

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 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



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

Penny Brohn UK

Support for anyone who has been affected by cancer. They offer guides and information, including; cancer pain management, coping with chemotherapy, relaxation videos and tips for 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: Zara Holt
Role: Cancer Support Worker
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Salisbury NHS Foundation Trust, Salisbury District Hospital, Salisbury, Wiltshire, SP2 8BJ
www.salisbury.nhs.uk/wards-departments/departments/cancer-services/



Hepatopancreaticobiliary Cancer Patients: Support services available



Person Centred & Safe

Professional

Responsive

Friendly

Progressive

Support at Salisbury District Hospital:

Cancer Support Team

Offer emotional and practical advice 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).



Pancreatic Cancer UK

Offer information resources, online support sessions/webinars and they have a specialist nurse run support line which you can contact for advice on 0808 801 0707. For full information visit www.pancreaticcancer.org.uk



Guts UK

Have information resources for patients around diagnosis and treatment, as well as patient stories. For more information, visit www.gutscharity.org.uk



British Liver Trust

Have an online community, support groups, information resources and patient stories. Visit www.britishlivertrust.org.uk for details.



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



Is a free walk-in centre which 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

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