



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)

Children and Young People's Support (when someone close has cancer)

Agency	Contact Details
Macmillan Cancer Support Offering free confidential advice, support and information with access to appropriate up-to-date resources and online communities.	Tel: 0808 808 0000 www.macmillan.org.uk
Daisy's Dream Professional support service responding to the needs of children and families affected by serious illness and bereavement.	Tel: 0118 934 2604 Email: info@daisysdream.org.uk www.daisysdream.org.uk
The Hummingbird Centre Complementary therapy, support and friendship in Bicester. Support for children from age 5.	Tel: 01869 244244 Email: info@thehummingbirdcentre.org.uk www.thehummingbirdcentre.org.uk
The Osborne Trust Providing practical and emotional support for children and young people aged 16 years and younger during a parent's cancer treatment.	Tel: 07712 089273 Email: the-osborne-trust@outlook.com www.theosbornetrust.com

<p>The Fountain centre Supporting children if a loved one has cancer. Offering online Information, counselling, emotional support. Now offering a mixture of virtual live sessions</p>	<p>Tel: 01483 406618 Email: rsc-tr.fountaincentre@nhs.net www.fountaincentre.org</p>
<p>Ruth Strauss Foundation Helping families access professional emotional support when facing the death of a parent, how to keep the family connected and prepare for the future</p>	<p>Email online form www.ruthstraussfoundation.com</p>
<p>Kooth offering emotional and mental health support for children and young people aged between 11 – 24 years and is available up to 10 pm every day.</p>	<p>www.kooth.com Your online mental wellbeing community</p>
<p>Riprap A website especially for teenagers who have a parent with cancer.</p>	<p>Email form online www.riprap.org.uk</p>
<p>Young Minds A helpline providing support and advice to parents and carers worried about the emotional wellbeing of a young person in their care with confidential expert advice. Parents webchat available.</p>	<p>Parents Helpline: 0808 802 5544 9.30am-4pm Mon-Fri Text: YM to 85258 www.youngminds.org.uk</p>
<p>No 5 Providing tailored counselling sessions and support to children and young people aged 11-25 with a fully trained volunteer counsellor.</p>	<p>Tel: 0118 901 5668 Text: TALK followed by your first name and postcode to 07786 202430 Email: info@no5.org.uk www.no5.org.uk</p>
<p>Youthline Face to face counselling for children and young people aged 11-25 in Bracknell and Ascot</p>	<p>Tel: 01344 311200 Email for online www.youthlineuk.com</p>
<p>Number 22 Face to face counselling for 11+ in Windsor, Maidenhead and Slough. Register online</p>	<p>Tel: 01628 636661 www.number22.org</p>

<p>Time to Talk West Berkshire An independent charity providing free confidential counselling services to young people aged 11-25</p>	<p>Tel: 01635 760331 Email: hello@t2twb.org www.t2twb.org</p>
<p>Arc – Wokingham Youth Counselling Offering 6 free counselling sessions to young people from 11 years old and over in a safe, non judgemental and confidential space for you to explore your thoughts and feelings.</p>	<p>Tel: 0118 977 6710 Email: office@arcweb.org.uk www.arcweb.org.uk</p>
<p>Mable Therapy Mable's chargeable counselling services are based on the unique needs of each individual child. Supporting children 6-18 with many aspects of mental health and wellbeing.</p>	<p>Tel: 0800 024 8646 www.mabletherapy.com</p>
<p>The Fruitfly Collective Information and practical tools to support children of parents with cancer (free & chargeable)</p>	<p>Email: caroline@fruitflycollective.com https://fruitflycollective.com/</p>
<p>Xploro App Create an Avatar Guide who will be your friend when you go into hospital. And always remember to ask your Guide questions if there's ever anything you don't understand.</p>	<p>Download from your App store</p>
<p>Chill Panda App Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Age 6-12</p>	<p>Download from your App store</p>
<p>Fear Tools App FearTools is an evidence-based app designed to help you combat anxiety, aiding you on your road to recovery. Age 12+</p>	<p>Download from your App store This application is especially useful for those suffering from Generalized Anxiety Disorder, Phobias, and Social Anxiety Disorder</p>
<p>Mind Moose Digital Mental Health and Wellbeing Tool Primary school children go on a fun, interactive journey to learn about mental wellbeing receiving the tools they can use to help them navigate through life's ups and downs.</p>	<p>Email: zoe@mindmoose.co.uk www.mindmoose.co.uk</p>

<p>Mee Two App MeeToo is designed for people aged 11+. Age banding means you chat with people of a similar age to you, to help each other through tough times.</p>	Download from your App store
<p>NHS Go App NHS Go is a new initiative enabling young people to have greater access to medical information. Users can read health related articles.</p>	Download from your App store

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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.palswexhampark@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>

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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.