

Cancer Support Information

General Information

<p>Macmillan Cancer Support www.macmillan.org.uk</p> <p>helpline 0808 808 00 00</p>	<p>Information on all cancers from symptoms through diagnosis, treatments (chemotherapy, surgery, radiotherapy, immunotherapy regimes) and after cancer in several languages.</p> <p>Help with finances/ grants etc available for people living with cancer.</p> <p>Tailored support and support line with interpreter service.</p> <p>Support and counselling for patient and family.</p> <p>Signposting to local support groups</p>
<p>www.cancernet.co.uk</p>	<p>For individuals living with or after cancer, providing effective, unbiased, evidence-based guidance from professionals on self-help, lifestyle strategies to improve well-being, reduce adverse effects, lower the risk of relapse and improve long term <u>survival</u>.</p>
<p>www.cancerresearchuk.org/</p>	<p>Advice about all different cancers from causes through to coping with specific cancers, its effects on families and friends and research and trials.</p>
<p>You, Me and the Big C: Putting the can in cancer Podcast www.bbc.co.uk/programmes/p0608649/episodes/player</p>	<p>Starting from the earliest episodes all aspects of living with and beyond cancer is explored.</p> <p>Looks at the highs as well as the lows.</p>
<p>Maggie's Centres www.maggies.org/</p>	<p>Information about and support for people with cancer.</p>

www.pennybrohn.org.uk help line 0303 3000118	Support for people living with cancer from self-care videos, webinars, links to cancer support podcasts, recipes.
www.lookgoodfeelbetter.co.uk	Workshops for skincare and make up for men, women and young people with cancer.
BAME cancer support www.instagram.com/bamecancersupport/ www.facebook.com/groups/2176123179306003/ On Instagram and Facebook	Support community for people going through or living with cancer from BAME backgrounds.
www.shinecancersupport.org www.facebook.com/ShineCancerSupport	Support, information, support groups, workshops for people living with cancer in their 20s, 30s and 40's and also online support

Breast Cancer

www.breastcanceruk.org.uk	Information about reducing risk
www.breastcancerhaven.org.uk	Support including online self-help videos for people living with breast cancer.
www.blackwomenrisinguk.org podcast www.anchor.fm/blackwomenrising	Support groups, support with signposting and podcast for the BAME community living with cancer.
www.breastcancernow.org 0808 800 6000	Support and information for people with breast cancer.
www.liz.oriordan.co.uk	Blog of Breast surgeon who was diagnosed with breast cancer from diagnosis, through treatment and into live with cancer.

Bowel Cancer

https://www.bowelcanceruk.org.uk	Information and support for people with bowel cancer including 'Never too young campaign' for younger people diagnosed with bowel cancer.
www.fapgene.com	Support for people with familial adenomatous polyposis FAP.

www.lynch-syndrome-uk.org	Information and support for people with lynch syndrome.
Bowel Babe On twitter, Instagram and Facebook	Deborah James has stage 4 bowel cancer and posts and campaigns about all stages of bowel cancer and treatments.
Never too young Facebook group www.facebook.com/nevertooyounguk	Online support for younger people with bowel cancer.
Living with stage 4 -Bowel Cancer UK www.facebook.com/groups/713535052312333	Private group for people living with stage 4 bowel cancer, related group for their carers.

Lung Cancer

www.blf.org.uk/support-for-you/lung-cancer 03000 030 555	Information and support for people with lung cancer.
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Female Cancers

www.jostrust.org.uk Help line 0808 802 8000	Provided written and video information in multiple languages. <ul style="list-style-type: none"> • About smears • All stages and treatments of cervical cancer • support
Eve Appeal https://eveappeal.org.uk Helpline 0808 802 0019	Information and support for Womb, ovarian, cervical, vulval and vaginal cancers.
www.lynch-syndrome-uk.org	Information and support for people with lynch syndrome.
Ovarian cancer action www.ovarian.org.uk	Support, information and online webinars. Information available in several languages.
www.targetovariancancer.org.uk 0202 7923 5475	Information including personal stories and support for women with ovarian cancer.
www.ovacome.org.uk 0800 008 7054 07503 682 311	Information in several languages and support including webinars and helplines.

<p>Arabic: 0121 647 6630 Polish: 0121 647 6633 Bengali: 0121 647 6631 Punjabi: 0121 647 6634 Gujarati: 0121 647 6632 Urdu: 0121 647 6635</p>	
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Male Cancers

<p>www.lynch-syndrome-uk.org</p>	Information and support for people with lynch syndrome.
<p>www.prostatecanceruk.org 0800 074 83 83</p>	Information and support for men with prostate cancer in multiple languages.

Children's Cancers

<p>www.childrenwithcancer.org.uk</p>	Signposts to other support charities Funds days out
<p>www.younglivesvscancer.org.uk (formerly CLIC Sargent)</p>	Practical, financial, educational and emotional support for families of a child with cancer from diagnosis through treatment and after treatment has finished.

Support for Children whose parents have cancer

<p>www.riprap.org.uk</p>	Information and support for teenagers
<p>www.winstonswish.org helpline 08088 020 021</p>	Supports children and young people after the death of a parent or siblings.
<p>www.fruitflycollective.com</p>	Support for families affected by cancer including videos and age-appropriate information.
<p>www.4cancer.org</p>	Arranges days out and short breaks for families affected by cancer.
<p>www.macmillan.org.uk/cancer-information-and-support/diagnosis/talking-about-cancer/talking-to-children-and-teenagers</p>	Resources to help you tell your children you have cancer.

Support with effects of treatment

www.colostomyuk.org helpline 0800 328 4257 24hr	Support and information for people with stomas.
www.iasupport.org	Support and information for people with ileostomy or pouch.
www.bladderandbowel.org	Support in 10 languages for people with problems with their bladder or bowels including stomas, catheters and incontinence. Access to RADAR key to access public toilets.
www.bladderandbowel.org/help-information/just-cant-wait-card/	How to get physical or digital Just Can't Wait Card to access public toilets.