
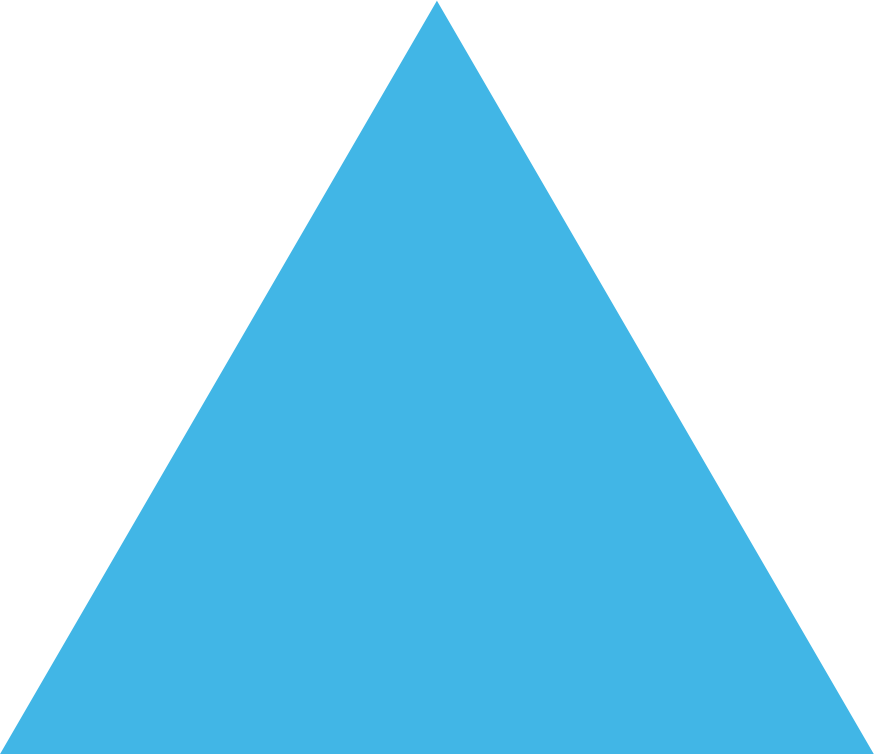
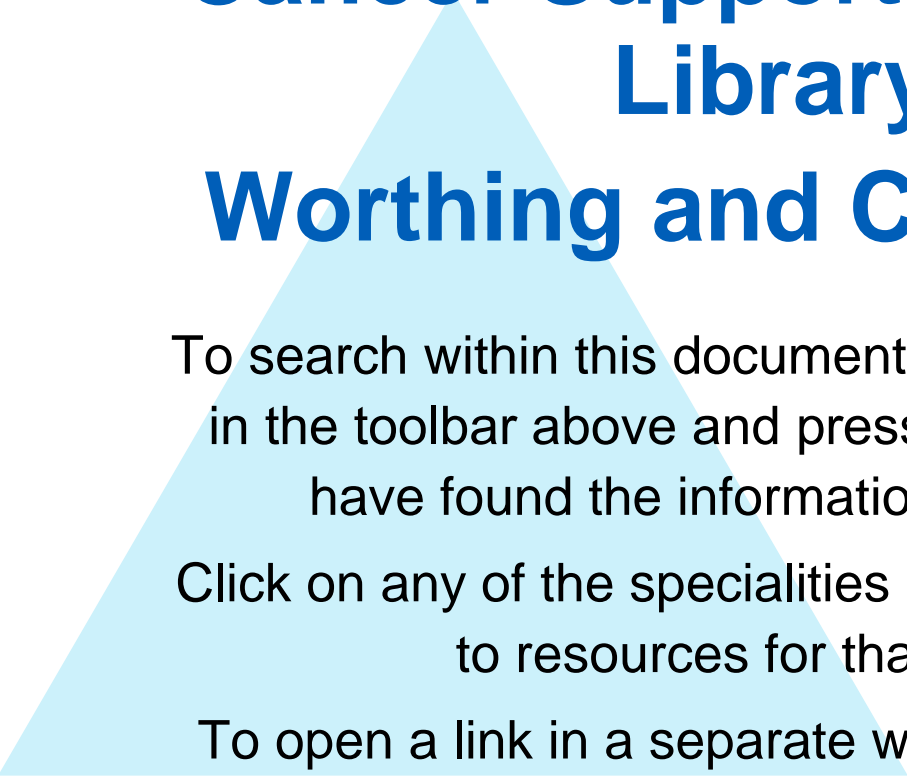


# Cancer Support Resource Library Worthing and Chichester

To search within this document, click the  icon in the toolbar above and press “next” until you have found the information you need.

Click on any of the specialities below to be taken to resources for that site.

To open a link in a separate window, right click and select “open link in new tab”



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# Breast

## Facing Breast Cancer

[What happens after diagnosis? – Breast Cancer Now](#)

[Facing Breast Cancer – Breast Cancer Now](#)

[Going through treatment – Breast Cancer Now](#)

[Life after treatment – Breast Cancer Now](#)

[Breast screening leaflets in other languages and Easy Read versions](#)

[NHS Greater Glasgow and Clyde Breast Cancer screening video in Urdu](#)

## Extra Support

[Publications to order – Breast Cancer Now](#)

[Support Information – Breast Cancer Now](#)

[Breast Cancer Glossary – Breast Cancer Now](#)

[The Haven Support Service – Breast Cancer Haven](#)

## Secondary Breast Cancer

[Secondary Breast Cancer Information – Breast Cancer Now](#)

[Diagnosis – Breast Cancer Now](#)

[Treatments for Secondary Breast Cancer – Breast Cancer Now](#)

[Living with Secondary Breast Cancer – Breast Cancer Now](#)

## Charities

[Breast Cancer Now](#)

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## CNS Team

### Worthing CNS Team

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Caroline Coles

Teresa Hoskins

Kay Nicholson

Sam Morris

Liz Wakefield

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Carolyn Price

Sharon Sheppard

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---

## Colorectal Cancer Information

### Bowel Cancer

#### Diagnosis

[Are you worried about Bowel Cancer? - Macmillan](#)

[What is Bowel Cancer? – Bowel Cancer UK](#)

[Questions to ask – Bowel Cancer UK](#)

[Understanding Colon Cancer - Macmillan](#)

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Using your Bowel Cancer Screening Kit from PHE screening with subtitles in different languages

British sign language videos on bowel cancer

## **Treatment**

[Chemotherapy for Bowel Cancer - Macmillan](#)

[Surgery for Small Bowel Cancer - Macmillan](#)

[Targeted therapies and immunotherapies for Bowel Cancer - Macmillan](#)

[Your operation – Bowel Cancer UK](#)

[Surgery for Rectal Cancer - Macmillan](#)

[Surgery for Anal Cancer - Macmillan](#)

[Radiotherapy for Rectal Cancer - Macmillan](#)

[Radiotherapy for Anal Cancer - Macmillan](#)

[Chemotherapy for Rectal Cancer - Macmillan](#)

[Chemotherapy for Anal Cancer - Macmillan](#)

[Pelvic Radiotherapy in Men – Managing the side effects during treatment - Macmillan](#)

[Pelvic Radiotherapy in Women – Managing the side effects during treatment - Macmillan](#)

[Managing the late effects of Pelvic Radiotherapy in Men - Macmillan](#)

[Managing the late effects of Pelvic Radiotherapy in Women - Macmillan](#)

## **Post Treatment**

[Living well after Bowel Cancer treatment – Bowel Cancer UK](#)

[Regaining Bowel control – Bowel Cancer UK](#)

[Simple steps for good Bowel health – Bowel Cancer UK](#)

[Your Pathway – Bowel Cancer UK](#)

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[Eating Well – Bowel Cancer UK](#)

[Stoma reversal – Bowel Cancer UK](#)

[Colonic Stenting – Bowel Cancer UK](#)

### **General Information**

[Symptoms Diary – Bowel Cancer UK](#)

[Ileostomy Charity – Ileostomy & Internal Pouch Association](#)

[Colostomy UK - Colostomy UK Charity](#)

[Young people with Bowel Cancer – Bowel Cancer UK](#)

### **Charities**

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

### **CNS Team**

#### **CNS Team Worthing**

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#### **CNS Team Chichester**

Liz Coni – 01243 788122 ext. 3165 / 07884311833

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# Gynaecology Cancer Information

## Endometrial Cancer

[Understanding Womb \(Endometrial\) Cancer – Macmillan](#)

## Ovarian Cancer

[Understanding Cancer of the Ovary, Fallopian Tube and Peritoneum – Macmillan](#)

[Ovacome – Charity/Information for those affected by Ovarian Cancer - Ovacome](#)

[Information booklets on Ovarian Cancer - Ovacome](#)

[Ovarian Cancer Action – Patient Hub Link – Ovarian Cancer Action](#)

[Target Ovarian Cancer Charity – Target Ovarian Cancer](#)

[Ovarian cancer translated materials](#)

## Vulva Cancer

[Understanding Cancer of the Vulva – Macmillan](#)

## Cervical Cancer

[Jo's Cervical Cancer Trust – Jo's Cervical Cancer Trust](#)

[Understanding Cervical Cancer – Macmillan](#)

[Cervical cancer info from the WHO in Simplified Chinese, French, Arabic, Russian and Spanish](#)

## Vaginal Cancer

[Information on Vaginal Cancer - Macmillan](#)

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## **Gynaecology General Information**

[Feminine Care Information](#)

[Role of CNS and MDT](#)

## **Charities**

[Grace Charity UK – Grace Charity](#)

[The EVE Appeal – Eve Appeal](#)

[www.gogirlssupport.org](http://www.gogirlssupport.org)

## **Online Events – Ovacome**

[Treating Ovarian Cancer with Anti-Angiogenic agents – Professor Gordon Jayson](#)

[Chemotherapy headwear: How to style scarves, beanies and more](#)

[Stoma Exercise Class](#)

[Managing Peripheral Neuropathy](#)

## **CNS Team**

### **CNS Team Worthing**

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### **CNS Team Chichester**

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Denise Summerville

01243 788122 ext. 32921

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# Haematology Cancer Information

## General Information

[Eating well with Neutropenia](#) – Blood Cancer UK

[Watch and Wait](#) – Blood Cancer UK

Common side effects of treatment

Understanding donor stem cell transplants

## Lymphoma

[CLL & SLL](#) – Lymphoma Action

[Hodgkin Lymphoma](#) – Lymphoma Action

[High Grade non Hodgkin Lymphoma](#) – Lymphoma Action

[Low Grade non Hodgkin Lymphoma](#) – Lymphoma Action

[Autologous stem cell transplant](#) – Lymphoma Action

[Easy Read Lymphoma Guides](#) – Lymphoma Action

[Young person's guide to Lymphoma](#) – Lymphoma Action

## Myeloma

The small things that make a difference

[AL amyloidosis – Your essential guide](#) – Myeloma UK

[Myeloma – An introduction](#) – Myeloma UK

[Solitary Plasmacytoma](#) – Myeloma UK

[Smouldering Myeloma](#) – Myeloma UK

[MGUS](#) – Myeloma UK

[Myeloma Bone Disease and Bisphosphonets](#) – Myeloma UK

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[Fatigue & Myeloma – Myeloma UK](#)

[High dose therapy and autologous stem cell transplantation – Myeloma UK](#)

[Info pack for newly diagnosed Myeloma – Myeloma UK](#)

[Info pack for carers of Myeloma patients – Myeloma UK](#)

[Info pack for relapsed and refractory Myeloma patients – Myeloma UK](#)

## **Leukaemia**

[Living well with Acute Myeloid Leukaemia \(AML\) – Leukaemia Care](#)

[Relapse in Acute Myeloid Leukaemia \(AML\) – Leukaemia Care](#)

[Emotional Impact of Leukaemia – Leukaemia Care](#)

[Watch and Wait](#)

[Blood Stem Cell and Bone Marrow Transplants – Blood Cancer UK](#)

[Adult Acute Lymphoblastic Leukaemia \(ALL\)](#)

[Acute Lymphoblastic Leukaemia \(ALL\) – Blood Cancer UK](#)

[Acute Promyelocytic Leukaemia \(APL\) – Blood Cancer UK](#)

[Chronic Lymphocytic Leukaemia \(CLL\) – Blood Cancer UK](#)

[Chronic Myeloid Leukaemia \(CML\) – Blood Cancer UK](#)

[Acute Myeloid Leukaemia \(AML\) – Blood Cancer UK](#)

[Adult Acute Myeloid Leukaemia \(AML\) – Leukaemia Care](#)

[Myeloproliferative Neoplasms \(MPN\) – Blood Cancer UK](#)

[Myelodysplastic Syndromes \(MDS\) – Blood Cancer UK](#)

[Myelofibrosis \(MF\) – Leukaemia Care](#)

[Polycythaemia Vera \(PV\) – Leukaemia Care](#)

[Essential Thrombocythaemia & Polycythaemia – MPN Voice](#)

[Treating ITP](#)

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## Charities

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

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

## CNS Team


### CNS Team Worthing

Hom Ramkelawon (Matron)

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Amanda Justice

Jocelyn Habens



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### CNS Team Chichester

Claire Ballantyne – 01243 788122 ext. 32768

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## Head and Neck Cancer Information

### Head and Neck Cancers

[Understanding Head and Neck Cancers - Macmillan](#)

[Managing the late effects of Head and Neck Cancer treatment – Macmillan](#)

### Thyroid Cancer

[Butterfly Thyroid Cancer Trust Charity – Butterfly Charity](#)

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[Understanding Thyroid Cancer \(Follicular and Papillary\) - Macmillan](#)

[British Thyroid Foundation – British Thyroid Foundation](#)

## **Laryngeal Cancer**

[Understanding Cancer of the Larynx \(Voice Box\) - Macmillan](#)

## **Charities**

[www.hancuk.org](http://www.hancuk.org)

## **Patient Packs**

### **Head and Neck Pack**

[Swallows Charity Information](#)

[Holistic Needs Assessment Letter](#)

[Holistic Needs Assessment Booklet \(Macmillan\)](#)

[CNS Contact Information](#)

[BSUH Map](#)

[Understanding Head and Neck Cancers \(Macmillan\)](#)

### **Thyroid Pack**

[Butterfly Charity Leaflet](#)

[Holistic Needs Assessment Letter](#)

[Holistic Needs Assessment Booklet \(Macmillan\)](#)

[CNS Contact Information](#)

[Understanding Thyroid Cancer \(Macmillan\)](#)

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## **CNS Team**

### **Worthing CNS Team**

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Jeanette Gilbert – 01903 205111 ext. 86895

### **Chichester CNS Team**

Julie Emery – 01243 788122 ext. 33359

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## **Lung Cancer Information**

### **General Information**

[Understanding Lung Cancer](#) – Macmillan

### **Diagnosis**

[Managing your Lung Cancer diagnosis](#) – Roy Castle Lung Cancer Foundation

[Understanding your Small Cell Lung Cancer](#) – Roy Castle Lung Cancer Foundation

[Understanding Mesothelioma](#) – Macmillan

### **Living with Lung Cancer**

[Managing Lung Cancer Symptoms](#) – Roy Castle Lung Cancer Foundation

[Information and support for you](#) – Roy Castle Lung Cancer Foundation

[Living with Lung Cancer](#) – Roy Castle Lung Cancer Foundation

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[Travelling, going on holiday and Lung Cancer](#) – Roy Castle Lung Cancer Foundation

## Treatments

[My Lung Surgery](#) – Roy Castle Lung Cancer Foundation

[Chemotherapy for Lung Cancer](#) – Roy Castle Lung Cancer Foundation

[Radiotherapy for Lung Cancer](#) – Roy Castle Lung Cancer Foundation

[Targeted therapies for Lung Cancer](#) – Roy Castle Lung Cancer Foundation

[Immunotherapy and Lung Cancer treatment](#) – Roy Castle Lung Cancer Foundation

## Patient Information Pack

[Patient Information Pack](#)

## Charities

[www.roycastle.org](http://www.roycastle.org)

[Roy Castle online support group](#)

## CNS Team

### CNS Team Worthing

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### CNS Team Chichester

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Sarah Rigby

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## Skin Cancer Information

### Information on Malignant Melanoma

[Understanding Melanoma and treatment with surgery - Macmillan](#)

[Understanding Melanoma – Lymph node assessment and treatment - Macmillan](#)

[Melanoma UK Charity – Melanoma UK](#)

### Information on Advanced Disease

[Understanding Melanoma that has come back in the same area – Macmillan](#)

[Understanding Advanced Melanoma - Macmillan](#)

### Information on Squamous Cell Carcinoma

[BAD Information on Mohs Micrographic Surgery – British Association of Dermatologists](#)

### Information on Basal Cell Carcinoma

[BAD Information on Mohs Micrographic Surgery – British Association of Dermatologists](#)

### Information on Sarcoma

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[Understanding Soft Tissue Sarcomas - Macmillan](#)

## **General Information on Skin Cancer**

[Understanding Skin Cancer – Macmillan](#)

[5-Fluorouracil Cream – British Association of Dermatologists](#)

[BAD Information – How to check your Lymph Nodes – British Association of Dermatologists](#)

[Cancer Research UK – How to stay safe in the sun – Cancer Research UK](#)

[Cancer Research UK – Photos of Skin Cancer – Cancer Research UK](#)

[Cancer Research UK – Skin Cancer symptoms – Cancer Research UK](#)

[Lifejacket – Skin Protection for Men - Lifejacket](#)

## **Information on Mycosis Fungoides**

[BAD Information on Mycosis Fungoides – British Association of Dermatologists](#)

## **Patient Pack**

[Holistic Needs Assessment – Macmillan booklet](#)

[Understanding Melanoma and treatment with surgery – Macmillan booklet](#)

[Cancer Registration Leaflet](#)

[Introduction to MDT for Skin Cancers – Information booklet](#)

[How to check your Lymph Nodes – Information Leaflet](#)

[Holistic Needs Assessment Letter – Western Sussex Information leaflet](#)

[Sentinel Lymph Node Biopsy and Wide Local Excision – Information Booklet](#)

[CNS and Support Worker information](#)

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[Melanoma UK](#)

[Melanoma UK Zoom meetings](#) – Weekly Zoom meetings @8pm during the Covid-19 pandemic

## **CNS Team**

### **Worthing CNS Team**

Carol Shoulders – 01903 205111 ext. 84343

### **Chichester CNS Team**

Silvana Zanota-Garemogg – 01243 788122 ext. 33258

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## **Upper GI Cancer Information**

### **Oesophageal Cancer**

[Understanding Oesophageal Cancer - Macmillan](#)

### **Pancreatic Cancer**

[Understanding Cancer of the Pancreas - Macmillan](#)

[Pancreatic Cancer UK – Pancreatic Cancer UK](#)

[British sign language videos on pancreatic cancer](#)

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## **Cholangiocarcinoma (Bile Duct Cancer)**

[Information on Bile Duct Cancer - Macmillan](#)

## **Hepatocellular Carcinoma (Liver Cancer)**

[Understanding Primary Liver Cancer – Macmillan](#)

[Understanding Secondary Cancer in the Liver – Macmillan](#)

[British Liver Trust UK Information publications – British Liver Trust UK](#)

## **Neuroendocrine Tumours**

[General Information - NETRF \(Neuroendocrine Tumour Research Foundation\)](#)

## **Charities**

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

## **CNS Team**

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### **Chichester CNS Team**

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Katie Benham } 01243 788122 ext. 32764

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# Urology Cancer Information

## Urology Cancer Charities

[Prostate Cancer UK](#) – Prostate Cancer UK

[Fight Bladder Cancer UK](#) – Fight Bladder Cancer UK

[Macmillan Cancer Support](#) - Macmillan

[Kidney Cancer UK](#) – Kidney Cancer UK

## Prostate Cancer

### Treatment

[Pelvic Radiotherapy in Men – Managing side effects during treatment](#) - Macmillan

[Managing the late effects of radiotherapy in Men](#) - Macmillan

[Enzalutamide Information](#) - Macmillan

[Hormone Therapy](#) – Macmillan

[Surgery for Prostate Cancer](#) – Macmillan

[Prostatectomy Information](#) - Macmillan

[Radiotherapy for Prostate Cancer](#) – Macmillan

[British sign language videos on prostate cancer](#)

### Diagnosis

[A guide for Men who've just been diagnosed](#) – Prostate Cancer UK

[Living with Hormone Therapy](#) – Prostate Cancer UK

[Understanding Advanced \(Metastatic\) Prostate Cancer](#) - Macmillan

[Understanding Early \(Localised\) Prostate Cancer](#) - Macmillan

[Understanding Locally Advanced Prostate Cancer](#) - Macmillan

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## **Prostate Information Pack**

[Cancer Registration Leaflet](#)

[Holistic Needs Assessment Letter](#)

[Macmillan Benefits Leaflet](#)

[Macmillan Leaflet](#)

[National Energy Action Leaflet](#)

[PCASO Leaflet](#)

[Urology CNS Contact Information](#)

[Useful Contacts for Urology Patients](#)

## **Hormone Information Seminar**

[Living with Hormone Therapy - Prostate Cancer UK](#)

[Physical Activity and Cancer - Macmillan Booklet](#)

[How are you feeling? - How are you feeling? - Macmillan Booklet](#)

[Recipes for people affected by Cancer - Recipes for people affected by Cancer](#)

[Cancer Registration Leaflet](#)

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[Urology CNS Contact Information](#)

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## **Bladder Cancer**

### **Diagnosis**

[Understanding Non-Muscle-Invasive Bladder Cancer - Macmillan](#)

[Understanding Muscle-Invasive and Advanced Bladder Cancer - Macmillan](#)

[Diagnosis Information \(FBCUK\) – Fight Bladder Cancer UK](#)

### **Treatment**

[Chemotherapy for Bladder Cancer - Macmillan](#)

[Treatment Information \(FBCUK\) – Fight Bladder Cancer UK](#)

[FBCUK Resources – Fight Bladder Cancer UK](#)

[Gem-CIS - Macmillan](#)

[Atezolizumab - Macmillan](#)

[Pembrolizumab - Macmillan](#)

### **Bladder Information Pack**

[Cancer Registration Leaflet](#)

[Holistic Needs Assessment Letter](#)

[Macmillan Benefits Leaflet](#)

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[National Energy Action Leaflet](#)

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[Useful Contacts for Urology Patients](#)

[Understanding Non-Invasive Bladder Cancer - Macmillan Booklet](#)

[You are not alone - Fight Bladder Cancer UK](#)

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## **Testicular Cancer**

### **Diagnosis**

[Understanding Testicular Cancer – Macmillan](#)

### **Treatment**

[Radiotherapy for Testicular Cancer - Macmillan](#)

[BEP - Macmillan](#)

[Chemotherapy for Testicular Cancer - Macmillan](#)

### **Testicular Information Pack**

[Cancer Registration Leaflet](#)

[Holistic Needs Assessment Letter](#)

[Macmillan Benefits Leaflet](#)

[Macmillan Leaflet](#)

[National Energy Action Leaflet](#)

[Urology CNS Contact Information](#)

[Useful Contacts for Urology Patients](#)

[Understanding Testicular Cancer](#)

## **Kidney Cancer**

### **Diagnosis**

[Understanding Kidney Cancer – Macmillan](#)

[Understanding Kidney Cancer Diagnosis - Macmillan](#)

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## **Treatment**

[Understanding Kidney Cancer Treatment – Kidney Cancer UK](#)

[Radiotherapy for Kidney Cancer - Macmillan](#)

[Surgery for Kidney Cancer - Macmillan](#)

[Targeted therapies for Kidney Cancer - Macmillan](#)

[Immunotherapy for Kidney Cancer - Macmillan](#)

## **Post Treatment**

[Understanding Kidney Cancer Surgery and Recovery – Kidney Cancer UK](#)

## **Localised Kidney Cancer Pack**

[Cancer Registration Leaflet](#)

[Holistic Needs Assessment Letter](#)

[Macmillan Benefits Leaflet](#)

[Macmillan Leaflet](#)

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[Understanding Kidney Cancer Diagnosis](#)

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## **Advanced Kidney Cancer Pack**

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[Useful Contacts for Urology Patients](#)

[Understanding Kidney Cancer Diagnosis](#)

[Understanding Kidney Cancer Treatments](#)

## **CNS Team**

### **Worthing CNS Team**

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Trudi Cunningham

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## **Cancer & Support Information**

### **Macmillan Support Workers**

#### **Worthing Support Workers**

Claire Wells - 01903 205111 ext 86293

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Graham McKnight - 01903 205111 ext 86882

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Leanne Reader - 01903 205111 ext 86098

Nadia Weston - 01903 285068

Sally Jordan - 01903 205111 ext 84897

Sian Herlihy - 01903 205111 ext 84197

### **Chichester Support Workers**

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Zoe Geere - 01243 788122 ext

Paula Walters - 01243 788122 ext 32163 / 07500089625

Andrzej Szydowski - 01243 788122 ext 35274

Tara Wordsworth – 01243 788122 ext 32163

Jodie Dowsett – 01243 788122 ext 32508

### **Body Image and Recovery**

[Chemotherapy Headwear](#) – Headwear for those undergoing chemotherapy treatment, by clicking the link you can get a 10% discount code. Monthly workshops operating in conjunction with hair loss charity Headwrappers. Register online at [www.chemotherapyheadwear.com](http://www.chemotherapyheadwear.com) under the ‘Scarf Trying Events’ tab at the top of the page.

[Robertons Wigs](#) – NHS approved wigs and Toupee service in Worthing

[Trendco](#) – Wig supplier

[Changing Faces](#) – UK’s leading charity for everyone with a scar, mark or condition on their face or body that makes them look different

[Western Sussex](#) – Support and Complementary therapies – Complementary therapy service available to anyone affected by a Cancer diagnosis in the West Sussex area

[Henry House](#) – Hot swimming pool and therapy centre in Worthing

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[Penny Brohn](#) - National charity that provides free, integrative care to everyone living with Cancer, before, during and after treatment

[British Pain Society](#) – Charity for people suffering with chronic pain in the UK

[The C-List](#) – Online make-up shop for people going through Cancer.

## **[Look Good, Feel Better – Cancer support charity helping boost the physical and emotional wellbeing of people undergoing Cancer treatment](#)**

[Look Good, Feel Better](#)

[We can help you face Cancer with confidence](#)

[Look Good, Feel Better offering newsletter](#)

[Roadmap for post Covid face to face work](#)

[Look Good, Fell Better for Men](#) – Virtual workshop

## **[Complimentary Therapies](#)**

[Meditation to try at home](#) – Meditation exercises to try at home

[Yoga tips for anxiety](#) – Yoga exercises for anxiety

[NHS Stress and anxiety companion app](#) – App to help you manage stress and anxiety on the go

[Simple face massage for stress](#) – Face massage exercise to manage stress

[Self-help to manage stress](#) – Self- help techniques to manage stress at home

[Meditations for sleep \(Calm\)](#) – Meditation exercises to help with sleep

[NHS Mindfulness Moodzone](#) – Mindfulness tips from the NHS

[Hand Reflexology for Stress](#) – Hand reflexology tips for stress

[Cancerwise leaflet](#)

[Massage Therapy Price List](#)

[Cancer Support UK](#) – Free Cancer kit for people undergoing treatment

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## National Cancer Charities

[Marie Curie](#) – UK's leading end of life charity, providing frontline nursing and hospice care

[Cancer Research UK](#) – Cancer research and awareness charity in the UK

[Macmillan Cancer Support](#) - Charity that provides specialist health care, information and financial support to people affected by Cancer

## Physical Activity

[Cancer United – CU Fitter](#) – Support charity for local people whose lives have been affected by a Cancer diagnosis. Based in Worthing

[Bandana Health and Fitness](#) - Fitness classes in Worthing

[Nordic Walking](#) – Nordic walking courses and events for South East England

[Henry House](#) – Hot swimming pool and therapy centre in Worthing

[Impulse Leisure](#) – Fitness Centre

[Albion in the community](#) – Recipes and Exercise

[Brighter Outlook](#) – Free fitness programme for patients diagnosed with Cancer

[Brighter Outlook](#) – Further information for fitness programme

## Financial and Social

[Macmillan Benefits Service](#) – Providing help with benefits

[National Energy Action](#) – Fuel poverty charity

[Red Cross](#) – Financial advice from Turn2Us

[Royal Voluntary Service](#) – Volunteering Charity

[South East Coast Ambulance Service](#)

[Sammy Community Transport](#) – Transport service based in Bognor Regis, West Sussex

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[St. Johns Ambulance](#) – Charity for health and first aid in your community

[Red Cross Home from Hospital Service](#) – Support and care when you return after a stay in hospital

[The Carer's Trust](#) – Charity for, with and about carers

[RSPCA](#) – UK Charity that promotes animal welfare

[The Cinnamon Trust](#) – They provide support with dog walking, caring for pets, fostering services for pets whilst owners are in hospital through volunteers

[Fairy Tails Pet Service](#) – 07376 087181 – Emergency support service for pets and more

[Home-Start UK](#) – Local community network of trained volunteers and expert support helping families with young children through their challenging times

[West Sussex County Council](#) – Website for West Sussex County Council

[Patient Support and Complaints](#) – Western Sussex website for patient support and complaints

[Macmillan Benefits Caseworkers](#) – Contact for Macmillan benefits team providing advice

[Turn2Us Charity](#) – National charity providing practical help to people who are struggling financially

[The Grove, Bournemouth](#) – Unique hotel offering a beautiful holiday retreat for Cancer patients

[Worthing Counselling Centre](#) – Website for Worthing counselling centre

[Citizens advice Bureaux](#) – 03444 771171 – Gives debt advice, advice on benefits, housing

[One Call](#) – 01903 254789 – Self referral for falls team, OT, district nurses and community services

[West Sussex Connect to support](#) – A website for information about care and support in West Sussex

[Carers Support](#) – 0300 028 8888 – Support for carers in West Sussex

[Silverline Telephone Friendship](#) – Age UK in partnership with Sky

Creating Connections with Guildcare – Service aiming to reduce loneliness and isolation in Worthing through companionship, shared interest and community

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participation – to register interest you can email [enquiry@guildcare.org](mailto:enquiry@guildcare.org) or ring 01903 327327

[Cancer Support UK](#) – Free Cancer kit for people undergoing treatment

[SimPal](#) – Free pre-paid SIM cards to those living with cancer

[The Local Ironing Co](#) – Local Ironing company with free collection and delivery

## **Diet and Nutrition**

[British Nutrition Foundation](#) – Charity that provides impartial, evidence-based information resources and training on food and nutrition

[Penny Brohn Cancer Centre](#) - National charity that provides free, integrative care to everyone living with Cancer, before, during and after treatment

[Wiltshire Farm Foods](#) – Delivers frozen foods weekly

[Macmillan Recipe Book](#) – Macmillan book with recipes for people affected by Cancer

[Healthy Eating and Cancer](#) – Macmillan book on healthy eating with Cancer

[Eating problems and Cancer](#) – Macmillan booklet

[The Building-up diet](#) – Macmillan booklet

[Apetito](#) – Hot and frozen meals delivery

[Oakhouse Foods](#) – Delivers frozen meals weekly

[Martins Meals](#) – Hot meals on daily basis - Delivers from Littlehampton to Shoreham and as far north as Findon

[Cook Food](#) – Frozen Meal Company. They do deliveries and also have a shop in Hove and Rustington

[Life Kitchen](#) – Free online cookery classes

## **Emotional Support**

[Time to Talk](#) – Talking therapy service in West Sussex

[Cancer United](#) - Unique Cancer support charity based in Worthing

[Cancer Wise](#) – Cancer support charity based in Chichester, West Sussex

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[Penny Brohn Cancer Centre](#) – National Cancer charity

[Relate](#) – Charity providing relationship support throughout the United Kingdom

[LGBT Walnut](#) – Support group for any LGBT person affected by Prostate Cancer

[Macmillan Butterfly Centre](#) – 01372 735456 – Psychological Support/Benefits/1-1

[Macmillan and Bupa Counselling](#) – 6 free one to one counselling sessions via phone/video

[Be on Hand](#) – Offering telephone calls to anyone needing companionship or going through isolation

[Cancerwise Leaflet](#)

[Say Goodnight to Insomnia Podcast](#)

## **Information for young people**

[Fertility \(Support for young people affected by Cancer\)](#) – Macmillan booklet

[Sex and Relationships](#) – Macmillan booklet

[The Cancer guide for young people](#) – Macmillan booklet

[Support for children whose parents have Cancer](#) – Cancer Research resources

[Winston's Wish](#) – Offering support and guidance to bereaved children and their families.

[Hope Support Service](#) – Charity supporting young people aged 11-25

[RipRap](#) – Support for teenagers with parents affected by Cancer

[Teenage Cancer Trust](#) – 0207 612 0370 – Charity to improve the Cancer experience of young people aged 13-24

[A guide for young people with Cancer](#) – Info for young people attending Cancer appointments

[Albion in the Community](#) - 12 week fitness course for anyone aged 18-25 who has, or has had, cancer

[When Your Parent Has Cancer: A Guide for Teens](#)

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## **Domestic Abuse Support**

Provision of Domestic Abuse Support in Sussex

## **Horizon Centre – Brighton – Information and support centre for people affected by cancer**

[Physical Activity Sessions from Home](#) – Virtual sessions using Microsoft Teams

[Ongoing Cancer Support](#) – Offering you contact and support in a way that works best for you

[Financial Support](#) – Free, confidential and impartial advice to anyone affected by Cancer in Sussex

[Counselling and Physiological Therapies](#) – Free counselling, psychotherapy and hypnotherapy service available to Cancer patients

[Body Image Support](#) – Look Good Feel Better online tutorials covering a variety of topics from makeup to haircare. Tutorials also available for men and teens and young adults

[Peer Support](#) – Support groups for patients

[Other Support](#) – Extra support available

[About the Horizon Centre](#) – Information about the Horizon Centre

[Volunteering at the Horizon Centre](#) – How to volunteer for the Horizon Centre

[Update – 05/01/21](#) – Information about face to face support during lockdown

[Coronavirus flyer](#) – Information and support

[Information leaflet](#) – May 2021

## **St Barnabas Living Well Sessions**

[Information Leaflet](#)

[Timetable](#)

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## **Cancer Registration**

[Cancer Registration Leaflet](#)

## **Information in other languages**

[Maggies.org](#) – How to access Cancer Information in other languages

[Cancer Information in your language - Macmillan information](#)

[British sign language videos on bowel, pancreatic and prostate cancer](#)

[Living with and beyond cancer, an introduction– Polish subtitles](#)

[Living with and beyond cancer, life after transplant – Polish subtitles](#)

[Living with and beyond cancer, Mind and body – Polish subtitles](#)

[Living with and beyond cancer, living with mobility issues – Polish subtitles](#)

[Living with and beyond cancer, male sexuality - Polish subtitles](#)

[Living with and beyond cancer, living with long term cancer - Polish subtitles](#)

[An introduction to chemotherapy in British sign language](#)

[Chemotherapy side effects in British sign language](#)

[NHS Greater Glasgow and Clyde Breast Cancer screening video in Urdu](#)

[Health information translations – linked to from the main NHS UK website](#)

[Cervical cancer info from the WHO in Simplified Chinese, French, Arabic, Russian and Spanish](#)

[Breast screening leaflets in other languages and Easy Read versions](#)

[Using your Bowel Cancer Screening Kit from PHE screening with subtitles in different languages](#)

[Ovarian cancer translated materials](#)

[Cancer information in French, endorsed by Cancer Research UK](#)

[Cancer information in Italian, endorsed by Cancer Research UK](#)

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[Cancer information in Spanish, endorsed by Cancer Research UK](#)

## **Covid-19 Information**

### **Community Hubs – East Sussex – Council Information with useful contacts**

[Lewes/Eastbourne](#)

[Hastings](#)

[Rother](#)

[Wealden](#)

[West Sussex](#)

### **Useful Charity Contacts and Resources**

[GOV.UK – Government website](#)

[AGE UK – 0800 678 1174](#) – UK's largest charity for older people

[Macmillan – 0808 808 00 00](#) – Charity providing care and support for people living with Cancer

[Cancer Research UK – 0808 800 4040](#) – Cancer research and awareness charity in the UK

[Fountain Centre – 01483 406618](#) – Centre providing a caring environment for patients newly diagnosed with Cancer

[Brigitte Trust – 07469 932192](#) – Charity offering free emotional support and practical help at home to people and their families facing Cancer

[Marie Curie – 0800 090 2309](#) – Information for patients with terminal illnesses

[Roy Castle Lung Cancer Foundation – 0333 323 7200](#) – Information for Lung Cancer patients

[Breast Cancer UK](#) – Information for Breast Cancer patients

[Maggie's Centres – 0300 123 1801](#) – Offering the best possible support free to anyone with Cancer and their families who walk through our doors

[Prostate Cancer UK – 0800 074 8383](#) – Information for Prostate Cancer patients

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[Bowel Cancer UK – 020 7940 1760](#) – Information for Bowel Cancer patients

[Anthony Nolan – 0303 303 0303](#) – Information from charity that connects people with blood cancers to donors

[Blood wise – 0808 2080 888](#) – Information for patients with Blood Cancer

[The Brain Tumour Charity – 0808 800 0004](#) – Information for Brain Cancer patients

[Brains Trust – 01983 292 405](#) – Information for patients affected by a Brain Tumour

[Cancer 52 – 0203 355 1989](#) – Information for patients with rare and less common cancers

[Jo’s Cervical Cancer Trust – 0808 802 8000](#) – Information for Cervical Cancer patients

[Leukaemia Care – 08088 010 444](#) – Information for patients with Leukaemia

[Lymphoma Action – 0808 808 5555](#) – Information for patients with Lymphoma

[Myeloma UK – 0800 980 3332](#) – Information for patients with Myeloma

[Ovarian Cancer Action – 020 7380 1730](#) – Information for Ovarian Cancer patients

[Pancreatic Cancer UK – 0808 801 0707](#) – Information for Pancreatic Cancer patients

[Sarcoma UK – 0808 801 0401](#) – Information for patients with Sarcoma

1. The summary above covers only Covid-19 related updates which have been provided by the charities as at 17/04/2020. This information may be subject to change

2. This summary does not include other services offered by the charities

3. It should be noted that in addition to the links to the NHS and government advice, many of the charities refer to the One Cancer Voice: Guidance for cancer patients on Covid-19 <https://brainstrust.org.uk/wp-content/uploads/2020/03/cancer-charity-support-line-qas.pdf>

## Helpful Tips

[Staying Safe and Well – AGE UK](#) – Tips to stay safe and well

[Meditations for sleep \(Calm\)](#) – Useful meditations to help with sleep

[NHS Mindfulness Moodzone](#) – NHS Mindfulness tips

[Meditation to try at home](#) – Meditation exercises to try at home

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[Yoga tips for anxiety](#) – Yoga tips to help anxiety

[NHS Stress and anxiety companion app](#) – App to help you handle stress and anxiety on the go

## **Shopping Services**

[Iceland food shopping](#) – Free delivery when you shop on-line

[Milk and more](#) – Delivers groceries as well as milk

[Sainsbury's](#) – 0800 3281700 (for telephone orders) Press 1 and then option 1 again. Do on-line or click and collect

[Tesco](#) – On-line orders with delivery or click and collect

[Waitrose](#) – On-line or can shop in store and get it delivered

[Cooperative](#) – Will deliver for free if you spend £25 or over in store

[Asda](#) – On-line orders with home delivery or collect in store

[Oakhouse foods](#) – Groceries can be ordered on-line or via phone – 0845 643 2009

## **Furniture Suppliers/Collection/Removal**

[The Greenhouse](#) – Low cost second hand furniture – 01903 205302

[Adur Furniture network](#) – Recycles good quality furniture – 01273 441700

[Recycled goods factory](#) – Recycles and sells furniture – 01903 753377

[British Heart Foundation](#) – Free furniture collection (If in good condition) – 01903 334760

Alex (Man with a van) – Removal service – 07715 445094

## **Equipment Source/Advice**

[Red Cross \(Rustington\)](#) – 01903 787711 – Will loan out wheelchairs and commodes. They also sell smaller bathing and toilet aids

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[Red Cross \(Hove\) – 01273 322781](#) - Will loan out wheelchairs and commodes. They also sell smaller bathing and toilet aids

Community Equipment Store – 0345 1272931 – Ring for collection of loaned NHS equipment

Adult care point – 01243 642121 – Ring for advice or self-referral to Occupational Therapy for any major adaptations (i.e. stair lifts)

[DES \(Disability Equipment Sales\) – 07845041678](#) - DES enables you to buy or sell second hand disability equipment in West Sussex

[Wellbeing – 01323 644422](#) – Provide key safes, pendant alarms and Telecare equipment, falls detectors and various sensors to support people at home

[Red Assure – 01903 703103](#) - Provide key safes, pendant alarms and Telecare equipment, falls detectors and various sensors to support people at home

[Clearwell Mobility – 01903 233288](#) – They have sales showroom in Chapel Road, Worthing

[Russell's Mobility and Care shop – 01903 231578](#) – All equipment

Topak Care Supplies – 01903 783000 – Hires out chairs plus other equipment

[Remap](#) – Makes or modifies equipment when nothing suitable is available through mainstream sources

## **Handyman Services**

[Helping hands at home – 07884 213613](#) – Does jobs such as, moving furniture, fitting smoke alarms and repairing fences

Dial a Hubby – 0800 678 5789 – Professional handymen or women

## **Videos**

### **Macmillan**

[Look Good, Feel Good – Top Tips](#)

[Coping with Financial Worries](#)

[Sex, Relationships & Cancer](#)

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Physical Activity & Cancer

Cancer in the Workplace

Caring for someone with Cancer

Healthy Eating

### **The Fountain Centre**

Introduction to meditation

Reframing negative thoughts

Seated Yoga

Balanced Breathing

### **Royal Surrey NHS Foundation Trust**

Losing your appetite

### **NE Hampshire & Farnham CCG**

Managing a Cancer Diagnosis

General Coping Strategies

Stress Management

Coping with Fatigue

### **The Olive Tree**

Self-Massage for Arm and Hand

Yoga Breathing Practice

Deep Relaxation

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## Audio Information

[Macmillan Soundcloud Page](#) – Audio information for different Cancer types

## Useful Social Media Links



@NHSwebsite  
@macmillancancer  
@Fountaincentre  
@olivetreecancersupportcentre



@NHSuk  
@macmillancancer  
@fountaincentre  
@OliveTreeCSC



@NHSwebsite  
@macmillancancer  
@fountaincentre  
@olivetree\_cancer

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