



# Survival Guide

Living with and after cancer information booklet

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

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## Introduction

A diagnosis of cancer can have an impact on many areas of your life, both during and after treatment. Getting the right information and practical advice at the right time can help you cope with the impact of living with and after cancer. This booklet is designed to give you basic information about local services and agencies as well as some national organisations that may be of help to you. You can contact the agencies and services listed in the booklet yourself. Many of the services will be able to help you immediately or refer you to another organisation that is more appropriate for your needs.

The information provided lists some of the services locally but is not exhaustive. Swindon Council provide [www.mycaremysupport.co.uk](http://www.mycaremysupport.co.uk) website dedicated to local health, education and social services.

For cancer information and support, contact the Macmillan Support Line on **0808 808 00 00** or [www.macmillan.org.uk](http://www.macmillan.org.uk).

## Self management

People often use a range of services including complementary therapies to help support themselves through cancer. If you are in active treatment you should let your cancer specialist know if you are receiving complementary therapies, you should also let your therapists know you have cancer. Further information can be found at [www.macmillan.org.uk](http://www.macmillan.org.uk) or by calling 0808 808 00 00

A range of services are available nationally:

**[www.charitychoice.co.uk/charities/health/cancer?onlinedonations=0](http://www.charitychoice.co.uk/charities/health/cancer?onlinedonations=0)**

### **Dorothy House Hospice Care (Bradford on Avon)**

Provides a range of therapies

**[www.dorothyhouse.co.uk](http://www.dorothyhouse.co.uk)**

Tel: 01225 722988 [info@dorothyhouse-hospice.org.uk](mailto:info@dorothyhouse-hospice.org.uk)

### **Maggie's Centres (Oxford & Cheltenham)**

Provides a range of therapies [www.maggiescentres.org](http://www.maggiescentres.org)

Tel: 01865 751882 Oxford

Tel: 01242 250611 Cheltenham

### **Penny Brohn Cancer Care (Bristol)**

Provides a range of therapies including nutrition and fatigue management

**[www.pennybrohncancercare.org](http://www.pennybrohncancercare.org)**

[helpline@pennybrohn.org](mailto:helpline@pennybrohn.org) Tel: 01275 370163

### **Prospect Hospice (Swindon)**

Provides a range of therapies including fatigue management

**[www.prospect-hospice.net](http://www.prospect-hospice.net)**

[info@prospect-hospice.net](mailto:info@prospect-hospice.net) Tel: 01793 813 355

### **Bristol Homeopathic Hospital (Bristol)**

Provides a complementary Cancer Care services

**[www.uhbristol.nhs.uk](http://www.uhbristol.nhs.uk)**

Tel: 0117 3171482

### **General Regulatory Council for Complementary Therapies (National)**

Independent regulator for validating registered therapists

**[www.grcct.org](http://www.grcct.org)**

[admin@GRCCT.org](mailto:admin@GRCCT.org)

Tel: 0870 3144031

### **ICON Magazine**

**[www.iconmag.co.uk](http://www.iconmag.co.uk)**

Tel: 01280 815166

(to request a copy or view online).



## Looking after your health

During or after your cancer treatment you may want to make some changes to your lifestyle to optimise your health. Also refer to self management for nutrition, fatigue and complementary therapies.

### **NHS Live Well (National)**

Healthy Life Styles

[www.nhs.uk/livewell/pages/livewellhub.aspx](http://www.nhs.uk/livewell/pages/livewellhub.aspx)

### **NHS Services (National)**

Online service directory [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

### **NHS Change 4 Life (National)**

Healthy Life Styles [www.nhs.uk/change4life](http://www.nhs.uk/change4life)

### **Leisure exercise options (Swindon)**

Exercise opportunities

[www.swindon.gov.uk/leisuresport](http://www.swindon.gov.uk/leisuresport)

Tel: 01793 511033

### **Swindon Health Ambassador Service (Swindon)**

Six week healthy living programme

[www.swindonsp.org.uk/ssp-index/community-information-2/healthambassadors-2.htm](http://www.swindonsp.org.uk/ssp-index/community-information-2/healthambassadors-2.htm)

Tel: 07824 868437

### **Fit as a Fiddle (National)**

Over 50 health programme

[www.ageuk.org.uk/health-wellbeing/fit-as-a-fiddle](http://www.ageuk.org.uk/health-wellbeing/fit-as-a-fiddle)

Tel: 0800 169 8787

### **SW Fishing for Life (South West)**

Fishing sport programme for people with breast cancer

[www.southwestfishingforlife.org.uk](http://www.southwestfishingforlife.org.uk)

Tel: 01398 371244

### **LIFT Psychology**

[www.iapt-wilts.awp.nhs.uk](http://www.iapt-wilts.awp.nhs.uk)

Tel: 01793 401324

### **Swindon NHS Stop Smoking Service (Swindon)**

Stop smoking programme,

[www.smokefree.nhs.uk](http://www.smokefree.nhs.uk)

Tel: 01793 708751 or 0800 389 2229

### **Alcohol Treatment Services (Swindon)**

Support group, counselling, therapies, drop in assessment clinic

[www.swads.org.uk](http://www.swads.org.uk)

Tel: 01793 695 405

## Physical effects of living with and beyond cancer

Some people have body changes or physical effects as a result to having cancer; the following agencies can provide advice and support.

Also refer to the Penny Brohn Centre under the 'Self management' section for diet, nutrition and fatigue.

### **Changing Faces (National)**

Support for people affected by facial disfigurement

[www.changingfaces.org.uk](http://www.changingfaces.org.uk)

[info@changingfaces.org.uk](mailto:info@changingfaces.org.uk) Tel: 0845 4500 275

### **Skin Camouflage (Swindon)**

Service for men, women and children with disfiguring skin conditions medical referral required

[www.redcross.org.uk/Search?q=skin](http://www.redcross.org.uk/Search?q=skin)

Tel: 0117 3012613

### **The Facefax Association (National)**

Online information, support, advice, holistic therapies

[www.facefax.org.uk](http://www.facefax.org.uk)

contact@facefax.co.uk Tel: 07541 988 711

### **Look Good Feel Better (National)**

Offers advice on skin care and management of the visible side effects of cancer.

Great Western Hospital, Marlborough Road, Swindon

Tel: 01793 605962

[www.lookgoodfeelbetter.co.uk](http://www.lookgoodfeelbetter.co.uk)

info@lgfb.co.uk Tel: 01372 747 500

### **Outlook Disfigurement Support Unit (National)**

Offers counselling, support and information for people living with disfigurement

[www.nbt.nhs.uk](http://www.nbt.nhs.uk)

Tel: 0117 975 3889

### **Carepoint Prospect Lymphoedema & Fatigue Service (Swindon)**

Assessment Service for lymphoedema and fatigue,

[www.prospect-hospice.net](http://www.prospect-hospice.net)

annemacmillan@prospect-hospice.net

Tel: 01793 816165

## **Emotions, relationships and communication**

It is common to be dealing with a range of emotions during and living beyond cancer, it can also affect relationships and how we might communicate. The following self referral agencies may be able to help you, your partner, friends and relatives including children. Also see the section on local support groups, children and end of life.

### **Cancer Buddies Network (National), buddy support system for all people affected by cancer**

[www.cancerbuddiesnetwork.org](http://www.cancerbuddiesnetwork.org)

### **Positive Action on Cancer (Somerset)**

Counselling and psychotherapy support for adults and children

[www.positiveactiononcancer.co.uk](http://www.positiveactiononcancer.co.uk)

info@wehearyou.org.uk

Tel: 01373 455 255

### **The Harbour (Bristol)**

Counselling and psychotherapy support

[www.the-harbour.co.uk](http://www.the-harbour.co.uk)

Tel: 0117 925 9348

### **Swindon Listening Line (Swindon)**

Confidential support and listening ear for people in Swindon suffering from distress

Tel: 01793 836 871 or 07850 708317

### **Swindon & Wiltshire PTC Psychology Service (Wiltshire)**

Counselling services

**www.awp.nhs.uk**

swindon.psychology@awp.nhs.uk Tel: 01249 468000

### **Community Team for people with learning disabilities (Swindon)**

Provides assessment and care planning for adults with learning disabilities

Tel: 01793 618557

### **The Samaritans (Swindon)**

24hrs day crisis listening service

**jo@samaritans.org**

Tel: 01793537373

The online community at [www.macmillan.org.uk/](http://www.macmillan.org.uk/) community is a place where you can meet other people affected by cancer. It is always open and full of people ready to listen and offer support.

## **Carers**

If you care for someone affected by cancer you can also access advice and support for a range of services including benefits, practical support, finance and employment issues. The following specialise in support for carers

### **Swindon Carers Centre (Swindon)**

Information and advice

**www.swindoncarers.org**

carers@prtc-swindon.org Tel: 01793 531 133

### **Swindon Young People's (16-25) (Swindon)**

Support for housing, budgeting, benefits, independent living skills, health, education, training, counselling

**www.swindoncarers.org**

swindon16-25fs@bromford.co.uk Tel: 01793 875716

### **Carer Support Wiltshire (Semington, Trowbridge),**

Carers independent living centre

**www.carersinwiltshire.co.uk**

Tel: 0800 181 4118

### **Carers Gloucestershire (Cirencester, Fairford, Lechlade, Tetbury Gloucester)**

Carers centre

**carersgloucestershire.org.uk**

Tel: 01452 386 283

### **South & Vale Carers Centre (Shrivenham, Faringdon, Wantage South & Vale)**

Carers centre

[carers@svcarers.org.uk](mailto:carers@svcarers.org.uk)

Tel: 01235 838554

### **Princess Royal Trust Carers Services West Berkshire (Lambourn, Hungerford, Newbury West Berkshire),**

Carers centre

[helpline@prtberks.puls.com](mailto:helpline@prtberks.puls.com)

Tel: 01635 49109

### **National Association of Cancer Patients and Carers (National)**

Supports the development of self help groups nationally

[www.nationalcancer.org](http://www.nationalcancer.org)

[nccshg@aol.com](mailto:nccshg@aol.com) Tel: 0208 776 7888

Macmillan Cancer Support, providing support specifically for carers [www.macmillan.org.uk/carers](http://www.macmillan.org.uk/carers) tel **0808 808 00 00**

Also refer to finance and practical issues sections.

## **Support for children and teenagers 0 – 16 years**

The following agencies can help children dealing with a parent/carer with a cancer diagnosis. You may also like to contact your local education office or children's school directly as they will also be able to provide student support.

### **Positive Action on Cancer (Frome Based)**

Offers free independent advice for children 0- 16 years.

[www.positiveactioncancer.co.uk](http://www.positiveactioncancer.co.uk)

Tel: 01373 455255

Counselling 11 -16 years old - Tel: 07722715152 – (also enables children to text)

0 – 4 years: free play therapy with a professional counsellor from three years onwards

4 – 11 years: free counselling and or play therapy up to the age of 11 years

11 – 16 years: free one to one counselling sessions 11-16 years with a dedicated booking line for teenagers.

### **Ask Wiltshire**

0 – 19 years free independent and confidential information and advice to parents and carers of children and young people.

[www.askwiltshire.org](http://www.askwiltshire.org)

Tel: 08457 585072

- Free independent information on registered childcare for 0-16 year olds, including free entitlement, tax credits and childcare vouchers
- Free advice on your nearest children's centre. Offers national and local support services for health, education, financial, legal and family issues
- Offers links to activities and leisure groups in your area for 0-19 year olds.



#### **4Children**

Provides (0 – 19 years) support for children and young people through family services including military service families.

[www.4children.org.uk](http://www.4children.org.uk)

Tel: 020 75122112

#### **Integrated Services for children and young people**

Service information

[www.swindon.gov.uk/sc/sc-childrenfamilies/sc-childrenfamilies-informationsharing/Documents/practitionersleafletweb.pdf](http://www.swindon.gov.uk/sc/sc-childrenfamilies/sc-childrenfamilies-informationsharing/Documents/practitionersleafletweb.pdf)

#### **Care for the Family**

Online support fact sheets

[www.careforthefamily.org.uk/supportnet/](http://www.careforthefamily.org.uk/supportnet/)

#### **Youth Health website (11-19)**

[www.youthhealthtalk.org](http://www.youthhealthtalk.org)

#### **CALM (Cancer and Leukaemia Movement Swindon)**

Support for families, social, support workers

[www.calmcharity.org.uk](http://www.calmcharity.org.uk)

Tel: 01793 813025

#### **CLIC Sargent Swindon (Swindon)**

Support, advice, meetings

[www.clicsargent.org.uk](http://www.clicsargent.org.uk)

Tel: 01793 646145

#### **Winston's Wish (National)**

Offers support, advice, meetings and care respite

[www.winstonswish.org.uk](http://www.winstonswish.org.uk)

Tel: 01242 515157

#### **Youth Cancer Trust (Bournemouth)**

Offers holidays for children and young adults affected by cancer

[www.youthcancertrust.org](http://www.youthcancertrust.org)

admin@yct.org.uk

Tel: 01202 763591

#### **See Saw (Oxford)**

Bereavement support for young people,

[www.seesaw.org.uk](http://www.seesaw.org.uk)

info@seesaw.org.uk Tel: 01865 744768

#### **Teenage Cancer Trust (National)**

Offers family support young people affected by cancer

[www.teenagecancertrust.org.uk](http://www.teenagecancertrust.org.uk)

Also see End of Life section for bereavement support for children.





## Managing at home and practical issues

Many people find that cancer impacts on the practical aspects of their lives. The following agencies can provide advice on managing at home and living independently.

### Age UK (Wiltshire)

[admin@ageconcernwiltshire.org.uk](mailto:admin@ageconcernwiltshire.org.uk)  
[admin@agecuk.org.uk](mailto:admin@agecuk.org.uk) Tel: 01380 727767

### British Red Cross (Swindon)

Support services – Tel: 0117 3012600  
[www.redcross.org.uk](http://www.redcross.org.uk)

### British Red Cross (Swindon)

Home from hospital – Tel: 0117 3012619  
[www.redcross.org.uk](http://www.redcross.org.uk)

### Crime Stoppers (Swindon)

Tel: 0800 555 111

### National Council for independent living (National)

[www.ncil.org.uk](http://www.ncil.org.uk)

### Royal British Legion (National)

Tel: 08088028080  
[www.britishlegion.org.uk](http://www.britishlegion.org.uk)

### SSAFA (National)

[www.ssafa.org.uk](http://www.ssafa.org.uk)

### Swindon on line local government directory (Swindon)

[www.swindon.gov.uk](http://www.swindon.gov.uk)  
[customerservices@swindon.gov.uk](mailto:customerservices@swindon.gov.uk)

### Swindon Shop Mobility (Swindon)

Tel: 01793 423484

### Swindon Social Services (Swindon)

Tel: 01793 466900

### Swindon Telecare (Swindon)

Tel: 01793 445500

### Winter Warmth Advice line (National)

Tel: 01302 734020 or  
Swindon Borough Council Tel: 01793 445500

### Wiltshire Farm Foods (Wiltshire)

[www.wiltshirefarmfoods.com](http://www.wiltshirefarmfoods.com)  
Tel: 01793 751176



### **Animal Welfare**

Some people are worried that they can no longer care for their pets if they are unwell or have to go into hospital. This can be worrying and stressful. The following agencies can look after your pets or make arrangements for their care.

### **Blue Cross (National)**

[www.bluecross.org.uk](http://www.bluecross.org.uk)  
Tel: 0300 7909903

### **Cinnamon Trust (National)**

[www.cinnamon.org.uk](http://www.cinnamon.org.uk)  
Tel: 01736 757900

### **PDSA (National)**

[www.pdsa.org.uk](http://www.pdsa.org.uk)  
Tel: 0800 9172509

## **Transport, mobility and travel**

Having cancer may impact on your ability to travel and you might need to consider alternative transport options.

### **Blue Badge Parking Scheme - Swindon Borough Council (Swindon)**

Blue Badge parking scheme - self referral

[www.gov.uk/apply-blue-badge](http://www.gov.uk/apply-blue-badge)  
Tel: 01793 445500

### **Thamesdown Dial a ride (Swindon)**

Community travel options bus/car

[transport@dialarideswindon.org.uk](mailto:transport@dialarideswindon.org.uk)  
Tel: 01793 617828

### **Bus services (Swindon & District Buses)**

Tel: 01793 428 428

### **National Express Bus/Coach (National)**

Bus Travel information

[www.nationalexpress.com](http://www.nationalexpress.com)  
Tel: 08717 81 81 81

### **Train travel (National)**

National rail times enquiries

[www.nationalrail.co.uk](http://www.nationalrail.co.uk)

### **Great Western Hospital Transport Swindon (includes volunteer driving)**

Hospital Transport Tel: 0845 6006068

Also see the 'Managing at home and practical issues' section.

## Travel

If you are planning to travel you should ensure that you are fit to travel both in the UK and abroad. You may need to consider vaccinations and immunisations, taking care in the sun, taking medicines abroad, travel insurance, mobility equipment, special diets, travelling with oxygen and accommodation needs. The following agencies will be able to assist with your queries on travel.

For fitness to travel you should refer to your GP.

### Department of Health (National)

Transport, travel and holidays abroad

[www.nhs.uk](http://www.nhs.uk)

### Foreign & Commonwealth Office (National)

Information on travel and living abroad,

[www.fco.gov.uk](http://www.fco.gov.uk)

Tel: 020 70081500

### British Insurance Brokers' Association (National)

Offers advice on finding an appropriate insurance broker BIBA

[www.biba.org.uk](http://www.biba.org.uk)

[enquiries@biba.org.uk](mailto:enquiries@biba.org.uk), Tel: 0370 950 1790

### Age UK Travel Insurance (National)

Offers travel insurance to people of any age using a medical screening process

[www.ageuk.org.uk](http://www.ageuk.org.uk)

Tel: 0800 1692081

### All Clear Insurance Services (National)

Offers travel insurance for pre-existing medical conditions including cancer

[www.allcleartravel.co.uk](http://www.allcleartravel.co.uk)

Tel: 01708 339295

### Free Spirit (National)

Offers travel insurance for pre-existing medical conditions including cancer

[www.free-spirit.com](http://www.free-spirit.com)

Tel: 0800 1707704

### InsureCancer (Medi Travel cover Limited) (National)

Provides specialist insurance for people affected by cancer,

[www.insurecancer.com](http://www.insurecancer.com)

[enquiries@insurecancer.com](mailto:enquiries@insurecancer.com)

Tel: 01252 780 190

### Insureblue (National)

Provides travel insurance specific to men with cancer,

[www.insureblue.co.uk](http://www.insureblue.co.uk)

Tel: 0800 022 3213

Macmillan Cancer Support, [www.macmillan.org.uk/travelinsurance](http://www.macmillan.org.uk/travelinsurance) tel: 0808 808 00 00

There are many more agencies offering travel insurance and advice, you may need to search online for alternative options.

## Finance

Having cancer can affect your finances and even your ability to work. The following are sources of further information, advice and help.

### Swindon Macmillan Benefits Advice Service

Citizens Advice Bureau, Swindon, advice and support in applying for benefits, tax credits and debt management.

**macmillan.swindoncab@cabnet.org.uk**

**Tel: 01793 496154**

### Citizens Advice Bureau (Swindon)

General, legal and housing advice

**ww1.swindon.gov.uk/ab/Pages/ab-citizensadvicebureau.aspx?wb48617274=3F9D8F57**

**Tel: 0844 499 4114**

### Asylum Aid (National)

Legal advice and representation to asylum seekers

**www.asylumaid.org.uk**

**Tel: 020 7354 9264**

### Swindon Job Centre (Swindon)

Benefits, income support, allowances

**Tel: 0845 6043719**

### NHS Credit Crunch Stress line (National)

Telephone advice line

**Tel: 0300 123 2000**

### Wiltshire Law Centre (Swindon)

Advice on tenant law, mortgage arrears and homelessness and wills

**info@wiltslawcentre.co.uk**

**Tel: 01793 486926**

Macmillan Cancer Support, comprehensive information about support to which you might be entitled, including a benefits check, **www.macmillan.org.uk/financialsupport**

**www.macmillan.org.uk/benefitsmadeclear**

**Tel: 0808 80800 00**

It is suggested that if you have a critical illness or life insurance policies you may like to contact your insurance agency/provider at your time of diagnosis to discuss your options.



## End of Life

Facing an uncertain future can be difficult - the listed organisations can assist with a range of services to help with decisions around care, spirituality and support when coping with advanced cancer.

Also refer to the 'Emotions, relationships and communication' section for counselling and psychology services and finance.

### **Help the Hospices (National)**

Online search tool for all UK hospices

**[www.hospiceuk.org](http://www.hospiceuk.org)**

Tel: 020 7520 8200

### **Prospect Hospice (Swindon)**

Range of end of life care and care planning and family / children support

**[www.prospect-hospice.net](http://www.prospect-hospice.net)**

[info@prospect-hospice.net](mailto:info@prospect-hospice.net) Tel: 01793 813 355

### **Dorothy House Hospice Care (Bradford on Avon)**

Provides a range of therapies

**[www.dorothyhouse.co.uk](http://www.dorothyhouse.co.uk)**

Tel: 01225 722988 [info@dorothyhouse-hospice.org.uk](mailto:info@dorothyhouse-hospice.org.uk)

### **[www.bereavementadvice.org](http://www.bereavementadvice.org)**

Tel: 0800 634 9494

### **Child Bereavement Charity (National)**

Supports bereaved children

**[www.childbereavement.org.uk/](http://www.childbereavement.org.uk/)**

[support@childbereavement.org.uk](mailto:support@childbereavement.org.uk) Tel: 0800 0288840

### **Way foundation (National)**

Support for young widowed men and women

**[www.widowandyoung.org.uk](http://www.widowandyoung.org.uk)**

### **Cruse Bereavement Care (Swindon)**

Support, information, advice to anyone affected by a death

**[www.crusebereavement.org.uk](http://www.crusebereavement.org.uk)**

Tel: 01793 619933

### **Winston's Wish (National)**

Offers support, advice, meetings and care respite

**[www.winstonswish.org.uk](http://www.winstonswish.org.uk)**

Tel: 01242 515157

### **Sue Ryder (National)**

Care for people living with long term and end of life conditions

**[www.suerydercare.org](http://www.suerydercare.org)**

Tel: 0845 050 1953

### **Childhood bereavement network (National)**

Support for children to manage the impact of death on their lives

**[www.childhoodbereavementnetwork.org.uk](http://www.childhoodbereavementnetwork.org.uk)**

[cbn@ncb.org.uk](mailto:cbn@ncb.org.uk) Tel: 020 7843 6309

## Spiritual care and religion

### Free Churches Group of the Churches together in England (National)

Provides religious guidance

[www.cte.org.uk](http://www.cte.org.uk)

office@cte.org.uk Tel: 0207 529 8131

### Great Western Hospital Chaplaincy (Swindon)

Information on religious and spiritual community support

Tel: 01793 604288

### Wiltshire Churches Together (National)

Provides religious guidance

[www.wiltshirechurches.net](http://www.wiltshirechurches.net)

Tel: 01380 722404

### Swindon Spiritualist centre (Swindon)

Spiritual care

[www.swindonspiritualistcentre.com](http://www.swindonspiritualistcentre.com)

Tel: 01793 530334

### British Humanist Association (National)

Non religious spiritual resource

[www.humanism.org.uk](http://www.humanism.org.uk)

Tel: 020 73243060

## Local and network useful contacts

### Cancer Information & Support Centre Taunton

Information, counselling, user group activities

[www.tsft.nhs.uk](http://www.tsft.nhs.uk)

Tel: 01823 333444

### Cancer Information Centre Cheltenham - Maggie's

Information, advice, meetings

[www.maggiescentres.org.uk](http://www.maggiescentres.org.uk)

Tel: 0300 1231801

### Cancer Information Point Great Western Hospital

A range of information for people affected by cancer

Tel: 01793 604346 answer phone

### Dipex.org (National)

Online information directory

[www.dipex.org](http://www.dipex.org)

### Thames Valley Cancer Network (Oxford)

Online patient information

[www.tvcn.nhs.uk/networks/cancer](http://www.tvcn.nhs.uk/networks/cancer)

### Avon, Somerset & Wiltshire Cancer Services (Bristol)

Online patient information

[www.aswcs.nhs.uk](http://www.aswcs.nhs.uk)

### National Association of Funeral Directors (National)

Funeral Directors listing and advice

[www.nafd.org.uk](http://www.nafd.org.uk)

info@nafed.org.uk Tel: 0121 7111343

### **Swindon Patient Carer User Involvement Group**

A strategic involvement patient/carer group involved in the development of local cancer services.

**Tel: 01793 646152**

phrynette.morrison@gwh.nhs.uk

### **Royal Marsden Hospital NHS Trust (London)**

**www.royalmarsden.nhs.uk**

Tel: 020 7352 8171

### **Great Western Hospitals NHS Trust Foundation (Swindon)**

**www.gwh.nhs.uk**

Tel: 01793 604020

### **Oxford Radcliffe Hospital NHS Trust (Oxford)**

**www.oxfordradcliffe.nhs.uk**

Tel: 0300 3047777

### **Churchill Hospital NHS Trust (Oxford)**

**www.oxfordradcliffe.nhs.uk**

Tel: 0300 3047777

### **Royal Brompton & Harfield NHS Trust (London)**

**www.rbht.nhs.uk**

Tel: 020 7352 8121

### **Cheltenham General Hospital**

Tel: 0300 4222222

### **Bradford-on-Avon Community Hospital**

Tel: 01225 862975

### **Royal South Hants Hospital (Southampton)**

**www.rshsouthampton.nhs.uk**

Tel: 02380 634288

### **Salisbury District Hospital**

**www.salisbury.nhs.uk**

Tel: 01722 336262

### **War Memorial Hospital (Andover)**

Tel: 01264 358811

### **Royal United Hospital (Bath)**

**www.ruh-bath.swest.nhs.uk**

Tel: 01225 428331

### **University Hospital Bristol NHS Trust (Bristol)**

**www.uhbristol.nhs.uk**

Tel: 0117 923 0000



## Local and regional cancer support groups

Support groups offer people the chance to talk to others who have been in their situation and who may have a greater understanding of how they feel. They also provide a range of activities including: organised social activities, counselling, complementary therapies and friendship.

### **abc (Swindon)**

Affected by cancer self help group, offers meetings, friendship, support for patients/relatives/carers

**[www.affectedbycancer.co.uk](http://www.affectedbycancer.co.uk)**

[abcswindon@yahoo.co.uk](mailto:abcswindon@yahoo.co.uk) Tel: 01793 528636

### **CLIC Sargent Swindon**

Support, advice, meetings

**[www.clicsargent.org.uk](http://www.clicsargent.org.uk)**

### **Ridgeway Breast Support Group**

**[www.ridgewaybreastcaresupportgroup.org.uk](http://www.ridgewaybreastcaresupportgroup.org.uk)**

### **Butterfly Breast Cancer Friendship Group**

Tel: Corinna Looker 07872 685135

[corinnalooker@yahoo.co.uk](mailto:corinnalooker@yahoo.co.uk) or

Tina Miles 07941 282372 [miles018@btinternet.com](mailto:miles018@btinternet.com)

### **Swindon & South West Asbestos Group**

Meetings, online and telephone support

**[www.asbestosgroup.co.uk](http://www.asbestosgroup.co.uk)**

[info@asbestosgroup.co.uk](mailto:info@asbestosgroup.co.uk) Tel: 01793 532995

### **HUG Haematology & Oncology United Group (Swindon & District)**

Meetings, friendship, support for patients/relatives/carers

**[www.hugswindon.co.uk](http://www.hugswindon.co.uk)**

[contact@hugswindon.org.uk](mailto:contact@hugswindon.org.uk) Tel: 01793 604346

### **Swindon Prostate Cancer Support Group**

Great Western Hospital Tel : 01793 605917

**[Samantha.richards@gwh.nhs.uk](mailto:Samantha.richards@gwh.nhs.uk)**

### **Swindon Bladder Cancer Support Group**

**[chair@swindonbladdercancersupport.org.uk](mailto:chair@swindonbladdercancersupport.org.uk)**

### **Bath Breast Cancer Support Group**

Tel: 01225 424 252

### **Bath Cancer Self Help Group**

Offers friendship and support for patients/relatives/carers

**[www.ruh.nhs.uk](http://www.ruh.nhs.uk)**

Tel: 01225 428331

### **Bosom Buddies Bristol**

Online telephone support, meetings

### **Bath Breast Cancer Support Group**

Tel: 01255 824049

**[info@bosombuddiesuk.com](mailto:info@bosombuddiesuk.com)**

### **Bosom Friends Oxford**

Breast cancer support group, meeting, support, advice

**[www.bosomfriends.org.uk](http://www.bosomfriends.org.uk)**

Tel: 01844 290362 or 01235 553925

### **Bristol & Avon Chinese Women's Group**

Cultural advice/support group for Chinese Women,

**[www.bacwg.co.uk](http://www.bacwg.co.uk)**

[admin@bacwg@btconnect.com](mailto:admin@bacwg@btconnect.com) Tel: 0117 9351462

### **Butterfly Thyroid Cancer Trust (National)**

Online support and telephone help line

**[www.butterfly.org.uk](http://www.butterfly.org.uk)**

[enquiries@butterfly.org.uk](mailto:enquiries@butterfly.org.uk) Tel: 01207 545469

### **GIST Support Network (National)**

Online support and information, meetings

**[www.gistsupportuk.com](http://www.gistsupportuk.com)**

[admin@gistsupportuk.com](mailto:admin@gistsupportuk.com) Tel: 0300 400 0000

### **GOSH (Gastro-Oesophageal Support & Help) (Bristol)**

Information and support

Tel: 01179 839906

### **Mesothelioma Information Line National (Ridings Asbestos Support and Awareness Group)**

Meeting, online, telephone support

**[www.asbestos-action.org.uk](http://www.asbestos-action.org.uk)**

### **Oesophageal Patients Association (National)**

Online support, information, telephone support,  
regional meetings

**[www.opa.org.uk](http://www.opa.org.uk)**

[enquiries@opa.org.uk](mailto:enquiries@opa.org.uk) Tel: 0121 704 9860

### **Prospect Prostate Cancer Support Group (Bristol)**

Online information, support and meetings

**[www.prostatecancerbristol.org.uk](http://www.prostatecancerbristol.org.uk)**

[prospect.bristol@gmail.com](mailto:prospect.bristol@gmail.com) Tel: 0800 0355302

### **Salisbury Cancer Support Group**

Meetings, support, information

Tel: 01722 336262

### **Salisbury Support and Social Group Breast Cancer**

Offers meetings, support for patients

**[doris.grant@gp-j83052.nhs.uk](mailto:doris.grant@gp-j83052.nhs.uk)**

Tel: 01722 335616

### **Sarum Cancer Support**

Meetings, support, information

Tel: 01722 336262 ext 2137

### **The Oxford Befriending Network**

online information

**[www.oxonbefriending.net](http://www.oxonbefriending.net)**

Tel: 01865 791781

### **West Wilts Breast Care Group (Trowbridge)**

Meetings, support, information

Tel: 01255 753478

### **BME support Group**

Cancer Help for Minority Ethnic Communities,

**[www.bmecancer.com](http://www.bmecancer.com)**

Tel: 0115 9348482

The online community at [www.macmillan.org.uk/](http://www.macmillan.org.uk/) community is a place where you can meet other people affected by cancer. It is always open and full of people ready to listen and offer support.

There are also many national cancer organisations providing advice and support for different types of cancer, a list of these organisations can be found at [www.gwh.nhs.uk](http://www.gwh.nhs.uk)

Living beyond cancer can mean that you have less contact with your Hospital Cancer Team. This can worry some people. However if you have symptoms or feel that you are not coping you can contact your GP for reassurance. Your doctor can arrange the appropriate services for your needs.

### **NHS Choices**

Health Services near you: ED, Hospitals, Dentists, Pharmacies, Opticians Support for Carers.

[www.nhs.uk/servicedirectories/Pages/ServiceSearch.aspx](http://www.nhs.uk/servicedirectories/Pages/ServiceSearch.aspx)

If you still remain concerned the Hospital Cancer Services Team can also advise you.

Telephone: 01793 604020 and ask for the Cancer Clinical Nurse Specialist Team at the Great Western Hospital, or contact the Hospital Cancer Team where you received your treatment (see local and network useful contacts).

Great Western Hospitals **NHS**

NHS Foundation Trust

The Great Western Hospitals  
NHS Foundation Trust  
Marlborough Road, Swindon SN3 6BB

Tel: 01793 764020

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

Cancer is a difficult diagnosis for any of us to face. But you don't have to go through it alone. The Cancer team is with you every step of the way.

If you have any questions about cancer, need support or just someone to talk to, Macmillan provide a free telephone service Monday to Friday 9am-8pm (interpretation service available) on **0808 808 00 00** or visit **[www.macmillan.org.uk](http://www.macmillan.org.uk)**

All information in this booklet was correct at the time of publishing, and will be updated regularly so please forward your comments and suggestions or updated information to Cancer Services, Liden Department, The Great Western Hospitals NHS Foundation Trust, Marlborough Road, Swindon SN3 6BB.

email: [phrynette.morrison@gwh.nhs.uk](mailto:phrynette.morrison@gwh.nhs.uk)