

**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)

Virtual Support – Frimley Park

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>Macmillan Support Line Tel: 0808 808 0000 8am-8pm 7 days a week www.macmillan.org.uk</p>
National	
<p>Cancer Care Map A simple, free, online resource to help people living with cancer find care and support services in local area.</p>	<p>Website contact only www.cancercaresmap.org</p>
<p>Trekstock – Supporting young adults in their 20's and 30's living with, through and beyond cancer treatment. Currently providing an online Pilates exercise programme and exercise videos and yoga.</p>	<p>www.trekstock.com Website contact only</p>

<p>Look Good Feel Better Online workshops covering skincare and make-up, grooming, hair loss, hair care and wig advice and nail care.</p>	<p>Website: www.lookgoodfeelbetter.co.uk</p> <p>Tel: 01372 747500</p> <p>Email: info@lgfb.co.uk or via form on website</p>
<p>Virtual support from Boots Boots UK, have been able to adapt the support they offer through Boots Macmillan Information Pharmacists (BMIP) and Boots Macmillan Beauty Advisors (BMBA) to be able to continue to support to people living with cancer during the pandemic.</p>	<p>Boots Macmillan Information Pharmacists (BMIP)</p> <p>Website: www.boots.com/health-pharmacy-advice/macmillan/</p> <p>Boots Macmillan Beauty Advisors (BMBA)</p> <p>Website: www.boots.com/health-pharmacy-advice/macmillan/feelmorelikeyou</p>
<p>Safe Fit SafeFit is a free remote service for anyone in the UK with suspicion of or confirmed diagnosis of cancer. Cancer exercise specialists offer you advice, support and resources to maintain and improve physical and mental well-being.</p>	<p>Self-referral to be completed online at www.safefit.nhs.uk</p> <p>Email: safefittrial@uhs.nhs.uk</p>
<p>Asian Women's Cancer Group A free and confidential service provided to all those affected by cancer. Now offering mixture of live virtual session via zoom. Yoga Tues pm and Social Thus pm</p>	<p>Contact: 07968 386798 – Chairperson 07503 626712 – Secretary 07594 612448 – Health & Well Being</p> <p>Email: info@asianwomencancergroup.co.uk</p> <p>Website: www.asianwomencancergroup.co.uk</p>
<p>Penny Brohn Cancer Care Physical, emotional and spiritual support. National living well services. Self-care information ready to download available online as well as telephone support.</p>	<p>Tel: 0303 3000 118 (Mon-Fri 10.00 til 13:00)</p> <p>Email: helpline@pennybrohn.org.uk</p> <p>Website: www.pennybrohn.org.uk</p>

<p>Cancer Support UK Cancer Coach – a 6-week telephone & virtual support group programme to talk through all aspects of the feelings that can be associated with life during and after cancer treatment. Via telephone & Zoom</p>	<p>Tel: 0207 470 8755 Email: hello@cancersupportuk.org Website: www.cancersupportuk.org</p>
<p>Healthtalk.org Provides free, information about health issues, by sharing people's real-life experiences on videos</p>	<p>Website: www.healthtalk.org</p>
<p>Shine Cancer Support Support specifically tailored for people in their 20's, 30's and 40's Providing online meet ups and workshops alongside the extensive online presence already there</p>	<p>Website : www.shinecancersupport.org/getsupport/networks/shine-oxford/ Email: oxford@shinecancersupport.org</p>
<p>Maggies Provides free cancer support and information in centre and online. Offering a full timetable of virtual meetings and group workshops</p>	<p>Visit Centres by appointment only at present Telephone: 0300 123 1801 Email: enquiries@maggies.org Keep up-to-date with the latest information: www.maggies.org/about-us/news/coronavirus-and-maggies/</p>
<p>Friends in Need Offering a mixed timetable of virtual activities and some face to face activities. Virtually Connecting with people to end the loneliness and isolation of depression. Offering a range of online classes and workshops Peer led service for people with mild to moderate depression and anxiety that may be socially isolated.</p>	<p>Website: www.bucksmind.org.uk/services/peer-support-groups/friends-in-need/ Facebook Group: www.facebook.com/groups/128815250860939/ Slough: Tel: Charlene Morgan 07950 303832 Email: charlene.morgan@bucksmind.org.uk Windsor, Ascot and Maidenhead: Tel: Ansa Khan 07496 874882 Email: ansa.khan@bucksmind.org.uk Bracknell: Tel: Kara Hale 07914 669 430 Email: kara.hale@bucksmind.org.uk Buckinghamshire: Tel: Debbie Workman 07964 376951 Email: debbie.workman@bucksmind.org.uk</p>
<p>Move Against Cancer An 8 week online building</p>	<p>Website: www.movecharity.org</p>

foundations programme for children and young people living with cancer. Self referral form	Email onlinesupport@movecharity.org
NHS Health & Wellbeing Health & Care Videos - NHS Fitness Studio - NHS Apps -	www.healthandcarevideos.uk/cancer www.healthandcarevideos.uk/mental-health www.nhs.uk/conditions/nhs-fitness-studio/ www.nhs.uk/apps-library/
Meetup Aim to host a wide variety of social events in your area. areas. Now hosting virtual workshops and coffee mornings	Website: https://www.meetup.com/cities Simply specify nearest town/city through website to see details
Surrey	
Frimley Health and Care - Supporting cancer patients, their families and carers. Information Prevention & Diagnosis, treatment & care	Website: www.frimleyhealthandcare.org.uk/our-work/supporting-cancer-patients-their-families-and-carers/
Surrey Heath Macmillan Community Cancer Navigator Supporting anyone whose life is touched by cancer, to empower them to find personalised help needed	Tel: 07880 502267 Email: shcp.cancernavigator@nhs.net
East Surrey Macmillan Cancer Support Centre Offering a wide range of information and support for patients and their carers. Now offering a mixture of virtual live sessions	Tel: 01737 304176 Website: www.surreyandsussex.nhs.uk/our-services/a-z-of-services/cancer-services/east-surrey-macmillan-cancer-support-centre/ Email: informationcentre.sash@nhs.net
The Fountain Centre Empowering and supporting cancer patients and their loved ones. Offering face to face and online services.	Tel: 01483 406618 Email: rsc-tr.fountaincentre@nhs.net www.fountaincentre.org

<p>Bluebells Cancer Support Group (Surrey) A friendly, sharing group for anyone with cancer. The Centre has re-opened in Guildford but still offering distant healing via and telephone and zoom platform. Also offering a range of online events.</p>	<p>Tel: 01483 202054 Email: healingreception@burrowslea.org.uk Website: www.harryedwardshealingsanctuary.org.uk</p>
<p>ToCTogether A monthly support group for people affected by cancer in the Guildford area. Patients, survivors, family members, friends and medical practitioners are all welcome to attend. Offering support group discussions via Whatsapp video. Fitness back in Gym</p>	<p>Tel: 07593 121435 Email: info@topicofcancer.org.uk Website: /www.topicofcancer.org.uk/support-groups</p>
<p>Berkshire</p>	
<p>Cancer Support Network: Cancer Champions – Slough, Windsor & Maidenhead, Bracknell & Wokingham Offering a range of ways to support those affected by cancer. Peer support, online group workshops and coffee mornings Virtual workshops available</p>	<p>Tel: 01344 383 515 Email: vickie.randall@involve.community www.involve.community/cancer Also on Facebook / Twitter</p>
<p>Healthmakers Berkshire Offering virtual peer support pop-in cafes online – a safe place to chat with others. Also offering a 3 week introduction to self-management course</p>	<p>To join, email to HealthMakers@Berkshire.nhs.uk via “One Consultation” virtual link – they will provide support to help with online access</p>
<p>Men in Sheds Giving men who have experienced life-changing events such as redundancy, retirement, bereavement, ill-</p>	<p>Facebook group: @hwmeninsheds Email: meninshedshw@gmail.com Website: www.menssheds.org.uk/ High Wycombe – Barry Smith Tel: 07951 791942</p>

<p>health or social isolation a place to meet and get involved.</p> <p>Virtual support via online chat forum.</p>	<p>Email: contactbazza@gmail.com Black Park - Mark Lemon Email: mark@blackparkshed.org.uk Maidenhead - Chris Allen Tel: 01628 640361 Email: chris.allen@berkshire.nhs.net</p>
<p>My Cancer My Choices Complementary therapy services by phone or video sessions.</p> <p>Virtual course in Mindfulness & relaxation</p>	<p>Tel: 01344 662906</p> <p>Website: www.mycancermychoices.org</p>
<p>Slough Prevention Alliance Community Engagement (SPACE) Consortium Group of local and national organisations supporting Slough residents. Call for more information.</p>	<p>Tel: 0344 515 1380</p> <p>Email: slough@shelter.org.uk</p> <p>Website: www.sloughadvicecentre.co.uk</p>
<p>Hampshire</p>	
<p>Jane Scarth House Providing emotional and practical support to anyone whose life is affected by cancer.</p> <p>Now providing telephone and video support</p>	<p>Tel:01794830374</p> <p>Email: info@janescarthhouse.co.uk</p> <p>Website: www.janescarthhouse.co.uk/</p>
<p>Shine Cancer Support Providing, emotional, practical and social support to young adults affected by cancer. Extensive on-line resources</p>	<p>Tel: 07804 479413 (10am – 4pm Mon-Fri)</p> <p>Email: hi@shinecancersupport.org Or for directed communication use the on-line form Website: www.shinecancersupport.org/ Now offering virtual workshops via Zoom and 24/7 support via Facebook groups</p>
<p>The Pink/ Blue space Cancer support Wellbeing services, counselling, support and social events for men “blue” and women “pink” affected by cancer.</p> <p>virtual zoom sessions</p>	<p>Tel : 07899 970 841 (Mon-Fri 9am till 3pm)</p> <p>Email: info4BlueSpace@gmail.com or info@thepinkplace.org.uk</p> <p>Or submit and enquiry form via the website</p> <p>Website: www.thepinkplace.org.uk</p>

<p>Rushmoor Healthy Living (RHL) Charity providing exercise classes and activities for fitness and rehabilitation.</p>	<p>Tel: 01252 362660</p> <p>Email: classes@rhl.org.uk</p> <p>Website: www.rhl.org.uk Virtual exercise timetable available online.</p>
<p>Sebastian's Action Trust Offering an ever- evolving programme of support, completely free of charge, to families of children with life-limiting or life-threatening conditions, aged 0-19.</p>	<p>Tel: 01344 622500</p> <p>Email: info@sebastiansactiontrust.org</p> <p>Website: www.sebastiansactiontrust.org Now offering limited virtual support</p>
Other	
<p>The Mulberry Centre - Hounslow A mixed timetable with some support still offered online but mainly at the centre.</p> <p>For 1-2-1 counselling and support groups, please contact them to register first with some remote support</p>	<p>Tel: 020 8321 6300</p> <p>For timetabled activities – just join directly via the Website: www.themulberrycentre.co.uk/</p> <p>Email: talk@themulberrycentre.co.uk</p>
<p>The Lynda Jackson Macmillan Centre at Mount Vernon Cancer Centre in Northwood, Middlesex. Offers a range of services at the centre to help people affected by cancer. Providing telephone support and access to support videos via on the website</p>	<p>Website: www.ljmc.org/</p> <p>Helpline: 020 3826 2555</p>
<p>Cancer Wellbeing London Providing health & wellbeing information videos on many aspects of living with a cancer diagnosis ie. diet, exercise, work, finance etc. All F-2-F activities are cancelled</p>	<p>Website: www.cancerwellbeinglondon.nhs.uk</p>

<p>Horizon Centre – Brighton a comprehensive package of online and phone support for people living with cancer.</p>	<p>Website : www.macmillan.org.uk/cancer-information-and-support/get-help/centres/macmillan-horizon-centre</p> <p>Telephone: 01273 468770</p> <p>Email: horizoncentre@macmillan.org.uk</p>
<p>Caring for Cancer Yoga Online yoga classes for cancer patients & carers at any stage of a cancer pathway (class fee applies, but reduced or waived to those in financial difficulty)</p>	<p>To book, please email: info@theyogaforlifeproject.co.uk</p> <p>Website: www.theyogaforlifeproject.co.uk</p>

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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:

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Email: fhft.palsfrimleypark@nhs.net

Wexham Park &

Heatherwood Hospitals

Telephone: 0300 615 3365

Email: fhft.palswexhampark@nhs.net

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<p>Hospital switchboard: 0300 614 5000</p>		<p>Website: www.fhft.nhs.uk</p>

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