

## 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](http://www.cancersupportsalisbury.com) or call 07926 841 698 or email [info@cancersupportsalisbury.com](mailto: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](mailto: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](http://www.maggies.org)



## 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](mailto:careteam@wessexcancer.org.uk)



## 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](mailto:warminsteropendoor@gmail.com)

## North Dorset Prostate Cancer Support Group

Offer peer to peer support to those affected by prostate cancer, via monthly meet ups near Gillingham. For full details visit [www.northdorsetpcs.wixsite.com](http://www.northdorsetpcs.wixsite.com) or email [northdorsetpcs@gmail.com](mailto:northdorsetpcs@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](http://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/](http://www.swagcanceralliance.nhs.uk/resources/) [www.cancercaresmap.org](http://www.cancercaresmap.org)



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[www.salisbury.nhs.uk/wards-departments/departments/cancer-services/](http://www.salisbury.nhs.uk/wards-departments/departments/cancer-services/)

## Prostate Cancer Patients: Support services available



## 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](http://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).



### **Prostate Cancer UK**

Offer information resources, a wellbeing hub, one to one support, local support groups and a sexual support service. Visit [www.prostatecanceruk.org](http://www.prostatecanceruk.org) or call 0800 074 8383 to speak to one of their specialist nurses.



### **PCaSO Support**

Hold group meetings where you can talk to other men who have been diagnosed. They also have information resources, a helpline (0800 035 5302) and a WhatsApp support group. Visit [www.pcaso.org](http://www.pcaso.org)

### **The Urology Foundation**

Offer information resources to patients about urological cancer diagnoses. Visit [www.theurologyfoundation.org](http://www.theurologyfoundation.org)



### **Orchid: Fighting Male Cancer**

Is the UK's leading charity for patients with male cancers. They offer information resources and a confidential male cancer helpline - call 0808 802 0010 to speak to one of their advisors. Visit their website for full details: [www.orchid-cancer.org.uk](http://www.orchid-cancer.org.uk)



## 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](mailto: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](http://www.janescarthhouse.co.uk), call 01794 830 374 or email [info@janescarthhouse.co.uk](mailto: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/](http://www.lookgoodfeelbetter.co.uk/)

