



Supporting cancer patients and their loved ones in your community

If you have cancer or you're close to someone who has, it can be frightening and stressful. We can help.

We bring treatment, emotional support and practical advice to where it matters most; the heart of your community.

We encourage people to lead healthier lifestyles and fund cancer research in both the community and the lab.

We give hope to people affected by cancer and help them cope when things are tough. We're the leading cancer charity in Wales and, whenever you need us, we're here.

Bringing support to you

If you need cancer treatment the last thing you want to worry about is travelling to hospital. Our Mobile Support Units bring treatment closer to home, saving long journeys, travel costs and the stress of parking.

Our Mobile Support Units make life a little bit easier and really, that's what it's all about.

Someone to talk to

We all do it. We try and stay strong for the people we love. But that's when having someone else to talk to can really help.

Our counsellors will listen, and offer support to help you cope. You can meet face-to-face locally or talk to us on the phone; whichever's best for you. It's free and confidential. To find out more, call us.

Making ends meet

Cancer can bring money worries. It's stressful, but did you know you could get help making ends meet?

Our Cancer Support Advisors can tell you if there's any extra money or benefits you might be entitled to. We can help you to fill out your forms and guide you through the process.



Call us

If you, or someone you love has cancer, we're just a call away.

Our experienced nurses are here 8am to 8pm, 365 days a year to offer information, support and practical advice. Your call is free and confidential. There are no silly questions about cancer, so whatever's on your mind, get in touch.

**All you've got to do is call
0808 808 1010
Call free, 365 days a year**



All together now

Singing is a powerful force. It unites people, lifts spirits, improves well-being and it makes people happier. The best bit is, everybody can sing - even if you don't think you can!

Our Sing with Us choirs are for anyone affected by cancer. We have a choir near you and new people are joining us all the time.

Call us or visit our website to find your local choir and pop along whenever you like, for a song and a cuppa.



Our research

A future without cancer. That's what we're working towards, and every year we're getting closer.

At Tenovus Cancer Care we've funded vital research for over 50 years. We're finding new ways to diagnose it, better ways to treat it, and we're making life easier for people living with cancer today.

But not all research happens in the lab. We also fund research that involves, and takes place in, the community. Our Innovation Grants mean that we fund projects that are different, unique and have real benefits for cancer patients and their loved ones, in Wales and across the world.

We also work with communities to promote healthy living, early detection and screening and give advice and support on staying safe in the sun and giving up smoking.

Be one of us

Fundraise for us

From bake sales to running a marathon, there's loads of ways you can support Tenovus Cancer Care. Join us for one of our exciting events or organise your own. If you need inspiration or help planning, just get in touch.



Volunteer for us

We need amazing volunteers. Friendly, helpful folks who care about their communities and people affected by cancer. Help once or on a regular basis, as much or as little time as you can spare, whatever suits you.

How your money helps

£20 pays for one of our experienced nurses to man our free and confidential Support Line for **one hour**, so anyone frightened or worried about cancer always has someone to talk to. We're here 365 days a year for information, practical advice, and emotional support.

£50 means **one cancer patient** can have a chemotherapy session on board our Mobile Support Unit, rather than having to go to hospital. We bring treatment closer to home so patients have less miles to travel and more time with the people they love.

£90 means someone affected by cancer can have a course of **six, one hour** counselling sessions. We all try and stay strong for the people we love, but our counsellors are here to listen, so no one has to cope with cancer alone.

thanks

diolch

Shop with us

Help us support cancer patients and their loved ones, just by visiting one of our shops. They're full of clothes, books and CDs, helping us raise money to fund our vital services and research. You can find out about our events and volunteering too.

Declutter and donate

Those clothes hanging in the back of your wardrobe. We'd love to have them. Each bag donated will help us raise around £20.

We can turn your shirts into support, cardigans into care, and rags into research. So bag them up and bring them down to a Tenovus Cancer Care shop near you.

Give a little love

All our services are free, but we can only do this thanks to generous donations. We're already supporting people in your community but more people urgently need our help.

There are lots of ways to donate. Set up a monthly direct debit, make a one-off gift or remember a loved one. You can even give through your wages or leave a gift in your Will.

Drop us a line

If you want to get involved or find out more, call us, email or visit us online.

029 2076 8850

info@tenovuscancercare.org.uk

tenovuscancercare.org.uk

[facebook.com/tenovuscancercare](https://www.facebook.com/tenovuscancercare)
[@tenovuscancer](https://twitter.com/tenovuscancer)

Tenovus Cancer Care, Gleider House, Tŷ Glas Rd, Cardiff CF14 5BD