

## Where else can you get information and advice?

### Information and Support Centres in Sussex

Visit an Information and Support centre to access information and support, benefits advice and counseling and a range of complementary therapies.

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

Fernhurst Centre,  
St Richards Hospital,  
Spitalfields Lane, Chichester,  
West Sussex,  
PO19 6SE  
Tel: 01243 788122  
email: Helen.Fowler@wsht.nhs.uk

#### **Cancerwise, Chichester**

CancerWise, Tavern House,  
4 City Business Centre, Basin Road,  
Chichester, West Sussex, PO19 8DU  
Tel: 01243 778516  
email: enquiries@cancerwise.org.uk  
Website: www.cancerwise.org.uk

#### **The Olive Tree, Crawley**

The Olive Tree, Crawley Hospital,  
West Green Drive,  
Crawley, West Sussex,  
RH11 7DH  
Tel: 01293 534465  
email: admin@  
olivetreecancersupport.org.uk  
Website:  
www.olivetreecancersupport.org.uk

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

Queen Victoria Hospital NHS  
Foundation Trust, Holtye Road,  
East Grinstead, RH19 3DZ  
Tel: 01342 414369  
email:  
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  
Tel: 01483 406618  
Fax: 01483 408321  
email: rsc-tr.fountaincentre@nhs.net  
Website: www.fountaincentre.org

#### **The Sussex Macmillan Cancer Support Centre, Brighton**

From 2015, The Sussex Macmillan  
Cancer Support Centre will be  
opening in Brighton, opposite the  
Cancer Centre, at the Royal Sussex  
Hospital. See the Macmillan website  
for further details.  
www.macmillan.org.uk/  
sussexsupportcentre

## Other support and information in West Sussex

### West Sussex Wellbeing Service

www.westsussexwellbeing.org.uk

Wellbeing Hubs across West Sussex can help you to find out about local services available for you. The Hubs can help you to access advice, information and guidance about healthy lifestyles.

Support is available from your local Wellbeing Team to help you and your family make small lifestyle changes such as becoming more active, reducing your alcohol intake, losing weight and eating well, stopping smoking and finding out about local activities. West Sussex Wellbeing is a free, friendly and impartial service provided by your local District or Borough Council.

### ICIS Community & Wellbeing Directory

www.icis-info4life.org.uk

The ICIS Community & Wellbeing Directory provides details of activities, groups, clubs and services in West Sussex.  
Tel: 0800 859929

#### **Adur and Worthing Wellbeing**

Tel: 01903 221450  
email: info@adur-worthing  
wellbeing.org.uk

#### **Arun Wellbeing**

Tel: 01903 737862  
email: info@arun.gov.uk

#### **Chichester District Wellbeing**

Tel: 01243 521041  
email: health@chichester.gov.uk

#### **Crawley Wellbeing**

Tel: 01293 585317  
email: info@crawleywellbeing.org.uk

#### **Horsham District Wellbeing**

Tel: 01403 215111  
email: info@  
horshamdistrictwellbeing.org.uk

#### **Mid Sussex Wellbeing**

Tel: 01444 477191  
email: info@midsussexwellbeing.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. The Boots Macmillan Information Pharmacists wear a badge that identifies them. Boots stores across West Sussex also have a range of cancer information leaflets.



QUESTIONS  
ABOUT  
CANCER?

WE ARE  
MACMILLAN.  
CANCER SUPPORT

WE  
CAN  
HELP

Providing you with answers to your questions  
about cancer in West Sussex.

## Questions about cancer?

**Do you live in West Sussex?**

**Do you know what support is available to you?**

**When you, a family member or friend, is diagnosed with cancer, you are likely to have many questions.**

- **How can I learn more about the type of cancer I have?**
- **Who can I speak to about financial advice?**
- **How can I help someone who has cancer?**
- **How can I find out about support groups?**
- **I'm finishing treatment – what happens now?**



### Call the Macmillan Support Line

The Macmillan Support Line can provide information, emotional support and benefits advice.

It is open Monday – Friday 9am – 8pm and is free to call from all landlines and most mobile networks.

Call **0808 808 00 00** for cancer support over the phone.

### At your GP surgery

Rather than just giving a prescription for medicine, 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).

### At 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 in the library. There is a charge for using the internet except for our Electronic library, a collection of reference and information sources including some websites.

You can also find books about cancer in your local library including personal stories and those with factual information about different types of cancer. Bognor Regis, Crawley, Haywards Heath and Worthing libraries also have designated Macmillan Cancer Information points.

To find out more about library services in West Sussex call **01243 642111**, email [county.libraries@westsussex.gov.uk](mailto:county.libraries@westsussex.gov.uk) or visit [www.westsussex.gov.uk/libraries](http://www.westsussex.gov.uk/libraries)

### Visit the Macmillan website

On Macmillan's website, [www.macmillan.org.uk](http://www.macmillan.org.uk) there is a wealth of information about all aspects of cancer, its treatment and how to manage the way it impacts upon everyday life. You can find out more about your specific cancer type, or you can look at how to manage symptoms and side effects of treatment.

Cancer does not just affect health, it can have a major impact on your finances. On the Macmillan website there is information about benefits to which you might be entitled, and how to cope with some extra costs that you might incur.



**'I was able to talk about how I felt about cancer and helped to find the information I needed.'**

### Information and Support at your local hospital trust

If you are referred to hospital with a suspected or confirmed cancer diagnosis it is likely that you will be referred to a Clinical Nurse Specialist (CNS). The CNS is an experienced nurse who specialises in a particular illness or condition. The CNS will be able to provide you with information about your condition. The information may be given 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.

If for any reason you are not referred to a CNS you will find that most wards and clinics have a good selection of relevant information leaflets. If you don't find what you want, please always ask a member of staff. There are also Patient Advice & Liaison (PALS) offices across the hospital trust. The staff in the PALS offices will be able to assist patients, relatives and carers to find out where they can get information and support.

### Macmillan West Sussex Welfare Benefits Advice

The Macmillan West Sussex Welfare Benefits Advice Service is able to answer one-off enquiries and provide information, on-going welfare advice casework, representation at tribunals and appeals and referrals to other specialist services, such as debt advice, where appropriate.

Tel: **01903 532234**

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

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

### Walking for Health

We know that cancer and its treatments can cause a range of side effects including fatigue, stress and anxiety, bone thinning and heart problems. Physical activity including walking is a fantastic way to manage and even prevent these. Regular physical activity also has a potential role in reducing the risk of cancer recurrence and in increasing survival. Macmillan supports the nationwide Walking for Health programme, which offers short and easy walks. To find out more., including details of health walks in West Sussex, visit [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)