



Resources, Information and Support
for people living with and beyond cancer
City and Hackney



In partnership with

MACMILLAN
CANCER SUPPORT



Key contacts

- Call the Macmillan Support Line on **0808 808 00 00** if you need help with clinical, practical and financial information (lines are open 7 days a week, 8am-8pm)
- Call your GP or your allocated Clinical Nurse Specialist if you have questions about your treatment and side effects or concerns about how you are coping mentally and emotionally
- Call Samaritans on **116 123** if you need someone to talk to and would benefit from listening support (lines are open 24 hours a day, 365 days a year)
- Call Bart's Cancer Hotline on **0791 709 3738** if you are feeling unwell whilst on cancer treatment (only for patients undergoing treatment at Bart's Hospital, Royal London Hospital, Whipps Cross Hospital and Newham University Hospital)

CALL ACCIDENT AND EMERGENCY ON **999 IMMEDIATELY IF YOU ARE SERIOUSLY ILL (PHYSICALLY OR MENTALLY), INJURED OR YOUR LIFE IS AT RISK**



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Useful Contacts: Resources Information and Support

Organisation	Contact	Location	Contact number	Email	Website	Opening time
General Advice and Support						
Macmillan Cancer Information and Support Centre at Royal London Hospital	Sharan Hatch	Royal London Hospital	0203 594 0508	sharan.hatch@bartshealth.nhs.uk	www.bartshealth.nhs.uk/cancer	Mon-Fri: 9am-4.30pm
Macmillan Cancer Information and Support Centre at Newham Hospital		Newham Hospital	0207 363 8758		www.bartshealth.nhs.uk/cancer	Mon-Fri: 9am-4.30pm
Macmillan Cancer Information and Support Centre at Homerton Hospital	Madhu Agarwal	Homerton Hospital	0208 510 5191	madhu.agarwal@nhs.net	www.homerton.nhs.uk	Mon, Tue, Thu, Fri: 10am-4pm
Macmillan Cancer Information and Support Centre at Barts Hospital	Claire Murrell and Laura Bailey	Bart`s Hospital	0203 465 6611	claire.murrell2@bartshealth.nhs.uk laura.bailey@bartshealth.nhs.uk	www.bartshealth.nhs.uk/cancer	Mon-Fri: 10am-4pm
Macmillan Cancer Information and Support Centre at Whipps Cross Hospital	Sharan Hatch	Whipps Cross Hospital	0208 535 6790	sharan.hatch@bartshealth.nhs.uk	www.bartshealth.nhs.uk/cancer	Mon-Fri: 10am-4pm
Maggie`s Centre at Barts Hospital Service offers information, practical and emotional support, activities, groups and courses to people with cancer and their loved ones.	Michael Harrison	Bart`s Hospital	0203 904 3448	barts@maggiescentres.org	www.maggiescentres.org/our-centres/maggies-barts	Mon-Fri: 9am-5pm
Financial and housing advice						
Macmillan Welfare & Advice Toynbee Hall The service provides free welfare benefits advice to people who have a diagnosis of cancer			020 7392 2958		www.toynbeehall.org.uk/macmillan-benefits-advice	Mon-Thu: 12:30pm-3.30pm

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Shelter Advice and support services across the UK give people one-to-one, personalised help with all of their housing issues			0808 800 4444		www.shelter.org.uk	Helpline open every day, 8am - 8pm on weekdays, 9am - 5pm on weekends
Hackney SHINE Energy advice			020 7527 6795	shine@hackney.gov.uk	www.hackney.gov.uk/shine	
Exercise / physical activity						
Our Parks Free group exercise classes, led instructors, in local parks					www.ourparks.org.uk/borough/tower-hamlets	
Exercise on prescription - Healthier Together Hackney Service		community venues and leisure centres across Hackney	020 7749 7645	HTHS@gll.org	www.better.org.uk/leisure-centre/london/hackney/britannia-leisure-centre/healthwise	
Hackney One You Community fitness classes for £2 and are aimed at residents and people who work in Hackney, from children to older adults.	Various venues around the borough		020 8356 6326	henry.muss@hackney.gov.uk	www.hackney.gov.uk/healthy-hackney	
New Age Games A sport and physical activity programme for Hackney residents aged 50 and over			21 8356 6326	henry.muss@hackney.gov.uk	www.hackney.gov.uk/new-age-games	

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Emotional / psychology support						
Samaritans You can get in touch about anything that's troubling you, no matter how large or small the issue feels			Call free on 116 123		www.samaritans.org	24 hours a day 7 days a week
MIND Mental health psychological support		8-10 Tudor Road Hackney E9 7SN	0208 985 4239		www.mindchwf.org.uk	
Find your Voice Free singing programme for people diagnosed with cancer		Various location across Hackney	07745197470	admin@findyourvoice.org.uk	www.findyourvoice.org.uk	
Talking Therapies NHS service for adults (18+) offering a range of psychological therapies for people who are experiencing common mental health problems, such as depression or anxiety		Louis Freedman Centre for Wellbeing St Leonard's Hospital, Nuttall Street London, N1 5LZ	0207 683 4278		www.towerhamletstalkingtherapies.nhs.uk	
Practical support						
Food Cycle Support people who are hungry and lonely by serving tasty lunches and dinners		New Kingshold Community Centre, 49 Ainsworth Road, London, E9 7JE	020 7729 2775	hackney@foodcycle.org.uk	www.foodcycle.org.uk/location/foodcycle-hackney	Thursdays, 12:30pm
Red Moon Roots Weekly food surplus kitchen		Redmond Centre, Kayani Avenue, Hackney N4 2HF		redmoonroots@gmail.com		Fridays 6pm
Bags Of Taste Works with people in food poverty to improve their diets and finances		Various course locations		info@bagssoftaste.org	www.bagssoftaste.org/students/upcoming-and-current-courses/#hackney	
Community Connections Support to access activities and groups in the community to improve your wellbeing and social connections	Teresa	Various location across borough	07584 598 086 020 7033 8587	teresa@shoreditchtrust.org.uk	www.shoreditchtrust.org.uk/health-and-wellbeing/community-connections	

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Adult Social Care Service provides a range of support including support with personal care and living independently. Assessment of need is required and some services are chargeable			0207 364 5000	local-link@real.org.uk	www.local-link.org.uk	
Support Groups						
Breast Cancer Support Group	Tina	Whipps Cross Hospital	020 8535 6643 or Macmillan Information Centre 020 8535 6790			One Thursday evening per month 6pm-8pm
Prostate Cancer Support Group	Alex Smith	Whipps Cross Hospital	020 8535 6643 or Macmillan Information Centre 020 8535 6790			The first Tuesday of every month 10am-11.30am
Bladder Cancer Support Group	Alex Smith	Whipps Cross Hospital	020 8535 6643 or Macmillan Information Centre 020 8535 6790			The last Tuesday of every month 11am-12:30pm
Bladder Cancer Support Group	Shievon Smith	Maggie`s Centre at Barts Hospital	0203 765 8831	shievon.smith@nhs.net		The third Thursday of every month 1:30pm-2.30PM
Head and Neck Cancer Support Group		Maggie`s Centre at Barts Hospital	0203 904 3448	barts@maggiescentres.org	www.maggiescentres.org/our-centres/maggies-barts	The last Friday of every month 3pm-4.30pm
Ovarian Cancer Support Group		Maggie`s Centre at Barts Hospital	0203 904 3448	barts@maggiescentres.org	www.maggiescentres.org/our-centres/maggies-barts	The second Monday of every month 5.30pm-7.30pm
Testicular Cancer Support Group	Michelle Greenwood or Shievon Smith	West Wing Conference Room Bart`s Hospital	0203 765 8831	mgreenwood2@nhs.net shievon.smith@nhs.net	www.facebook.com/StBartsTCGroup	The last Monday of every month 5.30pm-7pm

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Bart's Health Support						
Bart Cancer Hotline This hotline is for people who are unwell whilst on anti-cancer treatment. Covered 24/7 for any patients on anti- cancer treatment or recently had treatment.			0791 709 3738			
Physiotherapy Oncology Outpatient Service	please, ask your hospital medical team to refer you	Bart's Hospital, Rehabilitation Unit Kenton & Lucas Wing (Entrance A)	0203 465 5645	OncologyPhysiotherapy.Outpatients@bartshealth.nhs.uk	www.bartshealth.nhs.uk/cancer	
Cancer Psychological Services	please, ask your hospital medical team to refer you	Bart's Hospital, 5th Floor, King George V Building	020 346 57171	CancerPsychologicalServices@bartsh.ealth.nhs.uk	www.bartshealth.nhs.uk/cancer	
Art Psychotherapy	Megan Tjasink or ask your hospital medical team to refer you	Bart's Hospital Art Therapy Room: Ground Floor, East Wing	020 3465 5516	Megan.Tjasink@bartshealth.nhs.uk	www.bartshealth.nhs.uk/cancer	
Complementary Therapies Services Complementary Therapies are a range of treatments such as aromatherapy, reflexology, massage or shiatsu which are increasingly being used alongside standard medical treatments.	please, ask your hospital medical team to refer you	Bart's Hospital and Whipp Cross Hospital	020 8539 5522 Extension 5840 (Whipps Cross Hospital)			The service is available on Mondays at St. Bartholomew's Hospital and Monday to Friday at Whipps Cross Hospital.
Hospital Transport Please contact Bart's call centre to request transport. They will ask a series of questions to assess your eligibility.			03300 416 767		www.bartshealth.nhs.uk/transport	Mon-Fri: 9am-5pm

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Bereavement and Hospice Services						
St Joseph`s Hospice		Mare Street, Hackney, E8 4SA	0300 303 0400	stjosephs.firstcontact@nhs.net	www.stjh.org.uk	
Cruse Bereavement Care			0808 808 1677	info@cruse.org.uk	www.cruse.org.uk	Mon-Fri: 9.30am-5pm
One to one navigator services						
Social Prescribing Service	Please ask you GP practice (GP, Practice Nurse or reception team) to refer you.	Various locations local to your GP practice	0207 249 8109	CAHCCG.socialprescribing@nhs.net	https://gps.cityandhackneyccg.nhs.uk/service/hackney-social-prescribing-service	
National Organisations						
Macmillan Support Line			0808 808 00 00		www.macmillan.org.uk	Mon-Sun: 8am-8pm
Macmillan`s Online Community Community offers the chance to share thoughts/questions and get support 24 hours a day					www.community.macmillan.org.uk	
Prostate Cancer UK Service offers information and support to men with prostate cancer		Prostate Cancer UK The Counting House, 53 Tooley Street, London, SE1 2QN	0800 082 1616	supportercare@prostatecanceruk.org	www.prostatecanceruk.org	Mon-Fri: 9am- 5pm
CLIC Sargent Service offers Financial, Emotional & Practical Support For Children and Young People With Cancer		CLIC Sargent Head Farriers Yard, Assembly London, 77-85 Fulham Palace Road London W6 8JA	0300 330 0803		www.clicsargent.org.uk	Mon-Fri: 8am- 6pm

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Age UK A national charity working in a community to support older people, their families and carers.		Tavis House, 1-6 Tavistock Square, London WC1H 9NA	Age UK Advice Line 0800 678 1602	contact@ageuk.org.uk	www.ageuk.org.uk	Mon-Fri: 8am- 7pm
Cancer Research UK			0300 123 1022	supporter.services@cancer.org.uk	www.cancerresearchuk.org	Mon-Fri: 8am- 6pm
Breast Cancer Care			0808 800 6000	info@breastcancercare.org.uk	www.breastcancercare.org.uk	Mon-Fri — 9am to 4pm Sat— 9am to 1pm
Shine Cancer Support Service supports young adults in their 20's, 30's, 40's with Cancer			07804 479413	hi@shinecancersupport.org	www.shinecancersupport.org	Mon-Fri: 10am- 6pm
Trekstock Young Adult Cancer Support		Trekstock, 9b Delancey Street, Camden, London, NW1 7NL	020 7388 1200		www.trekstock.com	Mon-Fri: 9am- 5pm
Orchid Supporting Men with Cancer		60 Gray's Inn Road London, WC1X 8AQ	National male cancer helpline 0808 802 0010	info@orchid-cancer.org.uk	www.orchid-cancer.org.uk	Mon-Fri: 9am- 5pm
Additional resources and tools						
Headspace Digital health platform, providing guided meditation sessions and mindfulness training. Their content can be accessed online, or via their mobile app. Offers a series of 10, 10 minutes guided meditations for free (that can be accessed repeatedly).					www.headspace.com	
Macmillan Patient Grants are small payments to help people with the extra costs that cancer can cause. They are usually a one-off payment. They are for people who have a low level of income and savings.	You apply through a health or social care professional. E.g. social worker, benefits adviser, cancer nurse		If you are having problems getting someone to fill form contact Macmillan on 0808 808 00 00.		www.macmillan.org.uk/information-and-support/organising/benefits-and-financial-support/benefits-and-your-rights/macmillan-grants.html	

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Additional resources and tools						
<p>Toilet card This toilet card is designed to give you urgent access to a toilet</p>						<p>be.macmillan.org.uk/be/p-24952-macmillan-toilet-card.aspx</p>
<p>CRUK free will writing If you're over 55, the Free Will Service allows you to easily write or update a simple Will for free.</p>			0300 123 7733			<p>www.cancerresearchuk.org/get-involved/donate/leave-a-legacy-gift-in-your-will/free-will-service</p>
<p>Fruit Fly Collective Kits for helping kids to come to terms with their parent's cancer. They are available for different age groups.</p>						<p>www.fruitflycollective.com/cancer-cloud-kits</p>
<p>Telephone Support Groups Available for those towards the end of, or post-treatment. Groups are facilitated by a trained volunteer with their own cancer experience.</p>			020 7470 8755	hello@cancersupportuk.org		<p>www.cancersupportuk.org/telephone-groups</p>
<p>Insight Timer Free meditation application providing guided meditations session and mindfulness training.</p>						<p>www.insighttimer.com</p>



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