

# Cancer Care Navigator Service

Monday to Friday  
9:00am - 5:00pm



## We're here for you

Offering practical support and advice:

- Helping you to improve your health and wellbeing
- Pointing you towards relevant cancer support groups and courses
- Referring you for emotional support where needed
- Advising you on how to talk to family friends about cancer
- Linking you with services and support in the local area
- Facilitating access to support for any practical needs

### Colchester Team

Tel: 01206 487 288

Email: [cancercarenavigators@esneft.nhs.uk](mailto:cancercarenavigators@esneft.nhs.uk)

### Ipswich Team

Tel: 01473 702 125

Email: [cancercarenavigators@esneft.nhs.uk](mailto:cancercarenavigators@esneft.nhs.uk)

**MACMILLAN**  
**CANCER SUPPORT**  
RIGHT THERE WITH YOU



East Suffolk and North Essex  
NHS Foundation Trust

East of England  
Cancer Alliance 