

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



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



Trekstock

Gets young adults in their 20s and 30s moving again physically, socially and psychologically after cancer has stopped them in their tracks. Visit www.trekstock.com

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



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



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

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Cancer Services: Support services available for teens and young adults with cancer



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

Have a large selection of information booklets, audiobooks and podcasts to support you, some specifically tailored for young people. They also have an online community you can join to share experiences. 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).



Teenage Cancer Trust

Support young people with cancer, aged 13 - 24. They have lots of useful information resources specifically aimed at young people, specialist outreach nursing teams and online meet ups/exercise programmes. For full details visit www.teenagecancertrust.org



Young Lives vs Cancer

Support young people with cancer, aged 0 -25. They offer emotional support to patients and their families, opportunities to connect with other young people with cancer via participation groups and they can provide financial support grants too. For full information visit www.younglivesvscancer.org.uk



Children with Cancer UK

Support young people with cancer, aged 0-24. They offer information resources, financial support grants and days out for families. For full details visit www.childrenwithcancer.org.uk



Shine Cancer Support

Are aimed at young adults in their 20s, 30s and 40s to help them connect with others who are in a similar situation. They arrange coffee mornings, evening drinks, lunches and days out in Dorset and have Facebook groups and online support groups available. Contact dorset@shinecancersupport.org or visit www.shinecancersupport.org for more information



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

