

**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)

Befriending 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>
Local	
<p>Macmillan Direct Volunteering Service Volunteers can make a huge difference by providing help tailored to individual needs for up to 12 weeks. Currently telephone befriending</p>	<p>Southwestbuddies@macmillan.org.uk</p>
<p>Wellbeing Friends Slough Regular telephone calls to support the lonely & isolated in the local community</p>	<p>Tel: Slough CVS 07933 716914</p> <p>Email: sloughcommunityresponse@sloughcvs.org.uk</p>

<p>Home-Start Slough Volunteers offer vital support and practical help to families and children facing challenges.</p>	<p>Tel: 01753 572958 Email: office@hsslough.co.uk www.hsslough.co.uk</p>
<p>Royal Voluntary Service Good neighbours help counter social isolation and can act as a pre-emptive step to keep those who are vulnerable out of hospital.</p>	<p>Slough Good Neighbours: Tel: 01628 636098 Email: berkshirehub@royalvoluntaryservice.org.uk www.royalvoluntaryservice.org.uk Details of other activities near you can be located from the Royal Voluntary Service Website</p>
<p>Age UK A friendship service for people age 60+ who feel lonely or isolated and would benefit from a regular chat over the phone.</p>	<p>Berkshire: Tel: 0118 959 4242 Email: info@ageukberkshire.org.uk www.ageukberkshire.org.uk Surrey: Telephone: 01483 503414 Email: enquiries@ageuksurrey.org.uk www.ageuk.org.uk/surrey/</p>
<p>Age Concern - Volunteers offer visits to older people in their own homes, providing social contact and support. Virtual support service</p>	<p>Slough: Tel: 01753 822890 Email: info@ageconcernsabe.org.uk www.ageconcernsabe.org.uk Banstead (Surrey): www.ageconcernbanstead.org.uk/index.php Surrey Heath: www.sh-ac.org.uk/</p>
<p>AGESPACE – provides links to services in the Surrey area.</p>	<p>www.agespace.org/local/surrey/health/befriending-services</p>
<p>Side by Side Helping people get out and about with the support of a volunteer. This might be anything from joining a local club, to going to the football, a cafe or simply a stroll in the park. Remote support</p>	<p>Tel: 0118 959 6482 Email: sidebyside@alzheimers.org.uk Side by Side service can be accessed in Surrey through Age UK Tel: 01483 503414 Email : Enquiries@ageuksurrey.org.uk</p>

<p>Crossroads Care Slough Providing care and care related services for people in Slough. Chargeable service</p>	<p>Tel: 01753 525796 www.sloughcrossroads.org.uk</p>
<p>Building Futures Together A free multilingual telephone befriending service in Slough offering support through difficult times.</p>	<p>Tel: 01753 555650 Email: bftenquiry@gmail.com www.sloughfamilyservices.org.uk</p>
<p>Volunteer Service Bucks Offering support to help keep your garden tidy. Can include a cuppa and a natter too. Handy helper service, referral form online.</p>	<p>Tel: 0300 111 1250 Email: info@communityimpactbucks.org.uk www.communityimpactbucks.org.uk</p>
<p>National</p>	
<p>British Red Cross Provide short term practical and emotional support at home to help people regain their independence. Corona virus support line</p>	<p>Tel: 0118 935 8239 Email: ilcrsouthciadmin@redcross.org.uk www.redcross.org.uk</p>
<p>The Silver Line Supporting older people with a befriending service to combat loneliness.</p>	<p>Tel: 0800 4 70 80 90 Email: info@thesilverline.org.uk www.thesilverline.org.uk</p>
<p>REENGAGE – phone service and local support groups. Activities like teas in volunteers houses available pre-Covid.</p>	<p>www.reengage.org.uk/join-a-group/ Contact by Webform or national Freephone: 0800 716543</p>
<p>Wavelength – Fighting Loneliness WaveLength gives media technology to lonely people living in poverty. Referral required</p>	<p>Tel: 01708 621101 Online application form www.wavelength.org.uk</p>

Author	Macmillan Cancer Information and Support Centre		
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Legal Notice

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.pals@frimleypark.nhs.net

Wexham Park & Heatherwood Hospitals

Telephone: 0300 615 3365

Email: fhft.pals@wexhampark.nhs.net

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

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.
