

# Cancer support

Support and information for people affected by cancer, including practical help, emotional support, and guidance for patients, families, and carers.

## Cancer United

West Sussex charity offering fitness classes, social activities, and emotional support for people affected by cancer.

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



SCAN ME

## Macmillan Horizon Centre

A Brighton-based centre offering information, emotional and practical support for anyone affected by cancer.

[www.macmillan.org.uk/cancerinformation-and-support/get-help/centres/macmillanhorizon-centre](http://www.macmillan.org.uk/cancerinformation-and-support/get-help/centres/macmillanhorizon-centre) | 01273 468770



SCAN ME

## The Olive Tree

Independent charity in Horsham offering emotional and physical support from diagnosis through treatment, including massage, reflexology, and Pilates.

[www.olivetreecancersupport.org.uk](http://www.olivetreecancersupport.org.uk) | 01403 627424



SCAN ME

## Shine Cancer Support

Offers tailored support for people aged 20-49 with cancer, including meet ups, mentoring, and online groups.

<https://shinecancersupport.org/getsupport/networks/suss-ex-shine/>



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## Surrey and Sussex Cancer Alliance

Works across the region to improve cancer care. Their website offers support and health advice, including translated resources and referral info.

<https://surreyandsussexcanceralliance.nhs.uk/>



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## Sussex Cancer Centre

Based at the Royal Sussex County Hospital, this centre provides high-quality cancer care and access to clinical trials across the Sussex region.

<https://sussex-cancer-centre.org.uk/>



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