

Where else can you get information and advice in Brighton and Hove?

Possability People (formerly The Fed) provide a range of information and support services to help you plan and manage your own support. They can talk with you to help identify and understand your issues and look at your options. Their experienced advisers can talk to you about allowances and benefits, care and support, housing, money, debt, assistive equipment, grants and local groups and services in East Sussex.

- ☎ 01273 894040
- ☎ 01424 234460 (East Sussex information and advice line)
- ✉ hello@possabilitypeople.org.uk
- 🌐 www.possabilitypeople.org.uk
- 🌐 www.itslocalactually.org.uk

The Access Point team provides a single point of contact for Adult Social Care and offers information, advice and assessments to people with care and support needs, and their carers.

- ☎ 01273 295555
- ✉ accesspoint@brighton-hove.gov.uk
- 🌐 www.brighton-hove.gov.uk

Your local library holds information about cancer support groups and services. You can also find information on the internet using the library computers, or access books about cancer including personal stories and those with factual information about different types of cancer.

- ☎ 01273 290800
- ✉ libraries@brighton-hove.gov.uk
- 🌐 www.brighton-hove.gov.uk/libraries

My life provides reliable information to residents and professionals in Brighton and Hove, and aims to support those wishing to improve their health and wellbeing.

- 🌐 www.mylifebh.org.uk

Age UK Brighton and Hove offers a wide range of information and support services for people over fifty that cover the area of Brighton and Hove.

- Age UK Brighton and Hove**
29-31 Prestonville Road
Brighton, BN1 3TJ
- ☎ 01273 720603
- ✉ info@ageuk-bh.org.uk

Where to go for information and advice?

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 at home, over the phone.

Visit the Macmillan website

On Macmillan's website, 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.

**WE ARE
MACMILLAN.
CANCER SUPPORT**

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.

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.

QUESTIONS ABOUT CANCER?

**WE ARE
MACMILLAN.
CANCER SUPPORT**

Help and support for people affected by cancer in Brighton and Hove

Where to go for:

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

Together with Macmillan



Brighton and Sussex
University Hospitals
NHS Trust

Practical and emotional support

Counselling and psychological support

The Brighton and Sussex University Hospitals Macmillan Psychological Therapies Service is a free service that can provide confidential emotional and psychological support to patients receiving treatment at the Sussex Cancer Centre, as well as their carers and family members.

☎ 01273 664694

✉ laura.pritchard@bsuh.nhs.uk

The Macmillan Horizon Centre Psychological Therapy Service provides free emotional and psychological support for patients, their families and carers after cancer treatment.

☎ 01273 468770

✉ cmorfett@macmillan.org.uk

Staff and volunteers in both services provide a range of psychological therapies, one-to-one support and couples and group counselling. Details of available therapies can be found on the BSUH and Horizon Centre websites.

The Carers Centre for Brighton and Hove is a local, independent charity supporting unpaid carers who live or care for someone in the area. The team of staff can provide one-to-one support (emotional support, information, advocacy, referral and signposting). They also offer a range of groups and activities both for young and adult carers, with some activities specifically targeted at carers of people with life-limiting illnesses.

☎ 01273 746222

🌐 www.thecarerscentre.org

Healthwatch Brighton and Hove is your local consumer champion for health and social care. If you would like to share your experience or need some assistance please contact us.

☎ 01273 234040 (Monday to Friday, 10am-12pm)

✉ help@healthwatchbrightonandhove.co.uk

🌐 www.healthwatchbrightonandhove.co.uk

The Macmillan Impetus Cancer Advocacy Service provides one-to-one support in Brighton and Hove. If you have any worries, we can visit you at home and talk it through, or help you access information to make the right choices for you. We can also help you ask questions at appointments,

and help to resolve practical problems such as neighbour nuisance or housing disrepair.

☎ 01273 737888

✉ canceradvocacy@bh-impetus.org

Brighton Buddies is a befriending service for people affected by cancer offering:

- a listening ear to provide emotional support
- a helping hand with everyday practical tasks, such as light housework
- signposting to other services and support available locally
- up to 12 separate visits, either in the home or in the local community, of one hour each week.

☎ 07540 760808

✉ DVSBrighton@macmillan.org.uk

The Macmillan Horizon Centre is opposite the Sussex Cancer Centre, at the Royal Sussex 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 broad range of food and drinks, much of it made at the centre
- hair, skincare and body image support
- workshops to build skills and confidence in preparing food to follow dietary advice.

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.

☎ 01273 468770

✉ horizoncentre@macmillan.org.uk

🌐 www.macmillan.org.uk/horizoncentre

Self-help and support groups

There are a variety of self-help and support groups in Brighton and Hove 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.

🌐 <http://www.macmillan.org.uk/in-your-area>

For information and support please call the Macmillan Support Line.

☎ 0808 808 00 00

Benefits advice and support with money worries

The Brighton and Hove Macmillan Welfare Benefits Advice Service, delivered by Brighton and Hove Citizens Advice can advise on:

- what benefits and tax credits are available and help you apply for them
- challenging incorrect benefit decisions
- health costs, such as travel to hospital for treatment
- access to charitable grants
- housing and fuel costs
- where to access appropriate advice on other issues, such as debt, housing and employment.
- signposting you to other organisations who can provide additional help.

☎ 01273 468770

✉ horizonbenefitsadvice@macmillan.org.uk

The Martlets Benefit Advice Service

Welfare Benefits Advice, with Age UK Brighton and Hove, provides benefits advice support for anyone affected by a long term illness who is living at home, or being cared for by the Martlets Hospice and lives in Brighton and Hove through to the Newhaven area.

☎ 01273 273400 ext. 469

✉ liz.brown@martlets.org.uk

Support with physical activity

Walking for Health knows 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 Brighton, Hove and across Sussex, visit www.walkingforhealth.org.uk

Albion in the Community run the Move More Sussex scheme, which is supported by Macmillan and helps people living with and beyond cancer to access physical activity. Our coaches offer free, specialist one-to-one advice and can help you find classes and gym activities so you can get active and feel good.

☎ 01273 668591

✉ movemore@albioninthecommunity.org.uk

🌐 www.movemoresussex.org.uk