

# Help and support for people affected by cancer in East Sussex



In partnership with

**MACMILLAN**  
CANCER SUPPORT



East Sussex Healthcare  
NHS Trust



# Information and advice

**Your local Trust** may refer you to a Clinical Nurse Specialist (CNS) if you have a confirmed cancer diagnosis. As an experienced nurse, they can support you in a number of ways. They can discuss your situation with you, provide expertise on different treatment pathways, recommend reliable sources of information and signpost you to relevant support. Most wards and clinics also provide relevant information leaflets. There are also Patient Advice & Liaison (PALS) offices across the hospital Trust.

**Radiotherapy services**, for East Sussex patients, are delivered at Eastbourne DGH Radiotherapy Centre (run by University Hospitals Sussex NHS Trust). Patients undergoing radiotherapy treatment will receive support from specialist therapeutic and review radiographers.

**Chemotherapy services** are delivered at both Conquest Hospital in Hastings and Eastbourne District General Hospital. Chemotherapy units have a 24hour helpline which they can provide you with the number for.

**Your GP** can provide information and guide you to relevant online NHS resources at [www.nhs.uk](http://www.nhs.uk) including leaflets about specific cancer types and the effects of treatment. A number of GP practices have information materials provided by Macmillan Cancer Support in their waiting areas.

You or your GP can also order Macmillan Cancer Support leaflets yourself for free at [be.macmillan.org.uk](http://be.macmillan.org.uk) or by calling Macmillan's free phone number 0808 808 00 00.

**Your local library** can help you use the internet to find reliable information about cancer support groups and services. You can also find books including people's personal stories and books with more technical information about different types of cancer. It's free to join, borrow books, and use computers and the internet in all East Sussex Libraries.

**0345 60 80 196**

**[www.eastsussex.gov.uk/libraries](http://www.eastsussex.gov.uk/libraries)**

**[library.enquiries@eastsussex.gov.uk](mailto:library.enquiries@eastsussex.gov.uk)**

## **Age Concern Eastbourne**

If you're affected by cancer and aged over 50, Age Concern Eastbourne offers a wide range of information and support services, and has a room with information from Macmillan and other sources at **The William and Patricia Venton Centre**, Junction Road, Eastbourne, East Sussex, BN21 3QY.

**01323 638474**

### **The Macmillan Horizon Centre, Brighton**

This cancer information and support centre is opposite the Sussex Cancer Centre, at the Royal Sussex County Hospital in Brighton. The centre offers support for anyone affected by cancer, including information, advice and wellbeing support. The centre also offers help with welfare benefits and money advice, complementary therapies, counselling services, physical activity services and a café. There is hair, skincare and body image support, as well as workshops to build skills and confidence and signposting to local support services.

The Macmillan Horizon Centre also offers a range of support online and by phone that you can access from home, anywhere in Sussex.

**01273 468770**

**[www.macmillan.org.uk/horizoncentre](http://www.macmillan.org.uk/horizoncentre)**

**[horizoncentre@macmillan.org.uk](mailto:horizoncentre@macmillan.org.uk)**

**At Eastbourne District General Hospital**, you can find a Macmillan information point at the Friends Café just inside the entrance to the Radiotherapy department. You're welcome to take a seat and spend time here any day or time. Volunteers sell tea, coffee and light refreshments from 10am-2pm Monday to Friday. They can also offer a listening ear, help you to access the Macmillan information materials and signpost to local support services.

### **Other Information and support centres nearby to East Sussex**

**Macmillan Cancer Information Service, Queen Victoria Hospital NHS Foundation Trust**, Holtye Road, East Grinstead, West Sussex, RH19 3DZ

**01342 414369**

**[cancer.information@qvh.nhs.uk](mailto:cancer.information@qvh.nhs.uk)**

**The Olive Tree**, Wentworth House, Crawley Hospital, Crawley, West Sussex, RH11 7DH

**01293 534465**

**[www.olivetrecancersupport.org.uk](http://www.olivetrecancersupport.org.uk)**

**[office@olivetrecancersupport.org.uk](mailto:office@olivetrecancersupport.org.uk)**

**The Pickering Cancer Drop-in Centre**, Tunbridge Wells, 27 Monson Road, Tunbridge Wells, Kent, TN1 1LS.

**01892 511880**

**[www.pickeringcancercentre.org.uk](http://www.pickeringcancercentre.org.uk)**

**[info@pickeringcancercentre.org.uk](mailto:info@pickeringcancercentre.org.uk)**

# Practical and emotional support

**The East Sussex Macmillan Counselling Service** can listen, understand and support you at any point during or after treatment. This is a free service that can provide confidential, emotional and psychological support on a one-to-one basis, as well as couples counselling, to anyone living with cancer, their family members or carers. The counselling service is offered face to face in Eastbourne, Seaford, Herstmonceux and Uckfield as well as by phone and online.

**0300 131 5543**

**macmillancounselling@nhs.net**

**Age UK East Sussex Macmillan Home Support** can help if you're concerned about how you, or a friend or relative, will cope at home whilst receiving treatment. Volunteers offer free, short-term help and support to people over 55 who are receiving cancer treatment.

**01273 476704**

**macmillanhomesupport@ageukeastsussex.org.uk**

**Macmillan Buddies** can match you with someone who understands what you're going through. Your volunteer buddy will connect with you once a week, ready to talk about how you're feeling and your support needs during this difficult time. They can also let you know about our services, and all the ways Macmillan can help, to make sure you don't face cancer alone. Register your interest in having a buddy using the form on our website or call our free phone number on the back of this leaflet if you don't have internet access.

**[www.macmillan.org.uk/forms/macmillan-buddies](http://www.macmillan.org.uk/forms/macmillan-buddies)**



**Care for the Carers** is the Carers Centre for East Sussex. Do you look after someone who couldn't manage without your help? Care for the Carers provide free practical and emotional advice that can help you navigate and access the range of services available locally. They also offer support groups, activities, events and training.

**01323 738390**

**info@cftc.org.uk**

**www.cftc.org.uk**

**The Sara Lee Trust** supports people affected by cancer and other life threatening illnesses in Hastings and Rother, through the provision of free of charge psychological and counselling support, complementary therapies and therapeutic group activities. For more information please contact directly or ask your healthcare professional to make a referral.

**01424 456 608**

**services@saraleetrust.org**

**www.saraleetrust.org**

**Wolo Foundation** offers practical help and support, and works with local businesses and communities to offer families a wealth of services to support them through their diagnosis, treatment and beyond. They support the whole family, not just the person diagnosed. Any family living in Sussex with a child under 16, at the point of a diagnosis in the family, is eligible.

**www.wolofoundation.org**

**Children with Cancer fund** grants wishes to children up to the age of 18, and their families, who have, or have had, cancer and who primarily live in East Sussex, Brighton and Hove. Wishes can be practical, medical or fun and made to individual families as well as supporting a group together by giving them quality family time.

**01323 488561**

**info@childrenwithcancerfund.org.uk**

**www.childrenwithcancerfund.org.uk**

**Hair Reborn** offer haircare support and advice to help people prepare and feel more confident going through a hair loss journey due to cancer treatment. In East Sussex, Hair Reborn partners with a salon in Eastbourne and can provide up to 3 salon visits to help people achieve a new manageable hairstyle and regain confidence and self-esteem.

**www.hairreborn.org**

**07732 086 520**



## Hospices in East Sussex

Hospices are at the heart of communities and offer palliative care and support to people living with an advanced illness to live as well as possible right up to end of life. They also work with carers and families and people who are bereaved. You can find out about your local hospice by talking to your GP, or searching online to see about the range of services and support available.

**St Wilfrid's** is in Eastbourne

**St Michael's** is in Hastings

**The Martlets** is in Brighton and covers the west of East Sussex

**St Peter & St James Hospice** is in North Chailey, near Haywards Heath, and covers both East and West Sussex

## Benefits support and help with money worries

**The Macmillan East Sussex Welfare Benefits Advice service** provides a comprehensive welfare benefits advice service to people affected by cancer and their families. They can undertake benefit checks, assist with claims and if necessary, advise about and represent you in relation to appealing benefit decisions made by the Department for Work & Pensions or HMRC. If required, they can refer you to related specialist services such as debt advice.

**01323 635989**

**[macmillan@moneyadviceplus.com](mailto:macmillan@moneyadviceplus.com)**

Macmillan can also provide help with other money worries via its national offers, including financial guidance, accessing early payment pensions to take early retirement, help with rising household bills, means-tested grants, a will writing service and more.

**0808 808 00 00**

**[www.macmillan.org.uk/financialsupport](http://www.macmillan.org.uk/financialsupport)**



## Support with physical activity

**Albion in the Community's** Brighter Outlook programme offers free personalised one-to-one support and a range of group classes to help you stay active, take back control and feel good, no matter what your current ability level is or what stage of treatment you are in. Being physically active can help you prepare for cancer treatments, help manage the side effects of treatment and support your recovery.

**01273 668591**

**[brighteroutlook@albioninthecommunity.org.uk](mailto:brighteroutlook@albioninthecommunity.org.uk)**

**<https://albioninthecommunity.org.uk/living-with-cancer>**

**The Sara Lee Trust** run a number of weekly classes of specialised yoga – basic classes and maintenance classes. Please contact Sara Lee Trust to sign up.

**01424 456 608**

**[services@saraleetrust.org](mailto:services@saraleetrust.org)**

## Where else can you find support in East Sussex?

**East Sussex 1Space** will help you find sources of support around the county to enable you to live independently, safely and in good health. From personal care to help with odd jobs and advice on coping with ill health, East Sussex 1Space can help.

**<https://1space.eastsussex.gov.uk/>**

**East Sussex Community Information Service** provides details of support services across East Sussex, including Brighton and Hove.

**[www.escis.org.uk](http://www.escis.org.uk)**

**01273 481754**

**Cancer Care Map** is a simple, online resource that aims to help you find cancer support services in your local area wherever you are in the UK. Cancer Care Map is run by The Richard Dimbleby Cancer Fund charity.

**<https://www.cancercaremap.org/>**

### **Boots Macmillan Information Pharmacists**

Macmillan Information Pharmacists, who wear a badge that identifies them, can give advice and signpost you to where you can get further support if you should need it. Boots stores across East Sussex also have a range of cancer information leaflets.



**The Hospital Friends Radiotherapy area Café and Macmillan Information area at Eastbourne District General Hospital.**

## Macmillan Cancer Support in the UK

We're here to help everyone with cancer live life as fully as they can, providing physical, financial and emotional support. So whatever cancer throws your way we're right there with you.

For information, support or just someone to talk to, call **0808 808 00 00** (7 days a week 8am – 8pm) or visit [macmillan.org.uk](https://www.macmillan.org.uk)