

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

**Macmillan Cancer Navigators at  
Frimley Park Hospital - Tel: 0300 613 3535**  
E-mail: [fhft.macmillan.cancernavigators@nhs.net](mailto: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 – Wexham Park Hospital

Agency	Contact Details
<p><b>Macmillan Cancer Support</b> 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 Website: <a href="http://www.macmillan.org.uk">www.macmillan.org.uk</a></p>
<b>National</b>	
<p><b>Cancer Care Map</b> A simple, free, online resource to help people living with cancer find care and support services in their local area.</p>	<p>Website contact only  <a href="http://www.cancercaremap.org">www.cancercaremap.org</a></p>
<p><b>Trekstock –</b> Supporting young adults in their 20’s and 30’s living with, through and beyond cancer treatment. <b>Currently providing an online Pilates exercise programme and exercise videos and yoga.</b></p>	<p><a href="http://www.trekstock.com">www.trekstock.com</a>  Website contact only</p>

<p><b>Look Good Feel Better</b>  Online workshops covering skincare and make-up, hair loss, nail care, body confidence, men's grooming. Also now offering online gentle exercise classes</p>	<p>Website: <a href="http://www.lookgoodfeelbetter.co.uk">www.lookgoodfeelbetter.co.uk</a>  Tel: 01372 747500  Email: <a href="mailto:info@lgfb.co.uk">info@lgfb.co.uk</a> or via form on website</p>
<p><b>Virtual support from Boots</b>  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)  Website: <a href="http://www.boots.com/health-pharmacy-advice/macmillan/">www.boots.com/health-pharmacy-advice/macmillan/</a>  Boots Macmillan Beauty Advisors (BMBA)  Website: <a href="http://www.boots.com/health-pharmacy-advice/macmillan/feelmorelikeyou">www.boots.com/health-pharmacy-advice/macmillan/feelmorelikeyou</a></p>
<p><b>Safe Fit</b>  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 <a href="http://www.safefit.nhs.uk">www.safefit.nhs.uk</a>  Email: <a href="mailto:safefittrial@uhs.nhs.uk">safefittrial@uhs.nhs.uk</a></p>
<p><b>Asian Women's Cancer Group</b>  A free and confidential service provided to all those affected by cancer.  <b>Now offering mixture of live virtual session via zoom. Yoga Tues pm and Social Thus pm</b></p>	<p>Contact:  07968 386798 – Chairperson  07503 626712 – Secretary  07594 612448 – Health &amp; Well Being  Email: <a href="mailto:info@asianwomencancergroup.co.uk">info@asianwomencancergroup.co.uk</a>  Website: <a href="http://www.asianwomencancergroup.co.uk">www.asianwomencancergroup.co.uk</a></p>
<p><b>Penny Brohn Cancer Care</b>  Physical, emotional and spiritual support. National living well services.  <b>Self-care information ready to download available online as well as telephone support.</b></p>	<p>Tel: 0303 3000 118 (Mon-Fri 10.00 til 13:00)  Email: <a href="mailto:helpline@pennybrohn.org.uk">helpline@pennybrohn.org.uk</a>  Website: <a href="http://www.pennybrohn.org.uk">www.pennybrohn.org.uk</a></p>

<p><b>Cancer Support UK</b> Cancer Coach – a 6-week telephone &amp; virtual support group programme to talk through all aspects of the feelings that can be associated with life during and after cancer treatment. <b>Via telephone &amp; Zoom</b></p>	<p>Tel: 0207 470 8755 Email: <a href="mailto:hello@cancersupportuk.org">hello@cancersupportuk.org</a> Website: <a href="http://www.cancersupportuk.org">www.cancersupportuk.org</a></p>
<p><b>Healthtalk.org</b> Provides free, information about health issues, by sharing people's real-life experiences on videos</p>	<p>Website: <a href="http://www.healthtalk.org">www.healthtalk.org</a></p>
<p><b>Shine Cancer Support</b> Support specifically tailored for people in their 20's, 30's and 40's <b>Providing online meet ups and workshops alongside the extensive online presence already there</b></p>	<p>Website : <a href="http://www.shinecancersupport.org/getsupport/networks/shine-oxford/">www.shinecancersupport.org/getsupport/networks/shine-oxford/</a> Email: <a href="mailto:oxford@shinecancersupport.org">oxford@shinecancersupport.org</a></p>
<p><b>Maggies</b> 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: <a href="mailto:enquiries@maggies.org">enquiries@maggies.org</a> Keep up-to-date with the latest information: <a href="http://www.maggies.org/about-us/news/coronavirus-and-maggies/">www.maggies.org/about-us/news/coronavirus-and-maggies/</a></p>
<p><b>Friends in Need</b> 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: <a href="http://www.bucksmind.org.uk/services/peer-support-groups/friends-in-need/">www.bucksmind.org.uk/services/peer-support-groups/friends-in-need/</a> Facebook Group: <a href="https://www.facebook.com/groups/128815250860939/">www.facebook.com/groups/128815250860939/</a> <b>Slough:</b> Tel: Charlene Morgan 07950 303832 Email: <a href="mailto:charlene.morgan@bucksmind.org.uk">charlene.morgan@bucksmind.org.uk</a> <b>Windsor, Ascot and Maidenhead:</b> Tel: Ansa Khan 07496 874882 Email: <a href="mailto:ansa.khan@bucksmind.org.uk">ansa.khan@bucksmind.org.uk</a> <b>Bracknell:</b> Tel: Kara Hale 07914 669 430 Email: <a href="mailto:kara.hale@bucksmind.org.uk">kara.hale@bucksmind.org.uk</a> <b>Buckinghamshire:</b> Tel: Debbie Workman 07964 376951 Email: <a href="mailto:debbie.workman@bucksmind.org.uk">debbie.workman@bucksmind.org.uk</a></p>

<p><b>Move Against Cancer</b> An 8 week online building foundations programme for children and young people living with cancer. Self referral form</p>	<p>Website: <a href="http://www.movecharity.org">www.movecharity.org</a> Email <a href="mailto:onlinesupport@movecharity.org">onlinesupport@movecharity.org</a></p>
<p><b>NHS Health &amp; Wellbeing</b> Health &amp; Care Videos -  NHS Fitness Studio -  NHS Apps -</p>	<p><a href="http://www.healthandcarevideos.uk/cancer">www.healthandcarevideos.uk/cancer</a> <a href="http://www.healthandcarevideos.uk/mental-health">www.healthandcarevideos.uk/mental-health</a>  <a href="http://www.nhs.uk/conditions/nhs-fitness-studio/">www.nhs.uk/conditions/nhs-fitness-studio/</a>  <a href="http://www.nhs.uk/apps-library/">www.nhs.uk/apps-library/</a></p>
<p><b>Meetup</b> Aim to host a wide variety of social events in your area. areas. <b>Now hosting virtual workshops and coffee mornings</b></p>	<p>Website: <a href="https://www.meetup.com/cities">https://www.meetup.com/cities</a>  <b>Simply specify nearest town/city through website to see details</b></p>
<p><b>Berkshire</b></p>	
<p><b>Cancer Support Network: Cancer Champions – Slough, Windsor &amp; Maidenhead, Bracknell &amp; Wokingham</b> Offering a range of ways to support those affected by cancer. Peer support, online group workshops and coffee mornings <b>Virtual workshops available</b></p>	<p>Tel: 01344 383 515  Email: <a href="mailto:vickie.randall@involve.community">vickie.randall@involve.community</a>  <a href="http://www.involve.community/cancer">www.involve.community/cancer</a>  Also on Facebook / Twitter</p>
<p><b>Healthmakers Berkshire</b> Offering virtual peer support pop-in cafes online – a safe place to chat with others. Also offering a 6 week introduction to self-management course</p>	<p>Email: <a href="mailto:HealthMakers@Berkshire.nhs.uk">HealthMakers@Berkshire.nhs.uk</a>  via “One Consultation” virtual link – they will provide support to help with online access</p>

<p><b>Men in Sheds</b>  Giving men who have experienced life-changing events such as redundancy, retirement, bereavement, ill-health or social isolation a place to meet and get involved.  <b>Virtual support via online chat forum.</b></p>	<p>Facebook group: <a href="#">@hwmeninsheds</a>  Email: <a href="mailto:meninsheds.hw@gmail.com">meninsheds.hw@gmail.com</a>  Website: <a href="http://www.menssheds.org.uk/">www.menssheds.org.uk/</a>  <b>High Wycombe – Barry Smith</b>  Tel: 07951 791942  Email: <a href="mailto:contactbazza@gmail.com">contactbazza@gmail.com</a>  <b>Black Park - Mark Lemon</b>  Email: <a href="mailto:mark@blackparkshed.org.uk">mark@blackparkshed.org.uk</a>  <b>Maidenhead - Chris Allen</b>  Tel: 01628 640361  Email: <a href="mailto:chris.allen@berkshire.nhs.net">chris.allen@berkshire.nhs.net</a></p>
<p><b>Slough Prevention Alliance Community Engagement (SPACE) Consortium</b>  Group of local and national organisations supporting Slough residents. Call for more information.</p>	<p>Tel: 0344 515 1380   Email: <a href="mailto:slough@shelter.org.uk">slough@shelter.org.uk</a>   Website: <a href="http://www.sloughadvicecentre.co.uk">www.sloughadvicecentre.co.uk</a></p>
<p><b>My Cancer My Choices</b>  Complementary therapy services by phone or video sessions.   Virtual course in Mindfulness - providing relaxation tools and techniques</p>	<p>Tel: 01344 662906   Website: <a href="http://www.mycancermychoices.org">www.mycancermychoices.org</a></p>
<p><b>Buckinghamshire</b></p>	
<p><b>Butterfly House - South Bucks Community Hospice</b>  Telephone, face to face and Zoom counselling service to help patients come to terms with their illness.</p>	<p>Tel: 01494 552750   Email: <a href="mailto:info@sbhospice.org.uk">info@sbhospice.org.uk</a>   Website: <a href="http://www.sbh.org.uk">www.sbh.org.uk</a></p>
<p><b>Prevention Matters</b>  A free service aimed to help people who are struggling to stay independent and active. For individuals registered to a GP in the Buckinghamshire borough.  <b>Support offered by telephone or face to face.</b></p>	<p>Tel: 01296 484322   Email: <a href="mailto:bucksenquiries@connectionsupport.org.uk">bucksenquiries@connectionsupport.org.uk</a>   <a href="http://www.connectionsupport.org.uk">www.connectionsupport.org.uk</a></p>

<p><b>Meet &amp; Mingle High Wycombe – Wrights Meadow Community Hall</b>          Helping women in High Wycombe with information, advice, events</p>	<p>Contact: Joanna Howes 07598 753551          Email: <a href="mailto:mm.outlook.com">mm.outlook.com</a>  <a href="http://www.facebook.com/meetmingle">www.facebook.com/meetmingle</a></p>
<p><b>Surrey</b></p>	
<p><b>East Surrey Macmillan Cancer Support Centre</b>          The Centre offers a wide range of information and support in one place for patients and their carers.  <b>Also offering virtual service.</b></p>	<p>Tel: 01737 304176          Email: <a href="mailto:informationcentre.sash@nhs.net">informationcentre.sash@nhs.net</a>  <a href="http://www.surreyandsussex.nhs.uk/our-services/a-z-of-services/cancer-services/east-surrey-macmillan-cancer-support-centre">www.surreyandsussex.nhs.uk/our-services/a-z-of-services/cancer-services/east-surrey-macmillan-cancer-support-centre</a></p>
<p><b>The Fountain Centre</b>          Empowering and supporting cancer patients and their loved ones. Offering face to face and online services.</p>	<p>Tel: 01483 406618          Email: <a href="mailto:rsc-tr.fountaincentre@nhs.net">rsc-tr.fountaincentre@nhs.net</a>  <a href="http://www.fountaincentre.org">www.fountaincentre.org</a></p>
<p><b>Macmillan Integrated Cancer Care Team</b>          The Macmillan Integrated Cancer Care Team is a team of cancer specialists providing services and support for patients and their carers following cancer treatment  <b>Now offering various live virtual support via Microsoft teams</b></p>	<p>Tel: 07813997004          Email: <a href="mailto:rsch.micct@nhs.ent">rsch.micct@nhs.ent</a></p>
<p><b>Bluebells Cancer Support Group (Surrey)</b>          A friendly, sharing group for anyone with cancer.  <b>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.</b></p>	<p>Tel: 01483 202054          Email: <a href="mailto:healingreception@burrowslea.org.uk">healingreception@burrowslea.org.uk</a>          Website:  <a href="http://www.harryedwardshealingsanctuary.org.uk">www.harryedwardshealingsanctuary.org.uk</a></p>

<p><b>ToCTogether</b>  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.  <b>Offering support group discussions via Whatsapp video. Fitness back in Gym</b></p>	<p>Tel: 07593 121435</p> <p>Email: <a href="mailto:info@topicofcancer.org.uk">info@topicofcancer.org.uk</a></p> <p>Website: <a href="http://www.topicofcancer.org.uk/support-groups">/www.topicofcancer.org.uk/support-groups</a></p>
<b>Other</b>	
<p><b>The Mulberry Centre - Hounslow</b>  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: <a href="http://www.themulberrycentre.co.uk/">www.themulberrycentre.co.uk/</a></p> <p>Email: <a href="mailto:talk@themulberrycentre.co.uk">talk@themulberrycentre.co.uk</a></p>
<p><b>The Lynda Jackson Macmillan Centre</b> at Mount Vernon Cancer Centre in Northwood, Middlesex. Offers a range of services at the centre to help people affected by cancer.  <b>Providing telephone support and access to support videos via on the website</b></p>	<p>Website: <a href="http://www.ljmc.org/">www.ljmc.org/</a></p> <p>Helpline: 020 3826 2555</p>
<p><b>Cancer Wellbeing London</b>  Providing health &amp; wellbeing information videos on many aspects of living with a cancer diagnosis ie. diet, exercise, work, finance etc.</p>	<p>Website: <a href="http://www.cancerwellbeinglondon.nhs.uk">www.cancerwellbeinglondon.nhs.uk</a></p>
<p><b>Life after Cancer</b>  Online support groups, coaching programme and 1-2-1 coaching to help patients move on with life after cancer.</p>	<p>Website: <a href="http://www.life-aftercancer.co.uk">www.life-aftercancer.co.uk</a></p> <p>Email: <a href="mailto:hello@life-aftercancer.co.uk">hello@life-aftercancer.co.uk</a></p> <p>Free support groups and initial coaching assessment</p>

<p><b>Horizon Centre – Brighton</b> a comprehensive package of online and phone support for people living with cancer.</p>	<p>Website : <a href="http://www.macmillan.org.uk/cancer-information-and-support/get-help/centres/macmillan-horizon-centre">www.macmillan.org.uk/cancer-information-and-support/get-help/centres/macmillan-horizon-centre</a></p> <p>Telephone: 01273 468770</p> <p>Email: <a href="mailto:horizoncentre@macmillan.org.uk">horizoncentre@macmillan.org.uk</a></p>
<p><b>Caring for Cancer Yoga</b> Online yoga classes for cancer patients &amp; 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: <a href="mailto:info@theyogaforlifeproject.co.uk">info@theyogaforlifeproject.co.uk</a></p> <p>Website: <a href="http://www.theyogaforlifeproject.co.uk">www.theyogaforlifeproject.co.uk</a></p>
<p><b>HeadWrappers</b> A free support service for those experiencing hair loss through cancer treatment. Virtual hair loss support group sessions and gift bag – see website for timetable</p>	<p>Tel: 0203 633 4713</p> <p>Email: <a href="mailto:info@headwrappers.org">info@headwrappers.org</a> <a href="http://www.headwrappers.org">www.headwrappers.org</a></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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**Wexham Park & Heatherwood Hospitals**

Telephone: 0300 615 3365

Email: [fhft.pals@wexhampark.nhs.net](mailto:fhft.pals@wexhampark.nhs.net)

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

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