



Here for you since 1981

WATERSIDE CANCER SUPPORT CENTRE

Your local cancer support service



ABOUT WESSEX CANCER SUPPORT

A cancer diagnosis changes lives in an instant. When you're unsure of where to turn, Wessex Cancer Support is here for you.

For over 45 years, we've supported people across Dorset, Hampshire and the Isle of Wight, ensuring no one faces cancer alone. Our cancer support centres are safe, welcoming, non-clinical spaces where individuals are empowered to develop the skills, understanding and resilience needed to self-manage their wellbeing.

We offer a calm and supportive environment that encourages independence, informed choices and personal strength.

We support anyone aged 18 or over across Dorset, Hampshire and the Isle of Wight, offering professional counselling, complementary therapies, activities, support groups, courses and more.



Because of Wessex Cancer Support, my kids have got their Mum back and I'm ready to rebuild my life.

- Rose



In 2025, we supported **1944** people in
Dorset, Hampshire and the Isle of Wight

Our services are funded by the generous donations we receive, our fundraising activities and through our retail stores. Every donation – whether for a cup of tea, a therapy session or a counselling appointment – helps local people live well after a cancer diagnosis.

We're here for you.

How to refer

We're here for you and your loved ones. Offering support for those with the diagnosis and those impacted by it.

You don't need a doctor's referral to get started, although we do accept referrals from healthcare professionals.

Find out more:

👉 wessexcancer.org.uk/refer

Contact us today

👉 wessexcancer.org.uk/waterside
✉ waterside@wessexcancer.org.uk

📍 The Grove
25 St John's Street
Hythe
SO45 6BZ

📞 023 8178 0409



EDUCATION SESSIONS FOR SUPPORT

Our education sessions are designed to support you with the tools you might need to navigate a cancer diagnosis, manage treatment and maximise your wellbeing.

We want to ensure you have reliable information enabling you to make informed decisions and actively participate in your care.

Our monthly online talks are led by experienced professionals and cover a range of relevant topics. Our in-person cancer courses have been developed by our experienced services team and are designed to provide you with the tools you need to live well with and beyond cancer.



Attending the course was helpful, I learnt from other people as they shared their stories. It felt like a safe space to talk and open up, and I realised I wasn't alone. It has made me look at things differently and realise what is important.

- Client

Online talks

We understand that experiencing cancer yourself or through a loved one is a constantly changing landscape.

As the diagnosis and treatments develop, so does our need to understand how these influence our broader lives, relationships, careers, and wellbeing.

Working with leading specialists from across the UK, we host regular online talks on a range of topics aimed to support you.



Cancer Courses

We know that a cancer diagnosis can feel overwhelming, but having the right information can help ease anxiety, encourage informed choices and empower people to ask the questions that matter.

Through our free courses, we aim to break down barriers to understanding, ensuring that everyone has access to trustworthy, up-to-date knowledge regardless of your background or experience.

Here for you since 1981

EMOTIONAL AND PSYCHOLOGICAL SUPPORT

A cancer diagnosis impacts more than just the body; it brings a wave of intense and often overwhelming emotions, including anxiety and uncertainty.

Our dedicated emotional and psychological support services are here to help. We provide a safe and confidential space where you can process your feelings, develop healthy coping strategies, discuss ongoing challenges and concerns, and build resilience.

From counselling and community groups to peer support groups, drop-in sessions and our Sing for Life Choirs and MenTalk groups, our services are tailored to you.

Visit our website

Explore our full range of services and how to contact your local centre.

 wessexcancer.org.uk

In 2025, 97% of our clients said they felt
more empowered and supported

My experience was not just about survival, but a profound lesson in the power of shared vulnerability. I learned that true resilience isn't about being perfectly strong; it's about knowing when and where to seek shelter and, ultimately, reaching back to light the way for someone else.

- Amanda



Counselling

We offer short-term counselling to manage the impact of cancer.



Peer support groups

Our peer support groups connect you with others who truly understand what you're experiencing.



Drop-in sessions

Our trained volunteers are here to listen, helping you share your experiences in a setting that is comfortable for you.



Community groups

Our community groups offer a range of enjoyable activities such as arts and crafts, yoga, Tai Chi, walking groups and online meet-ups, all designed to support your wellbeing.



Sing for Life Choirs

Our weekly choirs are for cancer patients and their families or carers to sing, have fun, relax and find support. No singing experience required!



PHYSICAL HEALTH SUPPORT

Our physical health support services are designed to help you maintain, restore and optimise your physical wellbeing at every stage with complementary therapies, exercise and nutrition.

Through our specialist sessions and services, we focus on mitigating treatment side effects, boosting energy levels and helping you regain the vitality essential for a high quality of life.

In 2025, we welcomed over **70** new clients
in our Waterside Cancer Support Centre



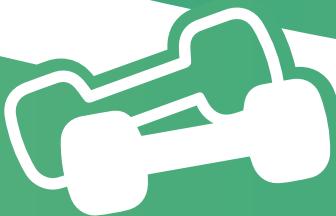
Complementary therapies

Therapies such as aromatherapy, massage and reflexology can play a valuable role in supporting people living with cancer. While they don't treat the illness itself, our complementary therapies can help ease some of the side effects.



I've found the sessions to be a lifeline. It gives me the tools to get on with my life, and the opportunity to talk freely about how I'm feeling, to the level I want to.

- Client



Exercise and movement

Exercise might not be the first thing you think about, but staying active can bring real, meaningful benefits, physically and emotionally. Whether it's a slow walk, gentle yoga or moving to your favourite tunes we support you through each step.

Nutritional support

Navigating what to eat during and after cancer treatment can feel overwhelming. We understand these difficulties and are committed to helping you manage them with practical advice and compassionate care through our partner sessions and trusted resources.

PRACTICAL SUPPORT

When facing cancer, the demands of treatment and recovery shouldn't be compounded by the stress of managing daily life.

Our practical support services are designed to help navigate and advise on the logistical and financial options available to you that often accompany a cancer diagnosis. We offer in-house specialists who have been trained to provide

support in a range of different areas, our partnerships with Macmillan and Wessex Cancer Alliance means we're able to offer talks, refer you for further support, and signpost to the best resources via our website.

 [wessexcancer.org.uk/
usefulresources](http://wessexcancer.org.uk/usefulresources)



Wellbeing Co-ordinators

Once we receive your referral, one of our Wellbeing Coordinators will meet with you to discuss your needs and tailor your care plan.



Financial and benefits support

Specialist Macmillan Citizens Advice Service Advisors regularly visit our centres to support our clients and provide the information they need.



Wessex Cancer Support will listen to you and then work with you to put together a package of support that best meets your needs.

Because of Wessex Cancer Support and their caring team, I'm so glad to be here and I'm looking forward to the future.

- Client



Referral to other services

As part of our network and partners, we have links with a wide range of other professional services that can provide you with the specialist advice and information you may need.



Useful resources

If you or a loved one is living with cancer, finding reliable advice and support can make a world of difference. We've gathered a wide range of resources for people affected by cancer on our website:

 [wessexcancer.org.uk
usefulresources](http://wessexcancer.org.uk/usefulresources)

HOW YOU CAN SUPPORT US

It takes £397 a day to deliver life changing cancer support services at our Waterside Cancer Support Centre. Your donation helps make that support possible for people facing cancer today.

Donate today

to ensure free cancer support is available across the Wessex region.

£5

Could help provide refreshments for our drop-in sessions.

£20

Could help provide wellbeing services that ease anxiety and promote emotional and physical recovery.

£45

Could help provide a one-to-one counselling session, giving someone the space to talk.



Contact us if you would like to speak to a member of the fundraising team:

👉 [fundraising@
wessexcancer.org.uk](mailto:fundraising@wessexcancer.org.uk)

Here for you since 1981



Win with Wessex

Imagine winning £25,000 this Friday and knowing your ticket helped someone affected by cancer get the support they need. Play Wessex Lottery today.

 wessexcancer.org.uk/lottery

   **Gamble Aware**



FIND OUT MORE

Leave a gift in your will

A cancer diagnosis is life-changing. Your legacy will help us to reach more people to provide the support they need, when they need it most.

 wessexcancer.org.uk/gift-in-wills



FIND OUT MORE

Take part in an event

Whether you like a quiz, love to bake or prefer a more physical challenge, discover our range of fundraising events and activities.

 [wessexcancer.org.uk/
fundraising-events](https://wessexcancer.org.uk/fundraising-events)



FIND OUT MORE

SHOP WITH WESSEX CANCER SUPPORT

We take great pride in offering a variety of choice and quality, from our range of clothing, to our collection of household items, gifts, toys, games and bric-a-brac.

The stock across our six shops in Chandler's Ford, Freshwater, Hythe, Portchester, Weekes and Westbourne is constantly refreshed, so there's always an opportunity to grab a bargain. By shopping with us, you are directly supporting local people affected by cancer across our Wessex communities.

Donating items to Wessex Cancer Support

We are extremely grateful to receive donations of clean, good quality items of clothing, bric-a-brac, toys, books and other gifts. Please contact your local store, or visit our website to check if your donations can be accepted.

 wessexcancer.org.uk/shops



FIND OUT MORE

VOLUNTEER WITH WESSEX

Whether you're best placed providing emotional support, helping in our shops or offices, or at our events, every contribution has real impact.



Fundraising Volunteers

From community challenges to local events, every effort raises crucial funds while bringing people together in a spirit of compassion and connection.

Support Volunteers

Our Support Volunteers play a very special role, offering practical and emotional support to adults and their loved ones at all stages of their cancer diagnosis and treatment.

Shop Assistant Volunteers

Our shop volunteers play a vital part in keeping our charity shops running smoothly and providing a friendly, welcoming space for the community.

Office Volunteers

From managing enquiries and coordinating appointments to supporting our fundraising, finance, marketing and volunteer teams, the work of our volunteers is essential to the success of all our services.

Be part of **#teamwessex**
make a difference and have fun



FIND OUT MORE



Contact us today

👉 wessexcancer.org.uk/waterside
✉ waterside@wessexcancer.org.uk

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Hythe
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📞 023 8178 0409

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Wessex Cancer Support is a registered charity in England and Wales (1110216)

