



**University
Hospitals Sussex**
NHS Foundation Trust

Cancer information and support service

My cancer support worker is:

uhsussex.east-cancersupportworkers@nhs.net
01273 696955 Ext. 67480

Patient information

What is this information about?

This leaflet explains the support services available to you at University Hospitals Sussex following a cancer diagnosis. We understand that cancer can feel overwhelming, and support is available not only for your physical health, but also for your emotional, practical, and personal needs.

Cancer Support Workers

Who are Cancer Support Workers?

Cancer Support Workers are part of your wider cancer care team.

They work alongside:

- Clinical Nurse Specialists (CNS)
- Doctors and other healthcare professionals.

Their role is to support you with the non-medical aspects of living with cancer.

What can they help me with?

Cancer Support Workers can help with:

- Emotional support and someone to talk to
- Fatigue and wellbeing concerns
- Practical issues, such as work or daily activities
- Financial information and accessing benefits
- Signposting to local and national support services.

If you have not yet had contact with a Cancer Support Worker, please get in touch using the contact details on the cover page.

Holistic Needs Assessments

What is a Holistic Needs Assessment (HNA)?

A Holistic Needs Assessment (HNA) is offered as part of your cancer care. It gives you the opportunity to reflect on what matters most to you and to identify any concerns you may have.

These concerns may be:

- Physical
- Emotional
- Practical
- Financial
- Spiritual.

What does a HNA (Holistic Needs Assessment) involve?

An HNA usually includes:

- A short checklist to help you identify any concerns
- A conversation (often by telephone) with a Cancer Support Worker or healthcare professional
- A Personalised Care and Support Plan based on your individual needs and priorities.

What are the benefits of completing a Holistic Needs Assessment?

Completing an HNA can help to:

- Prioritise what matters most to you
- Access relevant information, resources, or referrals
- Provide you with a written Personalised Care and Support Plan to guide your care and support.

To find out more or to arrange a Holistic Needs Assessment, please contact the Cancer Support Worker Team.

A copy of the HNA can be found here:



QR Code

Prehabilitation support

What is prehabilitation?

It means preparing your body and mind before cancer treatment begins. Research shows that improving:

- Physical fitness
- Nutrition
- Emotional wellbeing

before treatment can:

- Improve tolerance to treatment
- Reduce side effects
- Support a faster recovery.

Cancer Support Workers can help you:

- Explore safe and personalised prehabilitation options
- Set achievable goals
- Access services to support your preparation for treatment.

Getting support early can help build confidence, resilience, and overall wellbeing as you begin your cancer journey.

The Macmillan Horizon Centre

What is the Macmillan Horizon Centre?

We work closely with the Macmillan Horizon Centre, which provides a welcoming space for people affected by cancer, including family members and carers.

The centre provides free information, wellbeing therapies, practical support, groups, workshops, and services for patients and their loved ones, scan the QR code to learn more:

QR Code



Further information and support

If you have any questions or would like to access support, please contact the Cancer Support Worker Team 2 Bristol Gate, BN2 5BD
horizoncentre@macmillan.org.uk 01273 468770

Macmillan Information Hubs

The Macmillan Information Hubs in Worthing and Chichester offer a welcoming space where anyone affected by cancer can access free, confidential support.

Our volunteer led team can signpost you to information and support relevant to your personal needs or concerns. The support hubs are available to patients, family members, or carers.

Worthing

The Amberley Unit, Worthing Hospital, Lyndhurst Road, BN11 2DH
01243 788122 Ext. 35423 uhsussex.macmillancsw@nhs.net

Chichester

The Fernhurst Centre, St Richards Hospital, Spitalfields Lane, PO19 6SE
01243 831727 uhsussex.macmillancsw@nhs.net

Sussex Cancer Fund

University Hospital Sussex's Information and Support service are proudly supported by local charity, Sussex Cancer Fund. They work together with the NHS to help make life better for cancer patients in Sussex – providing equipment, facilities and services that make a tangible difference for patients who are often on a difficult and stressful journey.

To find out more about the support they offer patients please go to:



QR Code

Personalised Care: support services and information recommended to me

Use this space to record any community support services or information resources personally recommended to you by your Cancer Support Worker or Clinical Nurse Specialist, based on the concerns and needs you have identified.

Practical support

Family and relationship support

Emotional support

Spiritual support

Physical support

Information support

Online resources

Cancer Care Map is a simple, online resource that aims to help you find cancer support services in your local area—scan the QR code to learn more.



Other useful contact details:

Image booking office

To enquire regarding an appointment for imaging (e.g. CT/MRI).

01273 523040 Monday to Friday 8:00am to 6:00pm

Phlebotomy Service

If you have been asked to have a blood test by one of our hospitals' services, you can book an appointment using the following contact details.

01444 441881 Ext. 68199 uhsussex.east.phlebotomy@nhs.net

NHS-UHSx-Blood tests www.uhsussex.nhs.uk/services/blood-tests

Transport

If you are having trouble getting to your appointment you may be entitled to use the hospital transport service provided by EMED Group.

0300 777 4444

EMED Group Eligibility www.emedgroup.co.uk/eligibility

UHSx Transport Information

www.uhsussex.nhs.uk/patients-and-visitors/patient-transport

EMED Group www.emedgroup.co.uk/sussex

Sussex Cancer Centre

To change/cancel oncology appointments. **01273 664968**

Cancer treatment team

If you are unwell on treatment call 01273 696955 and ask for the switchboard to Bleep 6060 immediately.

For chemotherapy appointment queries

01273 696955 Ext. 63863

For non-urgent queries which require the chemotherapy nurses

01273 696955 Ext. 64799

Radiotherapy team

For queries relating to your radiotherapy treatment.

01273 696955 Ext. 64901

Haematology Day Unit

For queries related to treatment in the Haematology Day unit.

01273 696955 Ext. 67413

Macmillan support

The National Macmillan Support Line offers confidential support to people living with cancer and their loved ones.

0808 808 00 00 8:00am to 8:00pm

Useful websites

Macmillian

www.macmillan.org.uk



Macmillian QR Code

Cancer Care Map

www.cancercaremap.org



Cancer Care QR Code

UHSx – Cancer Care

Support information
from University Hospitals Sussex

www.uhsussex.nhs.uk/services/cancer-care



UHSx QR Code

NHS app

www.nhs.uk/nhs-app



NHS App QR Code

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