

## LOCAL SUPPORT ORGANISATIONS in Staffordshire Working to help YOU live well with cancer

### MACMILLAN PENNY BROHN LIVING WELL SERVICES

Penny Brohn UK has been supporting people affected by cancer for more than 35 years and is now working in partnership with Macmillan to offer services in Staffordshire, including the **FREE 2-day 'Living Well' programme** for people living with and beyond cancer.

**The Living Well course** aims to help you - and those close to you – to manage the impact of living with and beyond cancer. The benefits of healthy eating, exercise, help with managing stress - and a chance to explore the impact of cancer on emotions and relationships - are all considered. Follow up support is available by email, telephone and online...as well as a follow-up event in Staffordshire...Log into your Facebook account and put 'Staffordshire Living Well' in the search box to join the Staffordshire Living Well Facebook Group and find out more about living well with cancer at [www.pennybrohn.org.uk](http://www.pennybrohn.org.uk).

**To book a Living Well place** phone **0303 3000 118** or email [bookings@pennybrohn.org.uk](mailto:bookings@pennybrohn.org.uk)  
Penny Brohn also works with your Clinical Nurse Specialist teams at Royal Stoke and County Hospital, Stafford, developing and delivering half-day Health and Wellbeing events at venues across the county.

### MACMILLAN CANCER SUPPORT & INFORMATION SERVICE @ UHNM

We're here for anyone affected by cancer, and can provide emotional support and a wide range of information in various formats to support your cancer journey (financial, practical, emotional and cancer specific) and for family/wider networks such as friends, employers, colleagues etc. We are a referral and signposting service to local and national services and charities to meet your needs. We host a monthly Look Good Feel Better workshop for ladies coping with the visible effects of cancer and/or treatment. We also offer a six week self-management programme (2 ½ hours per week) to support those adjusting to 'life after cancer treatment'. The name 'Macmillan' in our title reflects an ongoing partnership with the national charity, Macmillan Cancer Support. We have two Macmillan Cancer Support & Information Centres, one on each hospital site (Royal Stoke University Hospital and County Hospital).

Opening hours: Monday to Friday, 10am – 4pm (please note, our centre at County Hospital is closed between 1pm – 1.30pm) Just call in; no referral or appointment is necessary but if making a special journey, just ring ahead to make sure someone is here to greet you.

**Tel: 01783 676336 (Royal Stoke) 01785 236075 (County) Email: [macmillancentre@uhnm.nhs.uk](mailto:macmillancentre@uhnm.nhs.uk)**

### FRESH HAIR - WIGS & WELLBEING

Hair loss can be a difficult prospect to cope with. The Fresh Hair team includes trained specialists for hair replacement, beauty, holistic therapies and nail-care and can provide practical help and advice for those going through cancer treatments. Trained stylists can assist with hair loss management, hair replacement and hair recovery whilst experienced nail therapist offer a 'defiance manicure' to combat the effects of chemotherapy.

To make an appointment contact:

Royal Stoke on **01782 672727**; Open 10am – 4pm, Monday, Tuesday, Wednesday and Friday  
County Hospital on **01785 230306**; Open 10am – 4pm, Monday and Wednesday

### INSPIRING HEALTH LIFESTYLES

**Free** assessment and advice from trained, specialist activity instructors is available at the Cannock and Rugeley leisure centres for people affected by cancer who want to consider and develop their physical activity levels. If you want to know more, please phone **01889 586260** and ask to speak to a member of the Activity Referral Team or email [activelivingcannock@wlct.org](mailto:activelivingcannock@wlct.org). It is a Macmillan-funded programme of physical activity for those living with and beyond cancer.

## STAFFORDSHIRE & WOLVERHAMPTON CANCER ADVOCACY & SUPPORT - BETH JOHNSON FOUNDATION

Staffordshire & Wolverhampton Cancer Advocacy and Support project works in partnership with Macmillan Cancer Support. We are here for anyone who is aged 50+ who is affected by cancer either as a patient, family member, friend or carer. We provide support with resolving or speaking out about a wide variety of issues or problems and our aim is to help you to improve your quality of life by enabling you to resolve any difficulties you may be facing.

Tel: 01782 844036 Email: [macmillan@bjf.org.uk](mailto:macmillan@bjf.org.uk) Website: [www.bjf.org.uk](http://www.bjf.org.uk)

## CANCER LIFESTYLE PROJECT- BETH JOHNSON FOUNDATION

A Macmillan-funded initiative for people in North Staffordshire aged 50+ who live with or after cancer. It is a 1-1 service to help you make changes to your lifestyle in order to improve your wellbeing, whether this is your physical or emotional health.

Tel: 01782 844036 Website: [www.bjf.org.uk](http://www.bjf.org.uk)

## DISABILITY SOLUTIONS - STAFFORDSHIRE MACMILLAN WELFARE BENEFITS SERVICE

The Macmillan Adviser offers free, impartial, confidential welfare benefits advice to people living with cancer, their carers and families. Support offered includes:

- Advice on what benefits you and your family could claim, whether or not you are able to work
- Advice about how to make a claim, and help to do this if needed
- Advice and assistance to apply for one off Macmillan Grants (eg clothing, bedding, heating bill, transport or a practical household item)
- Advice and assistance on appeals against decisions about your benefit entitlement

To arrange a confidential face-to-face or telephone meeting phone **01782 667 321** or email: [macmillan@disability-solutions.net](mailto:macmillan@disability-solutions.net) or ask your Specialist Nurse to refer you to Disability Solutions. We also run outreach sessions at Royal Stoke, County and Burton Hospitals so phone to check which days we are there.

Macmillan has joined forces with a *different* team at Disability Solutions to support Lesbian, Gay, Bisexual and Transgender (LGBT) people in Staffordshire. Uptake on screening programmes is often lower in the LGBT community and the overarching aim of the project is to make cancer care more inclusive and raise awareness of the needs of the LGBT community in Staffordshire. If you would like to talk to the team about LGBT cancer issues please email [jcoulson@disability-solutions.net](mailto:jcoulson@disability-solutions.net) or [abunn@disability-solutions.net](mailto:abunn@disability-solutions.net)

## CARERS HUB

One Stop Shop for support, advice and information for those with caring responsibilities in Staffordshire and Stoke on Trent. Support might include offering a short break, help with benefits, debt management, personal health and wellbeing, education, training and employment support, IT training and CV skills. Outreach surgeries are run across the county.

For more information telephone **0330 1231937** email [info@thecarershubs.co.uk](mailto:info@thecarershubs.co.uk) website: [www.thecarershubs.co.uk](http://www.thecarershubs.co.uk). call at one of the Carers Hub offices:  
Madford Retail Park, Foregate Street, Stafford ST16 2QY  
The Bridge Centre, Birches Head Road, Stoke on Trent, ST2 8DD

## NORTH STAFFS CARERS ASSOCIATION

If you are caring for someone with cancer and live North Staffordshire you can talk to someone who understands and may be able to provide information, advice, guidance and support to help you on a range of issues or refer you to other sources of practical support where appropriate. You will also be able to access monthly groups, one to one sessions and break activities to help you within your caring role.

Revised August 2017

Tel: 01782 793100 email: [info@carersfirst.com](mailto:info@carersfirst.com) [www.carerfirst.com](http://www.carerfirst.com)

## CASS – THE CARERS ASSOCIATION

Support and information for Carers across Southern Staffordshire including various group sessions. **Recommend telephoning or emailing in the first instance Tel: 01785 222365 email: [enquiries@carersinformation.org.uk](mailto:enquiries@carersinformation.org.uk) [www.carersinformation.org.uk](http://www.carersinformation.org.uk)**

### THE FOLLOWING SERVICES ARE AVAILABLE ONLY ON REFERRAL FROM A CANCER CENTRE OF GP:

#### **KATHARINE HOUSE HOSPICE – Referral ONLY by a GP or Cancer Centre**

Weston Road, Stafford, ST16 3SB Tel: **01785 270820** website: [www.khhospice.org.uk](http://www.khhospice.org.uk)

Carers support including emotional support, information and advice, complementary therapies, relaxation sessions and local trips out. Day therapy including aromatherapy and reflexology, gardening activities, craft activities and gentle exercise. Wellbeing programme delivered over 6 weeks to help with self-management of fatigue, anxiety and breathlessness.

#### **DOUGLAS MACMILLAN HOSPICE Referral ONLY by a GP or Cancer Centre**

Barlaston Road, Blurton, Stoke on Trent, ST3 3NZ

Tel: **01782 344 300** website: [www.dmhospice.org.uk](http://www.dmhospice.org.uk)

Community Services, Respite Care, Carers Support Service, Day Therapy, Social Work Team, Psychological Support Service, Advance Care Planning Service. The hospice provides a 24/7 advice line for palliative care. DMH offers information and advice, Buddy Scheme (trained volunteers who can offer emotional and practical support) and Carers Support Group (3<sup>rd</sup> Wednesday of the month). Complimentary therapies, aromatherapy and massage to help patients and carers.

#### **COMMUNITY CANCER AND SUPPORTIVE THERAPIES TEAM Referral ONLY by a GP or Cancer Centre**

The Cancer and Supportive Therapies Team (CSTT) are a team of Macmillan ( Not DMH Nurses ) nurses based in the community who deliver supportive therapy treatments in clinics to patients with a cancer diagnosis both haematology and oncology in Stoke on Trent and North Staffordshire. The team are based at Hanford Health Centre. Strong links with the oncology and haematology teams at the Cancer Centre at the University Hospital of North Midlands enable the CSTT to provide expert care and support to those people undergoing treatments for cancer. The team can also provide psychological and emotional support to people undergo treatment.

Telephone: **0300 123 0989** and select option 3 or email [cancersupportteam@ssotp.nhs.uk](mailto:cancersupportteam@ssotp.nhs.uk)