#### **Cancer Support Salisbury**

For anyone affected by cancer including their loved ones and carers. They offer



complementary therapies, counselling, yoga, meditation classes and twice weekly social drop ins. For full information, visit www.cancersupportsalisbury.com or call 07926 841 698 or email

info@cancersupportsalisbury.com

## We Hear you (Why?) Cancer Counselling

Offer free emotional support for anyone affected by cancer, from the age of four upwards. Including free one to one



adult counselling which is available in locations across Wiltshire and Somerset. Please call 01373 455 255 or email info@wehearyou.org.uk for further details.

## Maggie's Cancer Support Centre - Southampton



Support focussing on managing

Everyone's home of cancer care the emotional impact of diagnosis, managing symptoms/

side effects, and the financial implications of cancer.

Call 02382 124 549 or visit their website:

www.maggies.org

## The Wessex Stoma Support Group

Provide non-medical support and advice to patients and their families during all stages of ostomy surgery: prior to surgery,



#### Side by Side Café—Warminster

Meet on the 1st and 3rd Friday of each month (10am— 12pm), where you can chat to others with lived experience of cancer. For more information call 07825 561 267 or email warminsteropendoor@gmail.com

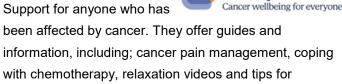
### **Wessex Cancer Support**

Offer free support for as long as needed for patients and their families at The Wellington Centre in Andover, Please call 023 8067

2200 or email careteam@wessexcancer.org.uk

#### Penny Brohn UK

Support for anyone who has



insomnia. They also hold wellbeing days at their centre in Bristol and personal consultations which can be in person or online. Visit their website for full information:

www.pennybrohn.org.uk or call them on 0303 3000 118.

## Can't find what you're looking for:

If you can't find the type of help you are looking for, the following websites have search engines where you can find resources which are available in your area:

www.swagcanceralliance.nhs.uk/resources/ www.cancercaremap.org



Author: Liz Beadle Role: Cancer Support Worker Date written: Unknown Last revised: November 2023 Review date: November 2025

Salisbury NHS Foundation Trust, Salisbury District Hospital, Salisbury, Wiltshire, SP2 8BJ www.salisbury.nhs.uk/wards-departments/departments/cancer-services/



# **Colorectal Cancer Patients:**

**Support services** 





Wessex

Cancer

Support

## **Support at Salisbury District Hospital:**

### **Cancer Support Team**

Offer emotional and practical advice Salisbury **NHS Foundation Trust** and support around your cancer through diagnosis, treatment and beyond. Call 01722 336 262 ext.2417 to speak to your Cancer Support Worker.

#### Wellbeing programme for cancer patients

The course runs over 6 weeks, each week has a two hour session. Topics include: sleep & fatigue, diet & nutrition, goal setting/pacing, aromatherapy, yoga and more. Please speak to your Cancer Support Worker for further information and if you are interested in attending.

#### Swimming and 1:1 gym sessions

Free protected time in the swimming pool and changing rooms on Fridays 2pm—3pm. Tailored gym sessions to meet your needs. For full details, speak to your Cancer Support Worker.

### Counselling and Psychology Services

We have both counselling and psychology services which we may be able to refer you to, who offer advice and support around diagnosis, treatment and beyond. Please contact your Cancer Support Worker or Clinical Nurse Specialist to discuss your situation and whether you are able to be referred to this service, please call 01722 336 262 ext.2417.

### **Anxiety Management Webinar**

Skills based webinar designed to manage anxiety and worry. Speak to your Cancer Support Worker if you would like to attend one of the 45 minute online sessions.

#### Cancer Care Facebook page

Our Facebook page is dedicated to promoting information resources, support networks and activities available to support those affected by cancer. Search



'Salisbury Foundation Trust Cancer Care' on Facebook, to like/follow the page.

## **Support services nationally:**

#### **Macmillan Cancer Support**

Are there to support with any questions you have around cancer, work, money or life. For information



resources, including in accessible formats, please visit: www.macmillan.org.uk Their experts can also offer advice via their support line on 0808 808 00 00 (open 7 days a week, 8am—8pm).

#### **Bowel Cancer UK**

The UKs leading bowel cancer charity who can



provide information and support. For full information, visit their website: www.bowelcanceruk.org.uk

## **Colostomy UK**

Offer information, support and a 24 hour a day helpline. Visit



their website www.colostomvuk.org or call 0800 328 4257.

## IA Group - The Ileostomy and Internal Pouch **Association**

Help anyone living with or supporting someone with an ileostomy or internal pouch to return to a fully active and normal life. Offers local and national support, literature, advice, guidance, local member meetings and quarterly journals. For information call 0800 018 4724, email



info@iasupport.org or visit www.iasupport.org

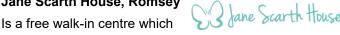
## **Support services locally:**

## **Macmillan Benefits Advice** Service—Wiltshire Citizens Advice



Offers free, confidential advice to people living with cancer and their loved ones about any allowances, benefits, or grants you could claim. Advisors can also help with forms and applications. For information, contact 01722 441 393 or macmillan@citizensadvicewiltshire.org.uk

#### Jane Scarth House, Romsey



offers practical and emotional support to anyone living with cancer, whether it is the patient or their family or carer. They offer counselling, meditation, aromatherapy, lymphatic drainage massage and more. Visit www.janescarthhouse.co.uk, call 01794 830 374 or email info@janescarthhouse.co.uk

#### **Look Good Feel Better**

They offer free confidence boosting skin care & make up



workshops for women, and skincare & grooming workshops for men —with a free goodie bag. Visit www.lookgoodfeelbetter.co.uk/