



Harrogate and District  
NHS Foundation Trust

# **Harrogate**

## **The Sir Robert Ogden Macmillan Centre (SROMC)**

### **Cancer Services Directory 2019**

**Information, Services and  
Supportive Care for people  
affected by Cancer**

## Introduction to the Directory

This Directory has been written to assist anyone affected by cancer. It aims to assist by identifying services established to support patients and families at all stages of their cancer journey. Any assistance to improve future versions is welcome and your comments are appreciated. If you have any comments please contact Sarah Grant at The Sir Robert Ogden Macmillan Centre (SROMC), Harrogate Hospital either by phone

Tel: 01423 557317 or

Email: [cancerinformation@hdft.nhs.uk](mailto:cancerinformation@hdft.nhs.uk)

or pass on your suggestions to any health professional involved in your care.

## The Sir Robert Ogden Macmillan Centre (SROMC)

The Sir Robert Ogden Macmillan Centre (SROMC) offers information and supportive health and wellbeing services to patients and families affected by a cancer diagnosis. The Centre is located on the site of Harrogate Hospital accessible off Willaston Crescent via Lancaster Park Road. There is a small carpark to the front of the building or the main hospital carpark is situated in front of the general Hospital entrance. There are a limited number of disabled parking spaces and a drop off zone at the entrance of the SROMC. All staff are always happy to assist with any supportive or practical needs you may have and can help find the right services or person to speak to if you have clinical enquiries. We offer a welcoming and relaxing reception area where everyone can enjoy a warm drink or simply sit and read a magazine and listen to the music. Wifi is also available for patients attending for treatment at the unit.

To contact the SROMC Reception

Tel: 01423 557300 [www.hdft.nhs.uk/services/cancer-services/sromc/](http://www.hdft.nhs.uk/services/cancer-services/sromc/)



## **Macmillan Cancer Information Support Service (MCISS)**

The Centre has a wide range of easy to understand information resources to help meet your needs. Staff in The Centre will assist you with your information searching and help to put you in touch with those who can support you in the very best way possible. Resources are free and available to anyone affected by a cancer diagnosis or staff involved with their care. Information resources in a non-written format and a range of languages are also available, please ask if need an alternative version.

Contact Tel: 01423 557317

Email: [cancerinformation@hdfnhs.uk](mailto:cancerinformation@hdfnhs.uk)

## **Macmillan Benefits Advice Service**

A Macmillan Welfare and Benefit Adviser is available in the SROMC Monday to Thursday 9am – 4.30pm. This service provides information on benefits and financial support for cancer patients and their carers. Advice is also available for reducing financial outgoings, claiming grants and assistance from a range of other sources of support. Access to the service is by referral from the healthcare professional looking after you, appointments or contact will be arranged to coincide with clinic appointments or treatment to best meet the needs of the individual. A range of booklets to cover financial matters are also available at the centre to pick up anytime free of charge.

To arrange an appointment or for advice

Tel: 01423 557318 or

Email: [benefitsadvice@hdfnhs.uk](mailto:benefitsadvice@hdfnhs.uk)



## **Macmillan Financial Guidance**

Support and information is available through the Macmillan Cancer Support Line. Specialist advisers can provide support with pensions, savings, investments, insurance, borrowing and banking & mortgage support.

To call the Macmillan Cancer Support Line

Tel: 0808 808 0000

[www.macmillan.org.uk](http://www.macmillan.org.uk)

## **The Oncology and Haematology Departments**

The hospital provides clinical outpatient services for Oncology & Haematology patients in the SROMC. Oncology & Haematology patients may also be admitted for some treatments onto Oakdale ward at Harrogate Hospital.

For queries about appointments and cancellations please contact the SROMC Reception

Tel: 01423 553700

## **Macmillan Clinical Nurse Specialists**

Macmillan Clinical Nurse Specialists are registered nurses who have specialist training in a chosen field. They help patients at every stage of their illness to live with and beyond a cancer. Macmillan Clinical Nurse Specialists offer information about illness, investigations and treatment. Support and advice is available for anyone affected by cancer. A 'CNS', (as they are often referred to) will be one of your main contacts, often referred to as your 'Key Worker' following a cancer diagnosis and during your time at the hospital and following on at home. Your CNS may change at different times throughout your cancer treatment depending on the specialist support needed to manage different problems as they arise. They offer advice on managing any symptoms you may have as a result of your illness, offer practical support and liaise with people involved in your care for example your GP, hospital doctors, District Nurse or Palliative Care Nurse.

## **Acute Oncology Helpline – 01423 555444**

The Acute Oncology helpline is an emergency helpline for patients undergoing chemotherapy or anticancer treatments, who feel unwell. Cancer treatment can cause patients to be particularly at risk of developing serious infection, deep vein thrombosis and other complications which require a specialist review and assessment. All patients receiving cancer treatment at the SROMC will be given to emergency Acute Oncology Helpline Number to call if they begin to feel unwell. The health professional answering the call will advise the patient on what to do next. This may mean attending the SROMC or hospital for a medical assessment.

Contact Tel: 01423 555444



## **Clinical Psychology in Cancer Service**

Emotional and psychological support is provided by your specialist cancer nurse, however extra support may be required from our clinical psychology service. Based in the Centre, this service offers psychological and emotional support to patients and families affected by cancer. It is available to anyone who has a diagnosis of cancer (registered with a local GP) and to family members & carers of patients. Talking to our Clinical Psychologist provides an opportunity to “tell it like it is,” without worrying that you are upsetting or burdening someone close to you. Cancer Psychologists are also available to your family members or carers. The service is available throughout the week. If you would like to access this support, please ask for a referral from to be completed by a health professional involved in your care.

Contact Tel: 01423 555719



## **Psychosexual Counselling Service**

Illness or disability can create changes in intimate relationships or how you feel as a person. This can happen whether the illness is chronic or acute, or a disability develops suddenly or slowly. We have a psychosexual therapist to support the recovery of patients and help with the impact on their intimate relationship. The service is confidential and a direct referral can be made by a health care professional involved in your care.

Contact Tel: 01423 557300 or 553318



## Macmillan Dietitian

A Macmillan dietitian is available within the SROMC to provide advice and support to empower patients to eat well, manage symptoms and help to improve and maintain both nutritional status and quality of life at each stage of their cancer journey.

The Macmillan dietitian can see patients attending for treatment on the clinical unit or in a clinic appointment.

If you would like more information, or a referral to see the dietitian please speak to the nurse looking after you.

Contact Tel: 01423 553329

## Complementary Therapy Service

The Sir Robert Ogden Macmillan Centre offers a comprehensive range of complementary therapies to people affected by cancer. The service is available to patients and carers, free of charge and is provided by a fully qualified professional employed by Harrogate and District Foundation NHS Trust.

Complementary Therapies are used alongside conventional medical treatments such as; surgery, chemotherapy, radiotherapy and hormone treatments. It is important to remember that complementary therapies are not a cure for cancer or used instead of conventional cancer treatment. They may help to relieve some of the physical and emotional problems associated with a cancer diagnosis or the side effects of treatment.

There are a wide range of Complementary Therapies available, all of which offer different ways of helping people. Complementary therapies are suitable for most people, but for some medical conditions complementary therapies should be avoided or changed to suit your personal needs. If you are considering having complementary therapies ask the healthcare professional looking after you to make a referral to the service. Patients may have up to 6 sessions and carers/relatives 4 sessions free of charge. This Complementary Therapy service is supported by donations to the SROMC Charitable Fund.

The service operates weekdays 9.00am – 4.30pm

Tel: 01423 557316 or

Email: [cancerinformation@hdft.nhs.uk](mailto:cancerinformation@hdft.nhs.uk)



## Hair Loss Support

The Centre offers a range of hair loss support services.

A wig fitting service is provided by the Orthotics department in the SROMC on alternate Wednesday afternoons. Referral to the service is made through your specialist cancer nurse or one of the chemotherapy nurses based in the unit.

You will be given a 'G' Number and an appointment will then be made for you here in the SROMC with a representative from Hair Plus in Leeds, or if you prefer you can take your 'G' number to an alternative wig provider who supplies the NHS range wigs. The NHS prescription charge incurred for a wig is now paid for within this Trust, the remainder of the wig cost is covered by the NHS.

For more information contact the Orthotics department, Tel: 01423 553445



## S.A.S.H. (Silks And Scarf Headwear)

Items are available to buy from the Macmillan Patient Information area in the Centre. Here you will find a wide range of headwear created specifically for patients affected by hair loss. If we don't have a particular item to suit your taste, we can order directly to our supplier. These orders usually arrive within a couple of days can still be purchased at our competitive rate.

Contact Tel: 01423 557317

Email [cancerinformation@hdfn.nhs.uk](mailto:cancerinformation@hdfn.nhs.uk)



## **'Feel More Like You' – Pamper Therapy Sessions**

'Feel More Like you' helps female cancer patients in the most practical and positive way. This in turn, boosts confidence and wellbeing in a wonderfully supportive environment. Sessions are held on the first and fourth Tuesday of the month in the Sir Robert Ogden Macmillan Centre. Therapists from Rudding Hotel and Spa provide appointments for mini facials, manicures, hand, foot and arm massages. Head wear advice and products are also available to try and buy at the same time. For further information or to book a place, call us or drop-in.

Tel: 01423 55 7313 or Email: [cancerinformation@hdft.nhs.uk](mailto:cancerinformation@hdft.nhs.uk)



Boots NO'7 and Macmillan Cancer Support have a partnership to offer make up and beauty advice for patients affected by cancer and its treatment. To access more information about this service, please click on the link

<http://www.boots-uk.com/corporate-social-responsibility/what-we-do/community/community-and-charity-partners/macmillan-cancer-support/>



## **Art Therapy**

Art Therapy is available for patients who are also accessing the Clinical Psychology Service at the Sir Robert Ogden Macmillan Centre. It is a form of emotional support that can be helpful for people who are struggling with difficult and challenging situations. For people living with cancer, art therapy offers a way of communicating and exploring confused or difficult thoughts and feelings. Referral to this service is via the Clinical Psychology Team contact  
Tel: 01423 55719 for details.



## **Hospital Chaplaincy Service**

Hospital Chaplains respond to requests for visits within all departments. They offer pastoral and spiritual support to patients, carers and staff as they are concerned about the spiritual welfare of everyone in the hospital. The Chaplains offer; A listening ear, their time, Friendship, Prayer and Sacraments. The hospital Chapel and Prayer Room are on the ground floor just off the hospitals main corridor and are always open. Holy Communion can be taken on the wards at patients' request. An Ecumenical Christian Service takes place every Sunday morning at 10am in the Hospital chapel.

There is always a Chaplain on call 24 hours 7 days a week and they can be contacted via Switchboard (01423 885959). The chaplaincy can also contact faith representatives if requested. If you or someone you are supporting would like a visit from the one of the Chaplains, you can contact them on the following number Chaplaincy Office via switchboard

Tel: 01423 885959.

The On-call Chaplain is also available on 01423 885959 via Switchboard.

## **Speech and Language Therapy Services (Adult)**

For difficulties experienced when drinking or eating such as coughing or choking the speech and language Therapy Service can offer advice and help. For a referral contact your GP, Cancer Nurse Specialist or Chemotherapy Nurse looking after you.

## **Harrogate Hospital and Community Specialist Palliative Care Team**

The service specialises in caring for patients living with cancer or with a life threatening illness. They support patients and their family or carers. Their aim is to improve the quality of life by relieving symptoms. These may be physical or emotional, such as pain, nausea and anxiety. They assist with future care arrangements, possibly involving hospice care or nursing homes as appropriate. The palliative care team work alongside other medical professionals supporting you either within the hospital setting or at home.

To contact the team

Tel: 01423 553464

## **End of Life Support Volunteers**

A small team of volunteers are available within Harrogate hospital to provide comfort and support to patients and their loved ones during the last week of someone's life. Their role enables company for those who are alone and offers respite and support for those visiting. Comfort bags have also been introduced to provide practical items of support for those called in to visit and who wish to stay with the patient overnight. Referrals are made to this service by the hospital ward via the Macmillan Cancer Patient Information and Health and Wellbeing Manager.

Contact Tel: 01423 557317



## **Patient Experience**

If you have a concern, compliment, complaint or comment about your experience or any part of your care at Harrogate District Hospital, please ask to speak to the manager or complete a feedback form found at the front of the hospital. If you wish to telephone or would like to have a call back, you can call the Patient Experience Team between 9.30am – 4pm Monday to Friday

Contact Tel: 01423 555499.

An answerphone is available outside of these hours.

Or Email: [thepatientexperienceteam@hdfn.nhs.uk](mailto:thepatientexperienceteam@hdfn.nhs.uk)

Alternatively you can write to the Chief Executive or Chairman. All information is confidential.

## **Living With and Beyond Cancer – Part of the Health and Wellbeing Initiative**

More people than ever before are living with and beyond a cancer diagnosis. The impact of cancer does not suddenly stop when the treatment is over. As well as individualised and support for patients during treatment, Harrogate and District NHS Foundation Trust have introduced a programme of support to help improve the experience of people recovering from cancer as they adjust to life after completing their main treatment.

As part of cancer follow up care, patients are referred by their Consultant or Clinical Nurse Specialist (CNS) to a Health and Wellbeing Programme specific to their cancer diagnosis. The aim is to help patients move on after treatment and learn about positive lifestyle changes for the future.

## **The Health and Wellbeing Programme**

The Health and Wellbeing Programme gives information about;

- The possible long-term consequences of treatment
- The emotional effects that cancer and its treatment might have and where to seek help if needed
- Being aware of the signs and symptoms to look out for in case the cancer has returned and who to contact
- Advice on eating well and adopting a healthy lifestyle
- Claiming benefits and financial support
- Returning to work or education
- Information on local services, e.g. support and physical activity groups
- Advice about travel and travel insurance

After attendance at this programme your follow up will be tailored to your individual needs as agreed with your Consultant and CNS.

## **Thinking Ahead for Patients and Carers**

This programme has been designed to support those patients who have incurable cancer who may or may not be receiving treatment (e.g. chemotherapy, radiotherapy or immunotherapy) and their carers.

The programme aims to;

- Help keep patients feeling as well as possible for as long as possible
- Encourage living life to the full in a supported, self-managed way
- Offer support to families
- Give advice on local services and how to access them if needed
- Allow an opportunity to consider future planning towards the end of life
- Give an opportunity to meet key people/services who may be able to help in the future
- Offer time to share questions and concerns

To contact the Health and Wellbeing Programme Team

Contact: 01423 555451



## **Physical Activity and healthy Living**

Cancer rehabilitation and exercise can reduce the side effects of the disease and treatments. It can also improve your functional ability, quality of life and wellbeing.

LEAR Fitness, in Harrogate has worked with the Sir Robert Ogden Macmillan Centre and Breast Cancer Care to develop exercise recovery programmes for both men and women affected by cancer to help them take the first steps on the road to recovery.

These programmes are offered Free of charge and are led by qualified Chartered Physiotherapist. They also offer an opportunity to meet and exercise with other like-minded people who have experienced similar diagnosis and treatments.

To join a course or for more information contact LEAR Fitness;

4-7 Montpellier Street

Montpellier Quarter,

Harrogate

HG1 2QY

Tel: 01423 709844 or Email: [Harrogate@learfitness.pro](mailto:Harrogate@learfitness.pro)



## **Active Against Cancer**

Active Against Cancer is the first NHS service of its kind. Delivered by Harrogate and District NHS Foundation Trust and funded by Yorkshire Cancer Research, Active Against Cancer provides personalised activity programmes and exercise guidance for cancer patients. The service is available to patients at all stages of their cancer journey, no matter their fitness level. Active Against Cancer has a specialist team of dedicated physiotherapists and trainers working from their picturesque base at the Harrogate Squash and Fitness Centre. They offer a wide variety of classes, activities and at-home based programmes, so there is something to suit everyone.

Patients can be referred to Active Against Cancer by any of their healthcare professionals, or are able to self-refer via the AAC website. For more details please contact:

Dr Emma Radcliffe

Service Manager

Tel: 07787666260

Email: [info@activeagainstcancer.org.uk](mailto:info@activeagainstcancer.org.uk)

website [www.activeagainstcancer.org.uk](http://www.activeagainstcancer.org.uk)



Funded by



## Harrogate Local Support Groups

The following local support groups are available within the hospital for patients, carers and families; contact them for details of forthcoming meetings.

### ❖ **Oesophageal Patient Association (OPA)**

Members of the OPA hold an informal drop in session for patients and their carers affected by Oesophageal Cancer, on the 3<sup>rd</sup> Thursday each month in the Ripley Room in the SROMC between 11.30 am - 1.30 pm. No need to book just come along.

### ❖ **Golden Girls**

Do you need someone to talk to? Have you been affected by a Gynaecology Cancer? Golden Girls offers support for women by giving them the chance to share experiences and issues with others in a similar situation. For more details contact Marion Webb, Tel: 01423 555 732

### ❖ **Mesothelioma Support Yorkshire**

Mesothelioma is a form of cancer which affects the thin membranes, lining the chest (pleural mesothelioma) or the abdomen (peritoneal mesothelioma). It is usually caused by exposure to asbestos. We give practical support and advice to Patients and their Carers on; New Treatments, Relaxation, Complementary Therapies, Breathlessness, Nutrition and Legal Advice. We meet every 6 weeks at the Plaza Hotel, Leeds between 2 –4pm. The meetings are all free of charge and refreshments are provided. If you would like to know more about the group, or would like to come, but might have difficulty getting to Leeds City Centre, please contact Simon Bolton

Tel: 01423 555872 or

Email: [Simon.bolton@hdfn.nhs.uk](mailto:Simon.bolton@hdfn.nhs.uk)

### ❖ **Prosper Prostate Cancer Support Group**

This is a friendly support group for patients and supporters who meet to chat about experiences and offer reassurance to each other. There are also talks by professionals and organisations on relevant subjects. The group meet monthly between 7 –9pm in Harrogate.

For more details contact Alison Marchant

Tel: 01423 55 3318

### ❖ **Breast Cancer Care Living with Secondary Breast Cancer**

Meetings are held on the 3<sup>rd</sup> Wednesday of the month near Harrogate & York  
Time: 11.00am

Contact

Tel: 0345 077 1893 OR 0808 800 6000

❖ **The PPR Foundation**

Providing funding for brain tumour research and offering a support service for those affected by a brain tumour.

Contact: The Old Stables, Ripley, North Yorkshire HG3 3AX

Tel: 01423 771957 or Mobile: 07785368814

Email: [pam@thepprfoundation.com](mailto:pam@thepprfoundation.com)

[www.thepprfoundation.com](http://www.thepprfoundation.com)

❖ **Harrogate and Ripon Centres for Voluntary Service (HARCVS)**

‘Promoting local voluntary action.’ This offers information about all aspects of the voluntary services available within the Harrogate and Ripon community. It provides information and support about the voluntary services within the local area, volunteering opportunities and sources of funding for voluntary organisations to access.

Contact: Community House, 46-50 East Parade Harrogate HG1 5RR

Community House, Sharow View Allhallowgate, Ripon HG4 1LE

Tel: 01423 504074

Email: [cvs@harcvs.org.uk](mailto:cvs@harcvs.org.uk)

[www.harcvs.org.uk](http://www.harcvs.org.uk)

## **Local and National Support Organisations**

The following local and national support organisations are available to support patients, carers and families; contact them for details of how they can best help you through.

### **◆ A**

#### **Age UK**

Supports older people in a variety of ways from befriending to practical house related tasks. 'Seniorline' helps support the welfare needs of older people.

National Tel: 0808 800 6565 [www.ageuk.org.uk](http://www.ageuk.org.uk)

Harrogate Branch Tel: Based at Harrogate Community House 46 - 50 East Parade, Harrogate, HG1 5RR

Contact: Information and Advice Tel: 01423 502253

General Office Tel: 01423 530628

Insurance Tel: 01423 411430

Email: [harrogate@ageuknorthyorkshire.org.uk](mailto:harrogate@ageuknorthyorkshire.org.uk)

Opening Times:-

General Enquiries Mon-Fri 10:00am - 1.00pm

Information and Advice Mon-Fri 10.00am - 1.00pm

Insurance Services Mon-Fri 10.00am - 1.00pm

### **◆ B**

#### **The Bladder and Bowel Foundation**

A UK wide charity that provides information and support on a range of symptoms and conditions related to the bladder and bowel.

Contact

Tel: 0845 345 0165

[www.bladderandbowelfoundation.org](http://www.bladderandbowelfoundation.org)

#### **Bowel Cancer UK**

Raising UK awareness of bowel cancer, campaigns for better treatment and provides information and support.

Contact

Tel: 0800 840 3540

[www.bowelcanceruk.org.uk](http://www.bowelcanceruk.org.uk)

### **Beating Bowel Cancer**

Working in partnership with clinical communities, local communities and the government to improve public awareness and early detection of bowel cancer.

Contact

Tel: 08450 719301

Helpline: 020 8973 0011

Email: [nurse@beatingbowelcancer.org](mailto:nurse@beatingbowelcancer.org)

[www.beatingbowelcancer.org](http://www.beatingbowelcancer.org)

### **Breakthrough Breast Cancer**

Dedicated to finding the causes of breast cancer, research, improving treatment and services.

Contact

Tel: 08080 100 200

[www.breakthrough-org.uk](http://www.breakthrough-org.uk)

### **Breast Cancer Care**

The leading provider of free breast cancer information and support across the UK.

Contact

Tel: 0808 800 6000

[www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)

### **Breast Cancer Haven – Leeds**

Offers free of charge therapies that help people to deal with the physical and emotional side-effects of breast cancer. The Haven provides a tailored programme for everyone who comes through the door. They have an outreach programme for people who cannot get into the Haven itself so they can still benefit in their own homes.

Contact

Tel: 0113 284 7829

[www.breastcancerhaven.org.uk](http://www.breastcancerhaven.org.uk)

### **British Thyroid Foundation**

BTF is there to support anyone with a thyroid disorder, for people interested in finding out more about thyroid disorders as well as parents, families and friends alongside medical professionals.

Contact: Tel: 01423 709 707

Local Contact group: - Leeds (Wharfedale)

Tel: 0113 288 6393

Before 8pm. Overactive thyroid, underactive thyroid.

[www.btf-thyroid.org](http://www.btf-thyroid.org)

### **British Lung Foundation**

The BLF is the only UK charity for everyone affected by lung disease. They focus on providing support. They fund research and try to bring about positive changes by campaigning to improve treatment, care and support for those affected.

Contact

Tel: 0845 850 5020

[www.lunguk.org](http://www.lunguk.org)

### **Brain Tumour UK**

Offer personalised support online, on the phone, by email and through support groups. They fund research to improve the quality of life for patients and identify better treatments. They aim to change things for the better for those affected by a brain tumour.

Contact

Tel: 0845 4500 386

[www.braintumouruk.org.uk](http://www.braintumouruk.org.uk)

### **Brain Tumour Action**

Provide information and support to patients, family & friends. A trained counsellor is available to help and they fund treatment research. BTA provide information on living with a brain tumour and co-ordinate support groups across the UK.

Contact

Tel: 0131 466 3116

[www.braintumouraction.org.uk](http://www.braintumouraction.org.uk)

### **Brain Tumour Charity**

Offers a wide range of services, for everyone affected by a brain tumour, whether it's low or high grade, adult or child. A Support & Info Line offers a confidential way to ask questions or raise concerns about a diagnosis, treatments, including access to clinical trials, how a brain tumour may affect daily life and how you can support a loved one.

Contact

Helpline Tel: 0808 800 0004

[www.thebraintumourcharity.org](http://www.thebraintumourcharity.org)

## ◆ C

### **Cancer Counselling Trust**

Provides telephone counselling sessions to cancer patients, families and friends. Up to eight sessions permitted, on a weekly basis following an assessment. They have a sliding scale of fees.

Contact

Tel: 0207 704 1137

[www.cctrust.org.uk](http://www.cctrust.org.uk)

### **Cancer Laryngectomy Trust**

Offer free help to those who have a laryngectomy due to cancer of the larynx and those who care for them.

Contact

Tel: 01422 205522

[www.cancerlt.org.uk](http://www.cancerlt.org.uk)

### **Cancer Research UK**

Help people cope with the effects of cancer by providing information and support for patients, families, health professionals and the general public. They are involved in research and influence public policy by campaigning to keep cancer at the top of the health agenda. Cancer Help UK provides good up to date patient information.

Contact

Tel: 0808 800 4040

[www.cancerresearchuk.org](http://www.cancerresearchuk.org)

### **Carers Resource**

Whether you care for a parent, a relative or a child with special needs, the Carers' Resource can give you information, advice and support. This FREE independent and confidential service is designed to give you support, not only to care but to look after your own needs.

Contact

Tel: 01423 500555

[www.carersresource.org](http://www.carersresource.org)

### **Carers UK**

A national organisation with local branches offering advice and support. Their website offers comprehensive information and downloadable leaflets.

Contact

Tel: 0808 808 7777

[www.carersuk.org](http://www.carersuk.org)

### **Changing Faces**

A UK charity that supports & represents people who have disfigurement of the face or body from any cause.

Contact

Tel: 0207 391 9270

Support Service Helpline: 0300 012 0275

[www.changingfaces.org.uk](http://www.changingfaces.org.uk)

### **Cinnamon Trust**

Provides a network of 15,000 volunteers “hold hands” with owners to provide vital loving care for their pets. We keep them together – for example, we’ll walk a dog every day for a housebound owner, we’ll foster pets when owners need hospital care, we’ll fetch the cat food, or even clean out the bird cage, etc.

When staying at home is no longer an option, our Pet Friendly Care Home Register lists care homes and retirement housing happy to accept residents with pets, and providing previous arrangements have been made with us we will take on life time care of a bereaved pet.

Contact

Tel: 01736 757 900

[www.cinnamon.org.uk](http://www.cinnamon.org.uk)

### **Citizens Advice Bureau (CAB)**

Provide free, confidential and impartial advice. Our goal is to help everyone find a way forward, whatever problem they face. People come to us with all sorts of issues. You may have money, benefit, housing or employment problems. You may be facing a crisis, or just considering your options.

Contact: Craven and Harrogate Districts (Harrogate) Citizens Advice

Audrey Burton House Queensway, HARROGATE,

North Yorkshire, HG1 5LX

Advice line Tel: 03444 111 444

York and North Tel: 01423 560840

Message line [Yorkshireadvice@cravenandharrogatecab.cabnet.org.uk](mailto:Yorkshireadvice@cravenandharrogatecab.cabnet.org.uk)

### **CLIC Sargent**

The UK’s Leading children’s cancers charity, offering practical and emotional support.

Contact

Tel: 0800 197 0068

[www.clicsargent.org.uk](http://www.clicsargent.org.uk)

### **Colostomy Association's**

The primary role is to represent the interests of people living with a colostomy. They provide support, reassurance and practical information to anyone who has or is about to have a colostomy. They help raise awareness of what it is like to have a colostomy and to champion issues that affect people and their carers.

Contact

Tel: 0800 325 4257 Helpline

[www.coloncancer.org.uk](http://www.coloncancer.org.uk)

[www.cancerhelp.org.uk](http://www.cancerhelp.org.uk)

### **Crossroads**

Britain's leading provider of support for carers and the people they care for. They help carers to have a life outside caring. They have a large number of trained professionals that provide flexible services for people of all ages with a range of disabilities and health conditions.

Contact

Tel: 0845 450 0350

[www.crossroads.org.uk](http://www.crossroads.org.uk)

## **◆ D**

### **DIAL UK – Disablement Information Action Line**

Provide information and advice to disabled people and others on all aspects of living with a disability.

Contact:

Tel: 01302 310123

[www.dialuk.info](http://www.dialuk.info)

### **Disabled Living Foundation**

Provide information and advice to disabled people and others on all aspects of living with a disability.

Contact

Tel: 0845 1309177

[www.dlf.org.uk](http://www.dlf.org.uk)

## **Dying Matters**

Dying matters is a growing coalition aiming to change public knowledge, attitudes and behaviour towards dying and bereavement for the better. It offers information and resources about all aspects of dying and bereavement to the public and healthcare professionals, and holds an awareness week each May in the UK.

For more information

Contact

Tel: 0800 0214466

[www.dyingmatters.org](http://www.dyingmatters.org)

## **◆ E**

### **Ethical Tissue**

Ethical Tissue is the name of the Biomedical Human Tissue Bank held at the University of Bradford. It is committed to find new ways of treating and curing illnesses such as cancer. To do this scientists require small samples of human tissue which can be donated after death.

For more information

Contact

Tel: 01274 235849 or 235897

Email: [enquiries@ethicaltissue.org](mailto:enquiries@ethicaltissue.org)

## **◆ G**

### **Gynae C**

supports women, partners & carers with a gynaecological cancer. Through confidential telephone helpline, email, letter or website.

Contact

Tel: 01793 491116

[www.gynae.co.uk](http://www.gynae.co.uk)

## **GayScan**

A national helpline to support for Gay people with Cancer, their partners and friends. They run a local support network.

Contact

Tel: 0208 368 9027

## **◆ H**

### **Haematology Cancer Support Group**

A support group for patients and carers affected with Lymphoma, Myeloma, Leukaemia or any other blood cancer diagnosis. Held 2pm -3.30pm on the second Thursday of alternate months, launching Thursday 11th July 2019 then every September, November, January, March, May and July.

Contact

Tel: Karen: 07710 393891

Lymphoma Action: 0808 808 5555

### **HELP (Harrogate Easier Living Project)**

Help to get out and about. Provides door to door transport and accompanied outings. Volunteer drivers assist residents in Knaresborough, Harrogate and the surrounding villages to get to medical appointments, day centres and lunch clubs, shops and other essential trips. There is a small cost to cover mileage.

Booking office opens Monday to Friday 9am – 3pm

Contact

Tel: 01423 813090

[www.helpharrogate.org.uk](http://www.helpharrogate.org.uk)

### **Home from Hospital Service**

For residents of North Yorkshire, who require short-term practical help and support to assist their return home from hospital. A team of staff and volunteers provide reassurance and practical help initially up to 4 visits. Referral is by a member of the hospital discharge team. To make a referral or for more information

Contact

Tel: 01423 863177

Email [reachfh@ageukknaresborough.org.uk](mailto:reachfh@ageukknaresborough.org.uk)

◆ I

**Ileostomy and Internal Pouch Support Group**

A UK registered charity whose aim is to help people who undergo surgery to remove their colon and creation of an ileostomy or an ileo-anal pouch.

Contact

Tel: 0800 018 4727

[www.the-ia.org.uk](http://www.the-ia.org.uk)

**Impotence Association**

Assist people affected by issues relating to impotence.

Contact

Tel: 0870 774 3571

[www.impotence.org.uk](http://www.impotence.org.uk)

◆ J

**Jo's Cervical Trust**

For women & their families affected by cervical cancer. Provides information, support & friendship to women of all ages, help them understand the importance of screening, providing support if screening shows abnormalities.

Contact

Tel: 0800 802 8000

[www.jostrust.org.uk](http://www.jostrust.org.uk)

**Just 'B'**

Offers and pre and post bereavement support to children, young people and adults who are dealing with issues around terminal illness. It also offers information and advice for professionals working with them.

Services are free of charge and also include, written and verbal information about pre and post bereavement, telephone support, face to face support,

Group support,

Counselling and psychology services where appropriate.

Contact

Tel: 01423 856 790

Email: [info@justb.org.uk](mailto:info@justb.org.uk)

[www.justb.org.uk](http://www.justb.org.uk)

## ◆ K

### **Kidney Cancer UK**

Committed to providing all kidney cancer patients and healthcare professionals with reliable and up-to-date information about kidney cancer and its treatments through the provision of our informative literature and website.

Contact

Tel: 01889 565801

[www.kcuk.org](http://www.kcuk.org)

## ◆ L

### **The Lymphoma Association**

Works to ensure anyone affected by lymphatic cancer has relevant, accurate, timely information & support. They provide accurate medical information & emotional support to patients, families, friends & carers.

Contact

Tel: 0808 800 5000

[www.lymphomas.org.uk](http://www.lymphomas.org.uk)

### **Lymphoedema Support Network**

Education & support for patients through information & self-help

Contact

Helpline Tel: 020 7351 4480

[www.lymphoedema.org.uk](http://www.lymphoedema.org.uk)

### **Leukaemia Care**

Exists to provide care and support to those affected by leukaemia, lymphoma, myeloma and the allied blood disorders. Their work extends to families and carers as that of patients.

Contact

Tel: 08088 010 444

[www.leukaemia.org.uk](http://www.leukaemia.org.uk)

## ◆ M

### **MARCS Line**

Melanoma and Related Cancers of the Skin

Contact

Tel: 01722 415071

[www.wessexcancer.org](http://www.wessexcancer.org)

### **Mesothelioma UK**

A national resource centre dedicated to providing specialist Mesothelioma information, support & improved care and treatment.

Contact

Tel: 0800 169 2409

[www.mesothelioma.uk](http://www.mesothelioma.uk)

### **Myeloma UK**

Offers a broad and innovative range of services cover every aspect of myeloma, from information and support to improving standards of treatment and care through research, education, campaigning and raising awareness.

Contact

Tel: 0800 980 3332

[www.myeloma.org.uk](http://www.myeloma.org.uk)

### **Macmillan Cancer Support**

Helps people living with cancer, their families, friends and carers to find a way through the vast amounts of cancer information available. Trained advisers and volunteers can help identify information that may meet your needs and details of the organisation that can best provide it. They can also put you in touch with a UK cancer self-help or support group.

Contact

Tel: 0808 808 00 00

[www.macmillan.org.uk](http://www.macmillan.org.uk)

## ◆ N

### **National Cancer Registration and Analysis Service**

The National Cancer Registration Service collects information on all cancers in England. The information it collects helps them to better understand cancer and to make sure people living with cancer receive the best possible care and support. It also helps to identify the causes of cancer, know how many types of cancer there are and to help doctors find the most effective treatments. All the information collected is secure and confidential. For more information

Contact talk to your Consultant or Clinical Nurse Specialist or go to

[www.ndrs.nhs.uk](http://www.ndrs.nhs.uk)

### **NHS 111**

111 is the NHS non-emergency number. It's fast, easy and free. Call 111 when you need medical help fast but it's not a 999 emergency 24hour 365days a year, this is a helpline providing information & advice on all aspects of healthcare.

Contact

Tel: 111

### **NHS Carers Direct**

Website provides help with benefits, legal matters & carers rights issues as well as advice & support for keeping healthy and well. Helpline and blog avail.

Contact

Helpline Tel: 0808 802 0202

[www.nhs.uk/conditions/social-care-and-support-  
guide/Pages/what-is-social-care.aspx](http://www.nhs.uk/conditions/social-care-and-support-guide/Pages/what-is-social-care.aspx)

## ◆ O

### **Orchid - Cancers**

Support for those affected by testicular and penile cancers.

Contact: Tel: 0207 601 7167

[www.orchid-cancer.org.uk](http://www.orchid-cancer.org.uk)

### **Oesophageal Patients Association**

Offer a telephone support line staffed by volunteers & regional patient support groups. Website with information leaflets.

Contact

Tel: 0121 704 9860

[www.opa.org.uk](http://www.opa.org.uk)

### **The Osborne Trust**

Provides support to children aged 16 years and younger whose parent/s are undergoing cancer treatment by providing up to 3 local activities, a comfort toy and a journal for children over 9 to help manage their feelings.

Contact

Tel: 07712 089273

Self-referral by email via [www.theosbornetrust.com](http://www.theosbornetrust.com)

### **Ovacome**

Provides information and support for everyone affected by ovarian cancer. Their website is designed to support women with ovarian cancer, families, friends & professionals.

Contact

Supportline Tel: 0845 371 0554

[www.ovacome.org.uk](http://www.ovacome.org.uk)

## **◆ P**

### **Prostate Cancer Charity**

Involved in research and public & political awareness of the disease. Established to improve care and welfare of those affected.

Contact

Helpline Tel: 0800 074 8383

[www.prostate-cancer.org.uk](http://www.prostate-cancer.org.uk)

**Pancreatic Cancer UK** Support, information, awareness & research.

Contact

Tel: 0203 177 1686

[www.pancreaticcancer.org.uk](http://www.pancreaticcancer.org.uk)

## ◆ Q

### **QUIT SUPPORT – Stop smoking with Roy Castle Cancer Foundation**

Giving help and support to those wanting to stop smoking with local support from other quitters, how to access free nicotine replacement therapy (NRT)

Join the online stop smoking community via

[www.healthunlocked.com/quitsupport](http://www.healthunlocked.com/quitsupport)

## ◆ R

### **Roy Castle Lung Cancer Foundation**

Offers practical & emotional support for people affected by lung cancer.

Contact

Tel: 0800 358 7200

[www.roycastle.org](http://www.roycastle.org)

## ◆ S

### **Sail 4 Cancer**

Sail 4 Cancer provides respite breaks for families affected by cancer.

Families affected by cancer can never take a day "off" and it dominates all aspects of their lives. Sail 4 Cancer helps support families to undertake a last family holiday together and create memories for the children.

They offer a respite programme consists of family sailing days, riverboat adventures, cruises, park and resort breaks and sailing weekends for youngsters recovering from cancer. We also support young carers who sacrifice their childhood for the sake of their families by giving the whole family a break.

For more information go to

[www.sail4cancer.org/](http://www.sail4cancer.org/)

### **Saint Michael's Hospice**

A local registered charity caring for people with life threatening illnesses. They offer in-patient care and day-care to people living in their own homes.

Contact

Tel: 01423 879 687

Email: [info@saintmichaelsospice.org](mailto:info@saintmichaelsospice.org)

[www.saintmichaelsospice.org](http://www.saintmichaelsospice.org)

### **Sarcoma UK**

Funds research into causes and treatments. They provide support & information covering all aspects of sarcoma & raising awareness of sarcoma amongst the public, healthcare professionals & policy makers.

Contact

Tel: 020 7250 8271

[www.sarcoma-uk.org](http://www.sarcoma-uk.org)

## **◆ W**

### **Willow Foundation**

The Willow foundation is the only national charity working with seriously ill young adults aged 16 to 40 to fulfil uplifting and unforgettable Special Days.

Since 1999 Willow has fulfilled more than 15,000 Special Days for young adults living with life-threatening conditions such as cancer, motor neurone disease, cystic fibrosis, muscular dystrophy and Huntington's disease. It gives the opportunity to return some normality to their lives. For others it is the last chance to fulfil a dream. But for all, at what is the most difficult of times, a Special Day can lift spirits, reunify families and be a source of strength when it's needed most. To apply referral must be completed by a healthcare professional. Contact: The special days team Tel: 01707 259 777

Winston's Wish Winston's Wish supports bereaved children, their families and the professionals who support them. Winston's Wish was the UK's first child bereavement charity – supporting bereaved children since 1992 – and continue to lead the way in providing specialist child bereavement support services across the UK, including in-depth therapeutic help in individual, group and residential settings.

Contact

Tel: 0808 8020021

[www.winstonswish.org](http://www.winstonswish.org)

## Support APPS

### Apps

Headspace



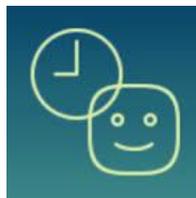
Breathe



Calm



7s meditation



Breathe sync



iPrescribe  
Exercise



Couch25K



Active 10



## Support Websites

<http://franticworld.com/>

<https://www.headspace.com/>

<http://www.mindfulselfcompassion.org>

<http://www.mindfulness everywhere.io/kara-meeting-cancer-with-mindfulness/>

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