

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



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 details, visit www.cancersupportsalisbury.com, call 07926 841698 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.



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



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

Maggie's Cancer Support Centre – Southampton

Support 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



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



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

Haematological 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 Their experts can also offer advice via their support line on 0808 808 00 00 (open 7 days a week, 8am—8pm).



Myeloma UK

Provide information and support to anyone affected by the incurable blood cancer, myeloma. Patients, families, friends, and carers can all draw on their information centre, support groups, discussion forums and Infoline for support when they need it. For full details visit www.myeloma.org.uk or call 0800 980 3332



Lymphoma Action

Are the UK's only charity dedicated to lymphoma. They have been providing trusted information and support for over 35 years, helping thousands of people affected by lymphoma. Visit www.lymphoma-action.org.uk or call 0808 808 5555



Leukaemia UK

Fund research into all blood cancers including lymphoma and myeloma, and essential care and facilities for blood cancer patients and their families. Visit www.leukaemiauk.org.uk or call 0208 189 9878



MPN Voice

Their mission is to provide clear and accurate information and emotional support to everyone who has been diagnosed with a myeloproliferative neoplasm (MPN) and their family/friends. Visit www.mpnvoice.org.uk or call 07934 689 354



Blood Cancer UK

A charity dedicated to funding research into all blood cancers including leukaemia, lymphoma and myeloma, as well as offering information and support to blood cancer patients. Visit www.bloodcancer.org.uk or call 0808 2080 888



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 email macmillan@citizensadvicewiltshire.org.uk

