

Support organisations in Gloucestershire

There are a number of organisations offering support to their local communities and beyond their county borders. Some services are location specific, for example Great Oaks providing hospice care for people living in the Forest of Dean. Many support organisations offer online workshops and sessions to provide support to people who are unable to travel or live too far away.

Please find below details of the following organisations offering support in person or online

- Charlies Cancer Support and Therapy Centre
- Maggie's Centre
- Longfield Hospice services
- Great Oaks Hospice services
- Macmillan Cancer support services
- Penny Brohn UK services
- Gloucestershire Carers Hub
- The Christie Oncology Hospital



Charlie's

Charlies Cancer Support and Therapy Centre
Gloucester, GL1 5SJ
01252 939000

<https://charlies.org.uk/>

charlies2014@yahoo.co.uk

Charlie's is open 10am-2pm, Tuesday to Thursday in Gloucester.
There are four satellite spaces in Circencester, Cheltenham, Cinderford and Newent

How Charlies can help

- Free complementary therapies for anyone affected by cancer - massage, reflexology, reiki, tai chi, pilates, meditation.
- Weekly schedule <https://charlies.org.uk/miscellaneous/schedule/>
Activities include support groups, craft/wellness activities and social meet ups.
- Monthly youth sessions for children living with someone experiencing a cancer diagnosis and facilitated family therapy sessions.
- Bereavement support - group sessions and 1:1
- Free wig fitting and supply service



MAGGIE'S

Everyone's home of cancer care

Maggies Centre
Cheltenham, GL53 7QB
01242 250611

<https://www.maggies.org/our-centres/maggies-cheltenham/>

Maggie's is open 9am - 5pm, Monday to Friday. You don't need an appointment.
Maggies is located near to the Oncology Department at Cheltenham General

How Maggies can help

- A friendly and comfortable place to wait while loved ones are at the hospital or when appointments are running behind for patients
- Support groups and counselling with cancer support specialists
- A variety of free activities - fitness, eating well, crafts. Newsletter sign up [here](#)
- Financial advice to help with money worries, apply for benefits etc
- Bereavement support



Longfield Hospice
Minchinhampton, GL5 2PQ
01453 886868

<https://longfield.org.uk/>

Longfield Hospice is open from 9am to 5pm, Monday to Friday to support people with life limiting conditions, and their families and carers. Services are free of charge.

How Longfields can help

- Living Well Centre providing social activities, workshops, crafts
- Wellbeing support - free complementary therapies: massage, reiki, reflexology
- Counselling - 1:1 and group sessions
- Friendship Cafe - open to everyone (no referral needed)
- Bereavement support - for anyone who has been bereaved for 8 weeks+



Great Oaks Hospice
Coleford, GL16 8QE
01594 811910

<https://great-oaks.org.uk/>

Great Oaks is open from 9am - 5pm, Monday to Friday to provide a range of services for adults with life-limiting illnesses, and their families and carers. Services are free.

How Great Oaks can help

- Wellbeing Centre - daily activities including sound therapy, mindfulness, qigong and support groups. See weekly schedule [here](#)
- Complementary Therapies - massage, reflexology, Bowen technique
- Carers Cafe - Monday 2-4pm
- Bereavement Cafe - Thursday 2-4pm
- Men's Group - Wednesday 2-4pm
- Coffee Morning - 1st Wednesday of each month 10.30 to 12.30



Macmillan Cancer Support Hub
GRH, Gloucester, GL1 3NN
0300 422 8880

[Macmillan link for Gloucester](https://www.macmillan.org.uk/) <https://www.macmillan.org.uk/>

The Macmillan Information Hub is open from 10am - 4pm, Monday to Friday and can be found in the main Atrium of Gloucester Royal Hospital. Just pop by, phone or email. Information leaflets are available outside of staff opening times.

How Macmillan can help

- Information leaflets, advice and support and signposting to other services
- Relaxed area to talk if you need to speak with an advisor
- Online support - community forums and blogs (link [here](#))
- Resources - Cancer A-Z guides for everything you need to know about different types of cancer and treatments (link [here](#))
- Next Steps exercise groups - ask your Macmillan nurse for information



Penny Brohn UK
Bristol, BS20 0HH
0303 3000 118

<https://pennybrohn.org.uk/>

The Penny Brohn centre is open from 9am - 5pm Monday to Friday to help people feel better in mind, body and spirit. They have a wide range of in-person and online support (see weekly calendar [here](#)) to help people wherever they live in the UK.

How Penny Brohn can help

- In person support - full calendar [here](#) , including 2 hour sessions, 2 day retreats, nutrition talks, tea and chat, living well programmes
- Online support - full calendar [here](#) , including mindfulness, movement, relaxation, hypnotherapy, nutrition cafe,

Gloucestershire
Carers



Gloucestershire Carers Hub
Stonehouse, GL10 3RF
0300 111 9000

<https://gloucestershirecarershub.co.uk/>

The Carers Hub phone line is open from 9am - 5pm Monday, Wednesday and Friday and 8am - 8pm on Tuesday and Thursday. When you register with the Carers Hub you will have free access to information, guidance and support to empower you in your caring role

How the Carers Hub can help

- Access to groups, training, wellbeing support and social activities
- Support to complete GCC Carers assessments and benefits applications
- Counselling support
- Signposting to other services to help you and your loved one
- Quarterly newsletter - link [here](#) for the Winter 2026 edition



The Christie
NHS FOUNDATION TRUST

The Christie Hospital
Manchester, M20 4BX

<https://www.christie.nhs.uk/your-treatment-and-care/services/complementary-therapy/relaxation-recordings>

The Christie in Manchester is the largest oncology hospital in Europe. They offer a wealth of online resources to help people manage stress during their oncology treatment. The link above offers guided meditations to help you relax.

The link below provides videos for stress management techniques such as the butterfly hug, calm palm and progressive muscle relaxation

<https://www.christie.nhs.uk/your-treatment-and-care/services/complementary-therapy/ways-to-de-stress>