



Frimley Health
NHS Foundation Trust

**Macmillan Cancer Information and Support Centre at
Wexham Park Hospital - Tel: 0300 615 4886
E-mail: fhft.macmillan.information@nhs.net**

**Macmillan Cancer Navigators at
Frimley Park Hospital - Tel: 0300 613 3535
E-mail: fhft.macmillan.cancernavigators@nhs.net**

A drop-in centre at Wexham Park Hospital providing a wide range of free information to help people with cancer, their friends, families, and carers. We offer cancer patients general support, practical advice and referrals to wellbeing and benefit services.

(Due to COVID-19 services may change - please check with providers directly for latest information)

Myeloma Cancer Support Information Sheet

Agency	Contact Details
<p>Macmillan Cancer Support Offering free confidential advice, support, and information with access to appropriate up-to-date resources and online communities.</p>	<p>Tel: 0808 808 0000</p> <p>www.macmillan.org.uk</p>
Berks, Bucks, Oxfordshire	
<p>Slough Myeloma Support Group The group is patient led but supported by healthcare professionals. Meetings held quarterly at Burnham Park Hall, Windsor Lane, Burnham, SL1 7HR.</p>	<p>Contact: Newton McGrath</p> <p>Tel:07904 597877</p> <p>Email: NewtonMcgrath@aol.com</p>
<p>South Bucks Myeloma Support Group Meetings held once a month at Stoke Mandeville Hospital, Activity Room, Cancer Care & Haematology Unit. Meetings on Zoom</p>	<p>Contact: Tim Stickland</p> <p>Tel: 07853 842082</p> <p>Email: southbucksmsg@gmail.com</p>
<p>Reading Myeloma Support Group Reading Myeloma Support Group meets between 10.00am – 1.00pm on the 2nd Saturday in January, April, July, and October at Maiden Place Community Centre Meetings on Zoom</p>	<p>Contact: Stuart Fraser</p> <p>Tel: 079745 790007</p> <p>Email: readingmyeloma@gmail.com</p>
<p>Oxford Myeloma Support Group Meeting once a quarter in the Maggie's Centre at the Churchill Hospital in Oxford. Meetings on Zoom</p>	<p>Contact: Ian Blelloch</p> <p>Tel: 07768 128654</p> <p>Email: ian.blelloch@chaco.org.uk</p>

Surrey & Hampshire	
<p>Surrey Myeloma Support Group A small, informal, sociable group of patients, family members and friends, who get together every other month to share experiences, chat, and find out more about living with myeloma.</p>	<p>Contact: Suzanne Esquerdeiro Tel: 01932 567350/07976 178749 Suzanne is available for telephone support or Zoom E-mail: suzanne.esquerdeiro@virgin.net Meetings 7.00pm, last Wednesday of every other month in Egham.</p>
<p>Hampshire Myeloma Support Group an informal, friendly group which is run by myeloma patients Meetings on Zoom</p>	<p>Contact: Mary Mitchell Tel: 07760 481 506 Email: mary.mitchell50@btinternet.com</p>
National	
<p>Anthony Nolan Bone Marrow Trust Free resources and information for you and your family to help you before, during and after your transplant.</p>	<p>Tel: 0303 303 0303 www.anthonynolan.org</p>
<p>Leukaemia CARE Providing support to anyone affected by blood cancer. Support groups available in; Oxford, Luton & Dunstable, Milton Keynes, and St Albans.</p>	<p>Tel: 08088 010 444 On-line chat is also available www.leukaemicare.org.uk</p>
<p>BloodCancer UK (formerly Bloodwise) Providing you or pointing you to information and support.</p>	<p>Tel: 0808 208 0888 0808 169 5155 www.bloodcancer.org.uk</p>

<p>African Caribbean Leukaemia Trust Information about Leukaemia and other blood related cancers.</p>	<p>Tel: 0203 757 7700</p> <p>Email: info@aclt.org</p> <p>www.aclt.org</p>
<p>Myeloma UK Helping patients and their families cope with everything a diagnosis of myeloma brings.</p> <p>A full list of support groups is listed on the website if those above are not convenient.</p>	<p>Tel: 0800 980 3332</p> <p>www.myeloma.org.uk for general information</p> <p>www.myeloma.org.uk/help-and-support/support-groups/</p>

Author	Macmillan Cancer Information and Support Centre		
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For a translation of this leaflet or for accessing this information in another format:



Please contact (PALS) the Patient Advice and Liaison Service on:

Frimley Park Hospital

Telephone: 0300 613 6530

Email: fhft.palsfrimleypark@nhs.net

Wexham Park & Heatherwood Hospitals

Telephone: 0300 615 3365

Email: fhft.pal@wexhampark@nhs.net

<p>Frimley Park Hospital Portsmouth Road Frimley Surrey, GU16 7UJ</p>	<p>Heatherwood Hospital London Road Ascot SL5 8AA</p>	<p>Wexham Park Hospital Wexham Slough Berkshire, SL2 4HL</p>
<p>Hospital switchboard: 0300 614 5000</p>		<p>Website: www.fhft.nhs.uk</p>

Legal Notice

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may have with your doctor.