

## Information and Support Centres in Sussex

### St Richards Macmillan Information and Support Service, Chichester

Fernhurst Centre,  
St Richards Hospital,  
Spitalfields Lane, Chichester,  
West Sussex, PO19 6SE

☎ 01243 788122

✉ Helen.Fowler@wsht.nhs.uk

### Cancerwise, Chichester

CancerWise, Tavern House,  
4 City Business Centre, Basin Road,  
Chichester, West Sussex, PO19 8DU

☎ 01243 778516

✉ enquiries@cancerwise.org.uk

🌐 www.cancerwise.org.uk

### The Olive Tree, Crawley

The Olive Tree, Crawley Hospital,  
West Green Drive, Crawley, West  
Sussex, RH11 7DH

☎ 01293 534465

✉ admin@olivetrecancersupport.org.uk

🌐 www.olivetrecancersupport.org.uk

### East Surrey Macmillan Cancer Support Centre

East Surrey Hospital,  
Redhill, Surrey, RH1 5RH

☎ 01737 768511 Ext. 2078

✉ informationcentre.sash@nhs.net

### Macmillan Cancer Information Service, Queen Victoria Hospital, East Grinstead

Queen Victoria Hospital NHS  
Foundation Trust, Holtze Road,  
East Grinstead, RH19 3DZ

☎ 01342 414369

✉ cancer.information@qvh.nhs.uk

### The Fountain Centre, Guildford

The Fountain Centre, St Luke's  
Cancer Centre, Royal Surrey County  
Hospital NHS Trust Foundation,  
Egerton Road, Surrey, GU2 7XX

☎ 01483 406618

Fax: 01483 408321

✉ rsc-tr.fountaincentre@nhs.net

🌐 www.fountaincentre.org

### The Macmillan Horizon Centre

The Macmillan Horizon Centre,  
Bristol Gate, Brighton, BN2 5BD

☎ 01273 468770

✉ horizoncentre@macmillan.org.uk

🌐 www.macmillan.org.uk/  
horizoncentre

For support, information or if you just want to chat, call the Macmillan Support Line free on **0808 808 00 00** (Monday to Friday, 9am–8pm) or visit **macmillan.org.uk**

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**



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In partnership with



Western Sussex Hospitals **NHS**  
NHS Foundation Trust

**QUESTIONS  
ABOUT  
CANCER?**

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

Help and support for people affected by cancer in West Sussex

You can access:

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

## Questions about cancer?

When you, a family member or someone you know is diagnosed with cancer, you may have many questions. If you live in West Sussex and need support, there are many services that can help you.

## Your GP surgery

GPs 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/ipg](http://www.nhs.uk/ipg)

## Your local hospital trust

A Macmillan Support Worker will assist you by providing general information and support about cancer and services, to help you to make informed choices.

## Benefits advice and support with money worries

**Macmillan West Sussex Welfare Benefits Advice** can answer one-off enquiries and provide information, on-going welfare advice casework, help with preparation of appeals and representation or referrals to

other specialist services, such as debt advice, where appropriate.

☎ 01903 532234

✉ [macmillanbenefits@westsussexcab.org.uk](mailto:macmillanbenefits@westsussexcab.org.uk)

🌐 [www.centralandsouthsussexcab.org.uk](http://www.centralandsouthsussexcab.org.uk)

## Support with physical activity

**Move More Sussex** is run by Albion in the Community, in partnership with Macmillan. The scheme helps people living with and beyond cancer to access physical activity, so you can get active and feel good.

☎ 01273 668591

🌐 [www.movemoresussex.org.uk](http://www.movemoresussex.org.uk)

✉ [movemore@albioninthecommunity.org.uk](mailto:movemore@albioninthecommunity.org.uk)

**Walking for Health** is a nationwide programme supported by Macmillan, which offers short and easy walks across Sussex.

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

## Self-help and support groups

**Chichester Buddies** provide practical and emotional support for people affected by cancer, including carers and family members.

☎ 07540 760808

✉ [DVSChester@macmillan.org.uk](mailto:DVSChester@macmillan.org.uk)

## Carers Support West Sussex

is a local, independent charity supporting Family and Friend Carers in West Sussex. They provide emotional support and practical information for anyone caring for someone who may be frail, have a long term condition or a disability.

☎ 0300 028 8888

✉ [info@carerssupport.org.uk](mailto:info@carerssupport.org.uk)

**The Brigitte Trust** offers up to three hours of free, weekly emotional support and practical help at home to people diagnosed with a life-threatening illness, and their families.

☎ 01306 881816

✉ [brigitteadmin@btconnect.com](mailto:brigitteadmin@btconnect.com)

**Jigsaw (South East)** provides support to bereaved children and young people, and those who have a family member with a life-threatening condition in Surrey and parts of West Sussex.

☎ 01342 313895

✉ [info@jigsawsoutheast.org.uk](mailto:info@jigsawsoutheast.org.uk)

🌐 [www.jigsawsoutheast.org.uk](http://www.jigsawsoutheast.org.uk)

**Age UK West Sussex** offers a wide range of information, advice, support and activities and for people in later life across West Sussex.

🌐 [www.ageuk.org.uk/westsussex](http://www.ageuk.org.uk/westsussex)

☎ 01903 731800

There are a variety of self-help and support groups in West Sussex that offer different types of support and activities for people affected by cancer. To find details of local and national groups, visit the Macmillan website.

🌐 [www.macmillan.org.uk/in-your-area](http://www.macmillan.org.uk/in-your-area)

## Time to Talk – talking therapies service in West Sussex

Time to Talk is a friendly and approachable service offering talking therapies to people who are struggling with emotional health and wellbeing. It is a self-referral service so please contact the relevant number below according to where you live:

☎ Adur, Arun, Chanctonbury & Worthing: 01903 703540

☎ Bognor, Chichester & surrounding area: 01273 265967

☎ Crawley & Horsham: 01293 843300 or 01403 227048

## Your local library

**West Sussex Libraries** hold information about cancer support groups and services. You can also find information on the internet using the computers free of charge in the library.

☎ 01243 642111

✉ [county.libraries@westsussex.gov.uk](mailto:county.libraries@westsussex.gov.uk)

🌐 [www.westsussex.gov.uk/libraries](http://www.westsussex.gov.uk/libraries)

## Wellbeing hubs

**Wellbeing Hubs** across West Sussex offer free, friendly and impartial service, and cover Adur and Worthing, Arun, Chichester, Crawley, Horsham and Mid Sussex.

🌐 [www.westsussexwellbeing.org.uk](http://www.westsussexwellbeing.org.uk)

## Boots Macmillan Information Pharmacists

Boots Macmillan Information Pharmacists can give advice and signpost you to where you can get further advice if you should need it.

Boots stores across West Sussex also have a range of cancer information leaflets.

