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## The Hamar Centre



The Hamar Help and Support Centre provide counselling and support services to patients with a cancer diagnosis.

Please do drop in and speak to our administrator Bev Pye, or one of the team who can tell you more about the services we offer or book you an appointment. You can refer yourself to the centre or can ask a health professional to assist you.

### What we offer

- + One to one counselling and couples counselling
- + Macmillan Information & Support Centre
- + Look Good Feel Better
- + 8 Week Mindfulness Courses

## Key Info

### Contact Us

#### Telephone

01743 261035

#### Email

[sath.hamarcentre@nhs.net](mailto:sath.hamarcentre@nhs.net)

### Opening times

Monday to Friday 9am to 5pm. (please note: the Hamar Centre is not a crisis centre and as such is it not open at weekends, public holidays or between Christmas and New Year).

### Visit Us

When you enter the hospital via the main road entrance, the Hamar Help & Support Centre is located on the right hand side after the main ward block entrance (opposite the School of Health). The nearest public car park is

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