b>The New Normal</b> / Online Cancer Support Group	10

## Nutrition

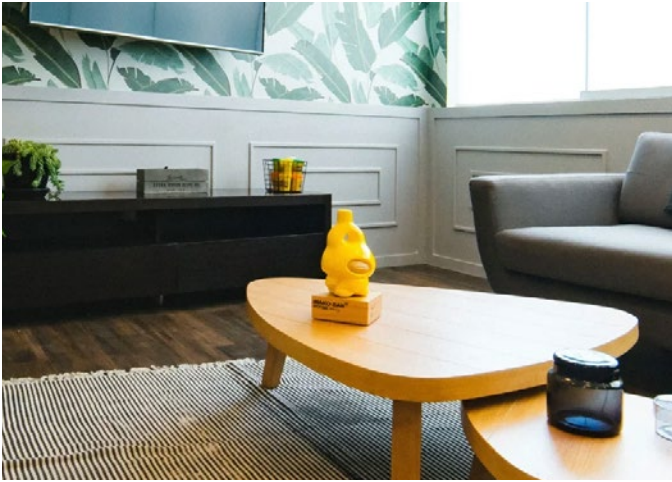
<b>Hummingbird Naturopath</b> / Natural Womens' Wellness Solutions	11
<b>Hydrowerks</b> / Water Products	11
<b>NuMe Health Coaching</b> / Nutrition Coaching	12

## Home Care

<b>Bluebird Care</b> / Home Care Services	13
<b>ICare</b> / Meals on Wheels and Home Care Services	13
<b>Promedica24</b> / Home Care Services	14
<b>Royal Voluntary Service</b> / Recovery Support Services	14

## Additional Support

<b>Beacon Advice</b> / Wills and Estate Planning	15
<b>Berry and Bloom</b> / Sound Therapy	15
<b>Clockwise Credit Union</b> / Financial Help	16
<b>Crystal Healing Works UK</b> / Crystal Therapy Services	16
<b>JD Travel</b> / Medical Condition Travel Insurance Specialists	17
<b>LifeWave</b> / Light Therapy Patches	17
<b>Oliver Dolby The Soul Doctor</b> / Life Transformation	18
<b>Quetzal</b> / Childhood Sexual Abuse Counselling for Women	18



Company: **IVitamin Clinic**

Product: Supplements

Website: <https://ivitaminclinic.co.uk>

Email: [info@ivitaminclinic.co.uk](mailto:info@ivitaminclinic.co.uk)

Phone: 0115 937 7477

### Introduction

The IVitamin Clinic headquarters are based in Keyworth, Nottinghamshire. It is a leading IV Vitamin Drips Clinic in Nottingham and a seller of premium NAD+ products.

The founder and medical director of IVitamin Clinic, Mr Dharminder Singh, is a certified Pharmacist and Independent Prescriber, registered with the General Pharmaceutical Council.

### Key Products

- IV Vitamin Drips
- Vitamin Pens
- Ozone Therapy

### Key Benefits

- Increases your energy levels
- Boosts your immune system



Company: **The Health Suite**

Product: Private Healthcare

Website: <https://thehealthsuite.co.uk>

Email: [info@thehealthsuite.co.uk](mailto:info@thehealthsuite.co.uk)

Phone: 0116 241 0010

### Introduction

The first of its kind in Leicester, specialists in bespoke, integrated, patient-centred healthcare. The Health Suite brings leading-edge technological innovations.

A private clinic offering a pay-as-you-go service, often on the same day, for an extensive range of medical and complementary therapies all under one roof. The team work collaboratively to find bespoke solutions for you.

### Key Services

- Private GP
- Tests and Scans
- Cancer Care
- Cancer Screening

### Key Benefits

- Faster appointments
- Second opinions



Company: **MS Therapy Centre**

Service: Hyperbaric Oxygen Therapy

Website: <https://leicsmstherapycentre.org.uk>

Email: [info@leicsmstherapycentre.org.uk](mailto:info@leicsmstherapycentre.org.uk)

Phone: 0116 255 7104

## Introduction

Based on Freemans Common in Leicester, the MS Therapy Centre is a charity providing support for people living with MS or similar illnesses through oxygen therapy, holistic therapy and physiotherapy.

As well as physical treatment, they support the mental wellbeing of those with MS or similar illnesses. They're always ready to support with a coffee and a chat.

## Key Services

- Oxygen Therapy
- Physiotherapy
- Holistic Therapy

## Key Benefits

- Generates new stem cells
- Helps repairs damaged tissues
- Encourages healing



Company: **Oxygen Boost Leicestershire**

Product: Hyperbaric Oxygen Therapy

Website: <https://oxygenboostleicestershire.co.uk>

Email: [hello@oxygenboostleicestershire.co.uk](mailto:hello@oxygenboostleicestershire.co.uk)

Phone: 07926 808602

## Introduction

Oxygen Boost Leicestershire specialises in Hyperbaric Oxygen Therapy (HBOT), a proven treatment designed to promote healing, boost recovery, and enhance overall well-being.

Their expert doctor-led team tailors every session to your needs and are dedicated to helping you achieve your wellness goals with cutting-edge oxygen therapy.

## Key Products

- Oxygen Therapy

## Key Benefits

- Aids pre-surgery and post surgery recovery
- Helps relieve chronic fatigue



## Cruse Bereavement Support

Company: **Cruse**  
 Service: Bereavement Support  
 Website: <https://www.cruse.org.uk>  
 Email: [leicestershire@cruse.org.uk](mailto:leicestershire@cruse.org.uk)  
 Phone: 0300 777 4488

### Introduction

Cruse is a nationwide charity that helps people through one of the most painful times in life – with bereavement support, information and campaigning.

Everyone's experience of a bereavement is different. Their vision is for us to live in a world where everyone grieving is supported, respected and understood.

### Key Services

- Bereavement Counselling
- Grief First Aid Training
- Consultancy

### Key Benefits

- Access to trained volunteers who understand and can support you



Company: **Mayflower Therapies**  
 Service: Trauma Counselling  
 Website: <https://mayflowertherapies.co.uk>  
 Phone: 07544 765091

### Introduction

Nicky is an experienced Trauma Informed Therapist and Counsellor with her own private practice in Leicester.

She also works as a Therapist for Better Help; an online therapeutic organisation with clients around the world, and as a Counsellor for two local Cancer charities, including Together Against Cancer.

### Key Services

- Trauma Care
- Hypnotherapy
- EFT
- Counselling

### Key Benefits

- Qualified therapist
- Experienced in cancer support
- Face-to-face and online therapy



Company: **Vita Health Group**

Service: **Mental Wellbeing Support**

Website: <https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/leicester-leicestershire-rutland>

Email: [enquiries@vhg.co.uk](mailto:enquiries@vhg.co.uk)

Phone: 0330 094 5595

## Introduction

In partnership with the NHS, Vita Health Group provide Talking Therapies services to adults 16-years and over, who live and are registered with a GP in Leicester, Leicestershire and Rutland.

Support for people experiencing excessive worry, low mood, depression, anxiety or a lack of motivation.

## Key Services

- Support for a wide range of mental health challenges, including excessive worrying about a medical condition

## Key Benefits

- Self-referral
- Free
- Confidential
- Online referral assistant



Company: **Apnapan CIC**  
 Service: South Asian  
 Bereavement Support  
 Website: <https://www.apnapan.co.uk>  
 Email: [ourapnapan@gmail.com](mailto:ourapnapan@gmail.com)  
 Phone: 07438 633812

## Introduction

Their mission is to bring South Asian communities and others together to connect, grow, inspire and build a strong sense of family and community for everyone.

Apnapan Cancer Support Group started in October 2022, set up by Indy Samra, inspired by Macmillan Cancer Support at Leicester Royal Infirmary.

## Key Services

- Support group bringing people together

## Key Benefits

- Cancer support groups in multiple Leicester locations
- Community and family focused



Company: **Breast Cancer Now**  
 Service: Breast Cancer Support  
 Website: <https://breastcancernow.org>  
 Email: [hello@breastcancernow.org](mailto:hello@breastcancernow.org)  
 Phone: 0333 20 70 300

## Introduction

A national charity created to make sure that by 2050 everyone diagnosed with breast cancer lives, and is supported to live well.

Provides a wealth of information and support to women diagnosed with primary and secondary breast cancer as well as survivors of breast cancer.

## Key Services

- Primary breast cancer support
- Secondary breast cancer support

## Key Benefits

- Breast cancer information and signs and symptoms
- Diagnosis explanations



Company: **The Boobie Health Hub**

Service: Breast Health and Cancer Support

Website: <https://rachelck.com>

Email: [rachel@rachelck.com](mailto:rachel@rachelck.com)

Phone: 07941 556866

### Introduction

Helping you navigate life, holistically and naturally, in breast health, post diagnosis and beyond.

Rachel, a 6 year cancer thriver and survivor is an accredited integrative cancer care guide and a qualified energy practitioner. She provides practical guidance and emotional support.

### Key Services

- Self-study group programmes
- Post cancer support courses
- Post cancer support consultations

### Key Benefits

- A guide with lived experience
- Supporter of natural products and healing



### Sue Young Cancer Support

Company: **Sue Young Cancer Support**

Service: Guidance and Support

Website: <https://sueyoungcancersupport.org.uk>

Email: [info@sy-cs.org.uk](mailto:info@sy-cs.org.uk)

Phone: 0116 223 0055

### Introduction

Provides cancer support for all, practical and emotional to local cancer patients from the time a diagnosis is made.

A cancer diagnosis has a huge impact on loved ones, so they also support family members and carers, providing a lifeline during a time of emotional and physical upheaval for all those affected by such a diagnosis.

### Key Services

- Counselling for cancer patients, their families and carers
- Complementary Therapies

### Key Benefits

- Practical advice
- Emotional support



Company: **The New Normal**

Service: Cancer Support Group

Website: <https://www.facebook.com/TheNewNormalGrp>

Email: [thenewnormal.leicester@gmail.com](mailto:thenewnormal.leicester@gmail.com)

WhatsApp: 07525 926358

### Introduction

Community organisation based in South Leicestershire that provides a monthly cancer support group.

### Key Services

- Local monthly cancer support group

### Key Benefits

- Talk with others in an informal setting
- In-person group, local to Leicester
- Free tea/coffee and cake



Company: **Hummingbird Naturopath**

Service: Naturopathic approach to healing

Website: <https://hummingbirdnaturopath.com>

Email: [emmie@hummingbirdnaturopath.com](mailto:emmie@hummingbirdnaturopath.com)

Phone: 07702 102240

## Introduction

Nutritional therapy is an approach to healthcare that focuses on the use of diet and nutrition to support the body's natural ability to heal and maintain well-being.

By providing the body with the right nutrients, it can function optimally and manage or even alleviate certain health conditions.

## Key Services

- Nutritional therapy and consultation

## Key Benefits

- Boost your immune system
- Weight management
- Improvements to digestive health



## HYDROWERKS

Company: **Hydrowerks**

Products: Water Products

Website: <https://www.hydrowerks.co.uk>

Email: [richard@hydrowerks.co.uk](mailto:richard@hydrowerks.co.uk)

Phone: 0333 006 4998

## Introduction

Hydrowerks is a Leicester based company specialising in water purification products. The products can aid recovery, increase energy and improve a variety of long term medical conditions.

They are also an authorised OSMIO dealer and rent the OSMIO Infinity Machines.

## Key Products

- Water filter systems
- Hydrogen water bottles
- Hydroxy machines

## Key Benefits

- Purifies your water source
- Aids recovery
- Increases energy



Company: **NuMe Health Coaching**

Service: Nutrition Coaching

Website: <https://numehealthcoaching.com>

Email: [alison@numehealthcoaching.com](mailto:alison@numehealthcoaching.com)

Phone: 0116 497 2528

## Introduction

Are you ready to improve your health, but not sure how to achieve it? Whether you're struggling with lack of sleep or pain from a long term health condition, Alison from NuMe Health Coaching can help you get control.

She's a qualified health and nutrition coach, with an NHS nursing background, covering Leicestershire.

## Key Services

- Health and nutrition coach

## Key Benefits

- Boost your immune system
- Weight management
- Improvements to digestive health



## Bluebird Care

Company: **Leicester**

Service: Home Care Services

Website: <https://www.bluebirdcare.co.uk>

Email: [leicester@bluebirdcare.co.uk](mailto:leicester@bluebirdcare.co.uk)

Phone: 0116 217 1405

### Introduction

Bluebird Care offers a full range of home care services, offering not just short visits for personal care but also more comprehensive services such as live-in care and respite care.

They provide services that enable people to live safely and independently in their own home, including specialist care for people with complex health needs.

### Key Services

- Home Care
- Live-in Care
- Complex Care

### Key Benefits

- Enables people to stay in their own home



Company: **ICare**

Service: Meals on Wheels/Home Care

Website: <https://www.icarecuisine.co.uk>

Email: [sales@icaregroup.co.uk](mailto:sales@icaregroup.co.uk)

Phone: 01858 469 902

### Introduction

ICare believes in nourishing not only the body but also the spirit. Their offerings extend beyond a lunchtime delivery service with services such as a wellness check.

Their range of meals include a comprehensive well-being plan prepared to ensure your independence and promote your well-being, as well as to contact your next of kin should the need arise.

### Key Services

- Meal deliveries
- Wellness check
- Essentials home shopping service

### Key Benefits

- Special diets catered for if required
- Choice of hot or frozen ready meals



## PROMEDICA24

Company: **Promedica24**  
 Service: Home Care Services  
 Website: <https://promedica24homecare.co.uk>  
 Email: [l.colver@promedica24.co.uk](mailto:l.colver@promedica24.co.uk)  
 Phone: 0116 410 5070

### Introduction

Promedica24 Leicestershire and West Midlands are proud to offer comprehensive live-in care, domiciliary care, specialist care, and companionship services.

They understand the importance of maintaining independence and dignity while receiving care and are committed to ensuring every client receives professional support tailored to their care needs.

### Key Services

- Flexible day care, overnight care and live-in care
- Cancer care
- Respite care
- Palliative care

### Key Benefits

- Rated 9.9 on [homecare.co.uk](https://www.homecare.co.uk)
- Stay in your own home
- Regulated and inspected by the Care Quality Commission



Company: **Royal Voluntary Service**  
 Service: Recovery Support Services  
 Website: <https://www.royalvoluntaryservice.org.uk>  
 Email: [leicsrutlandhub@royalvoluntaryservice.org.uk](mailto:leicsrutlandhub@royalvoluntaryservice.org.uk)  
 Phone: 0116 266 7712

### Introduction

Royal Voluntary Service is one of Britain's largest volunteering organisations providing vital, responsive services which support public health, social care and wellbeing.

Their volunteers support the NHS and people in need, with the aim of building resilience in local communities.

### Key Services

- Companionship
- Home Help
- Shopping
- Hospital Recovery Support

### Key Benefits

- Free service
- Nationwide organisation



Company: **Beacon Advice**

Service: Wills and Estate Planning

Website: <https://www.beaconadvice.co.uk>

Email: [mary@beaconadvice.co.uk](mailto:mary@beaconadvice.co.uk)

Phone: 07568 147892

### Introduction

Covering postcode areas LE, CV and NN, Mary Morgan is your local advisor, from independently-owned Beacon Advice. She can help ensure a worry-free future with seamless estate planning.

She offers a free, no obligation meeting, at a time that suits you. This can be conducted face-to-face in your own home, via video call or phone call, whichever you prefer.

### Key Services

- Wills and Trusts
- Lasting Power of Attorney
- Advance Decisions

### Key Benefits

- Independent advice
- Experienced, local advisor
- Home visits



Company: **Berry and Bloom**

Service: Sound Therapy

Website: <https://www.berryandbloom.com>

Email: [kat@berryandbloom.com](mailto:kat@berryandbloom.com)

### Introduction

Kat is a fully qualified and experienced hypnotherapist, aromatherapist and mindfulness coach, able to utilise her multiple skills to best suit her client's wellbeing needs.

She offers retreats, meditation and soundbath events in Leicestershire villages, to enable people to experience mindfulness, calm and peace.

### Key Services

- Hypnotherapy
- Sound Baths
- Aromatherapy

### Key Benefits

- Mindfulness
- Relaxation
- Improved sleep



Clockwise  
Credit Union

Company: **Clockwise Credit Union**

Service: Financial Help

Website: <https://www.clockwise.coop>

Email: [hello@clockwise.coop](mailto:hello@clockwise.coop)

Phone: 0330 175 5792

### Introduction

Clockwise was established in 1992 as 'Highfields Community Credit Union'; an anti-poverty initiative of the churches in Highfields.

As a not-for-profit organisation they pass on savings to members by providing affordable loans, safe savings and ethical financial products and services.

### Key Services

- Family Loans
- Personal Loans
- Savings Accounts

### Key Benefits

- Low interest rates
- No fees for early repayment
- Fast decisions
- Considers all circumstances
- Flexible repayments



Company: **Crystal Healing Works UK**

Service: Crystal Therapy Services

Website: <https://www.facebook.com/crystalhealingworksuk>

Email: [crystalhealingworksuk@outlook.com](mailto:crystalhealingworksuk@outlook.com)

Phone: 07882 291729

### Introduction

Crystal healing Works UK is a Leicester based health and wellbeing service provider, supporting your mental, physical, emotional and spiritual wellbeing.

### Key Services

- Crystal healing
- Shamanism
- Reiki

### Key Benefits

- 100% Facebook customer reviews
- Choice of in-person or remote healing
- Pain relief
- Stress relief



Company: **JD Travel**

Service: **Medical Condition Travel Insurance Specialists**

Website: <https://www.jdtravelinsurance.co.uk>

Email: [mail@jdtravelinsurance.co.uk](mailto:mail@jdtravelinsurance.co.uk)

Phone: 0344 247 4749

## Introduction

Travel insurance specialist for people with a serious illness or pre-existing medical condition.

JD Travel Insurance have spent years arranging quality travel insurance at modest prices for people who have had difficulty finding cover due to pre-existing conditions of all kinds.

## Key Services

- Travel insurance
- Specialists in arranging policies to cover medical conditions

## Key Benefits

- Sympathetic, experienced and well-informed staff
- No upper age limit
- All destinations
- All types of conditions



Company: **LifeWave**

Product: **Light Therapy Patches**

Website: <https://www.lifewave.com/loisinfinit>

Email: [info@inifinitepossibilities.org.uk](mailto:info@inifinitepossibilities.org.uk)

Phone: 07904 179336

## Introduction

Your body emits heat, including heat in the infrared spectrum. LifeWave patches are designed to trap this infrared energy when placed on the body. This causes them to reflect it back to stimulate specific points on the skin that can promote a general state of health and healthy activity unique to each LifeWave patch.

## Key Products

- Health and wellness phototherapy patches.

## Key Benefits

- Money-Back Guarantee
- Designed to improve vitality, activity, sleep, movement and wellness.



## Oliver Dolby The Soul Doctor

Company: **The Soul Doctor**

Service: Life Transformation

Website: <https://oliverdolby.com>

Email: [oliver@oliverdolby.com](mailto:oliver@oliverdolby.com)

Phone: 07580 149 669

### Introduction

With the understanding that everyone's journey is unique, Oliver's focus is on guiding clients on a new path of self-discovery, empowerment and wellbeing.

His methods include teachings and disciplines from across the healing spectrum, and they're proven to result in real, lasting change.

### Key Services

- 1-2-1 Healing Sessions
- Group Healing Sessions
- Meditation
- Courses

### Key Benefits

- Trauma Release
- Emotional Healing
- Transformation
- Empowerment



### Introduction

Quetzal is a charity that supports women recovering from the trauma of childhood sexual abuse based in Leicester, Leicestershire or Rutland.

Their services provide a safe and inclusive space where female survivors can feel understood, validated, and connect with other survivors.



Company: **Quetzal**

Service: Sexual Abuse Counselling

Website: <https://quetzal.org.uk>

Email: [help@quetzal.org.uk](mailto:help@quetzal.org.uk)

Phone: 0333 101 4280

### Key Services

- 1-2-1 Counselling
- Group Counselling
- Online Resource
- Workshops

### Key Benefits

- Safe Space
- Emotional Support
- Leicestershire Based
- Confidential