

## £ Benefits support and help with money worries

The **Macmillan East Sussex Welfare Benefits Advice service** can answer one-off enquiries and provide information, ongoing welfare benefits advice and representation. They can also refer you to other specialist services such as debt advice if needed.

Tel **01323 635989**

Email [macmillan@moneyadviceplus.com](mailto:macmillan@moneyadviceplus.com)

## 😊 Support with physical activity

**Walking for Health** is a nationwide programme supported by Macmillan, which offers short and easy walks. Regular physical activity is a fantastic way to manage and even prevent the side effects of cancer and its treatments, and it also has a potential role in reducing the risk of cancer recurrence and in increasing survival.

Web [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

## ✚ Where else can you find support in East Sussex?

**East Sussex 1Space** will help you find sources of support around the county to enable you to live independently, safely and in good health. From personal care to help with odd jobs and advice on coping with ill health, East Sussex 1Space can help.

Web [www.eastsussex1space.co.uk](http://www.eastsussex1space.co.uk)

**East Sussex Community Information Service** provides details of support services across East Sussex, including Brighton and Hove.

Web [www.escis.org.uk](http://www.escis.org.uk)

Tel **01273 481754**

### **Boots Macmillan Information Pharmacists**


Macmillan Information Pharmacists, who wear a badge that identifies them, can give advice and signpost you to where you can get further support if you should need it. Boots stores across East Sussex also have a range of cancer information leaflets.

No one should face cancer alone. So when you need someone to turn to, we're here. Right from the moment you're diagnosed, through your treatment and beyond, we're a constant source of support, giving you the energy and inspiration to help you take back control of your life.

For support, information or if you just want to chat, call us free on 0808 808 00 00 (Monday to Friday, 9am–8pm) or visit [macmillan.org.uk](http://macmillan.org.uk)

In partnership with



East Sussex Healthcare   
NHS Trust



## Help and support for people affected by cancer in East Sussex

You can access:

- information and advice
- practical and emotional support
- benefits advice and help with money worries
- support with physical activity.



## Information and advice

**Your local trust** may refer you to a Clinical Nurse Specialist (CNS) if you have a confirmed cancer diagnosis. The CNS is an experienced nurse who specialises in a particular illness or condition. They will be able to provide you with information about your condition in a variety of ways, from an initial face-to-face discussion, to information leaflets, recommended websites, support groups or signposting to other organisations such as social services. Most wards and clinics also have a good selection of relevant information leaflets. There are also Patient Advice & Liaison (PALS) offices across the hospital trust, where staff can help patients, relatives and carers access information and support.

**Your GP** will provide information and discuss what to download from [www.nhs.uk](http://www.nhs.uk). It might be a leaflet about your specific cancer, or information about the effects of treatment. You can also do this yourself by visiting [www.nhs.uk/ippg](http://www.nhs.uk/ippg). A number of GP practices now have Macmillan Information available in the surgery waiting area.

**Your local library** can help you use the internet to find reliable information about cancer support groups and services. You can also find books including people's personal stories, to those with more technical information about different types of cancer. It's free to join, borrow books, and use computers and the internet in all East Sussex Libraries.

**Tel 0345 608 0196**

**Web [www.eastsussex.gov.uk/libraries](http://www.eastsussex.gov.uk/libraries)**

**Email [library.enquiries@eastsussex.gov.uk](mailto:library.enquiries@eastsussex.gov.uk)**

**The Macmillan Horizon Centre** is opposite the Sussex Cancer Centre, at the Royal Sussex County Hospital in Brighton. The centre offers support for anyone affected by cancer, including:

- information, advice and wellbeing support
- welfare benefits and money advice
- complementary therapies
- counselling services
- physical activity services
- a café with a range of food and drinks
- hair, skincare and body image support
- workshops to build cooking skills and confidence



The Macmillan Horizon Centre can provide information and a link to support available across Sussex, such as the support available through libraries, support groups, local Boots stores or other support services.

**Tel 01273 468770**

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

**Email [horizoncentre@macmillan.org.uk](mailto:horizoncentre@macmillan.org.uk)**

### **Age Concern Eastbourne**

If you're affected by cancer and aged over 50, Age Concern Eastbourne offers a wide range of information and support services, and has a room with information from Macmillan and other sources.

### **The William and Patricia Venton Centre**

Junction Road, Eastbourne, East Sussex, BN21 3QY

**Tel 01323 638474**

## Other Information and support centres nearby to East Sussex

### **Macmillan Cancer Information Service**

Queen Victoria Hospital NHS Foundation Trust, Holtye Road, East Grinstead, West Sussex, RH19 3DZ

**Tel 01342 414369**

**Email [cancer.information@qvh.nhs.uk](mailto:cancer.information@qvh.nhs.uk)**

### **The Olive Tree**

Crawley Hospital, West Green Drive, Crawley, West Sussex, RH11 7DH

**Tel 01293 534465**

**Web [www.olivetreecancersupport.org.uk](http://www.olivetreecancersupport.org.uk)**

**Email [admin@olivetreecancersupport.org.uk](mailto:admin@olivetreecancersupport.org.uk)**

### **The Pickering Cancer Drop-in Centre**

Tunbridge Wells, 27 Monson Road, Tunbridge Wells, Kent, TN1 1LS.

**Tel 01892 511880**

**Web [www.pickeringcancercentre.org.uk](http://www.pickeringcancercentre.org.uk)**

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

## Practical and emotional support

**The East Sussex Macmillan Counselling Service** can listen, understand and support you at any point during or after treatment. This is a free service that can provide confidential, emotional and psychological support on a one-to-one basis to anyone living with cancer, their family members or carers. Mindfulness courses are also provided by the service throughout the course of a year. The counselling service is offered at hospitals within Eastbourne, Hastings, Bexhill and Uckfield.

**Tel 01323 414918 (ext 3252)**

**Email [esht.macmillancounselling.edgh@nhs.net](mailto:esht.macmillancounselling.edgh@nhs.net)**

**Care for the Carers** is a local independent charity supporting unpaid carers in East Sussex. The team provide practical and emotional advice, can put you in touch with other carers in your local area, and offer a range of groups, training and events.

**Text 07860 077300**

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

**Age UK East Sussex Macmillan Home Support** can help if you're concerned about how you, or a friend or relative, will cope at home whilst receiving treatment. Volunteers offer short-term help and support to people in later life who are receiving cancer treatment, and the service is free and tailored to meet individual needs.

**Tel 01424 233104**

**Email [val.thompson@ageukeastsussex.org.uk](mailto:val.thompson@ageukeastsussex.org.uk)**