



MACMILLAN
CANCER SUPPORT

Cancer Services Directory for Cornwall

Please get in touch:

Judy Clapp Macmillan Primary Care Nurse
Facilitator judith.clapp@nhs.net 07920 806133

Dr Maria Earl Macmillan GP Facilitator
maria.earl@nhs.net



Royal Cornwall Hospitals
One + all | we care
NHS Trust



Our team

Greetings from the Macmillan Primary Care Team for Cornwall we are keen to meet you.

Funded by Macmillan and managed in partnership with Royal Cornwall Hospital Trust. Our roles are not clinical, but focused on improving pathways, processes and communication, to help you to improve care for your cancer patients throughout this journey.

Our aims

- Support the development of policies and procedures relating to cancer care from early diagnosis to end of life care
- Improve communication between primary and secondary care
- Promote importance and awareness of earlier stage at diagnosis
- Support and develop education and training for GP's and practice nurses in relation to cancer as a Long Term Condition



Cancer and Covid-19 Pandemic

Coronavirus is a viral infection that affects the lungs. Anyone who has a weakened immune system is more at risk of being seriously ill if they get coronavirus (COVID-19). Some people with cancer may be at a higher risk of getting coronavirus (COVID-19). It is important to follow the advice from the NHS and your healthcare team. If you're feeling anxious about coronavirus, we're here to give you emotional help. (see attached Covid 19 document)

The Cove is now open for booked appointments only and telephone advice on 01872 256363

Please note at this time all support groups are not meeting but may be available via the telephone.



HELP ME
MAKE SURE
**NO ONE
FACES CANCER
ALONE**

**WE'RE
HERE TO
HELP**



Cancer Nurse Specialists

Cancer Nurse Specialists treat and manage the health concerns of patients and work to promote health and wellbeing in the patients they care for.

They practice autonomously and integrate knowledge of cancer and medical treatments into assessment, diagnosis, and treatment of patients' problems and concerns. Many cancer CNSs work as part of a tumour specific team.

The specialist nature of the Cancer Specialist Nurse and their role as a key worker to individual patients means that they can quickly identify emerging issues that might require medical attention, enabling care to be planned and emergency admissions averted.

CNSs are often the main point of contact for cancer patients and their families, and work closely with colleagues throughout the patient's cancer journey. As a result, they are well placed to support patients at each stage and to promote integration within care teams.

(The following contact information is for clinical staff only and not for patient use unless the Nurse has given the patient their details)

CANCER CLINICAL NURSE SPECIALISTS

ROYAL CORNWALL HOSPITAL



Palliative Care 01872 258346

Angela Hart - angela.hart7@nhs.net

Suzanne Adams - suzanne.adams4@nhs.net

Elizabeth Thomas - elizabeth.thomas26@nhs.net

Nicola Clapson - nicola.clapson@nhs.net

Steph Brelsford - steph.brelsford@nhs.net

Sarcoma/Rare Cancer 07795044350

Ben Casey (& Sarcoma) - benjamincasey@nhs.net

Lung 01872 252015

Emma Cresswell - emmacresswell@nhs.net

Paul Kneller - paul.kneller@nhs.net

Sonia Ellis - sonia.ellis1@nhs.net

Colorectal

Clare Ferris - clareferris@nhs.net

Chrissie Bevins - chrissie.bevins@nhs.net

Haematology

Caz Edwards - caz.edwards@nhs.net

Linzi Retallick-Schmid - linzi.retallick-schmid@nhs.net

John Botfield - john.botfield@nhs.net

Anna Old - Transplant co-ordinator - anna.old@nhs.net

Teenage & Young Adult

Louise Morris - louise.morris22@nhs.net

Uro-Oncology - rch-tr.Uro-OncologyCNS@nhs.net

Deborah Victor (Metastatic Uro-oncology) - deborah.victor@nhs.net

Melanie Murray - melanie.murray@nhs.net

Lisa Shephard - lshephard@nhs.net

Wendy Meyers - wendy.meyers@nhs.net

Gynaecology

Emma Dyer - emma.dyer1@nhs.net

Emma Kent - emma.kent3@nhs.net

Upper GI 01872 252177

use email rcht.uppergicancercns@nhs.net

Lisa Nicholls - lisa.nicholls5@nhs.net

Breast

Wendy Aynsley (Metastatic Breast) - w.aynsley@nhs.net

Louise Lyward (Specialist Nurse Secondary Breast Cancer)

Josephine Brand - jo.brand@nhs.net

Sarah Zee - sarah.zee@nhs.net

Brain

Wendy Dreyer - wendy.dreyer@nhs.net

Head & Neck

Jacqui Williams - jacqui.williams8@nhs.net

Laura Kinsey - laurakinsey1@nhs.net

Frances Children - Therapist for Head & Neck

Lisa Tripp - lisa.tripp@nhs.net

Lymphoedema

Emma Underwood - emmaunderwood@nhs.net

Specialist Dietician

Sue Ogilvie - sue.ogilvie@nhs.net

Cancer & Palliative Care Dietician

Janine Machin - janine.machin@nhs.net

Acute Oncology

Ben Casey - benjamincasey@nhs.net

Rachel Carroll - rachel.carroll4@nhs.net

Cornwall's Primary Care Cancer Champions

These are nurses working in primary care who have completed the Macmillan cancer course for primary care. Giving them the knowledge and confidence to help support patients diagnosed and living with and beyond their cancer.

Suzanne Middleton Neetside Bude 01288 270580

email: suzanne.middleton3@nhs.net

Sarah Barea Wadebridge and Camel Estuary 01208 812222

email: s.barea@nhs.net

Allison King Clays Practice Roche 01726 890370

email: allison.king1@nhs.net

Laura Taylor Old Bridge Looe 01503 266960

email: laura.taylor49@nhs.net

Janet Lamb ThreeSpires Truro 01872 246810

email: janet.lamb3@nhs.net

Mandy King Praze TR14 0LB

email: mandy.king3@nhs.net

Chloe Gendall Marazion 01736 710505

email: chloe.gendall@nhs.net

Clare Bick Sunnyside Penzance 01736 863340

email: clare.bick@nhs.net

Sandra Chadwick Sunnyside Penzance 01736 863340

email: sandra.chadwick2@nhs.net

Justine Smith Carn to Coast 01209 717471

email: justine.smith5@nhs.net

Gemma Watt Penryn 01326 372502

email: gemma.watt2@nhs.net

Pat Daniels Port Isaac 01726 626840

email: pat.daniel@nhs.net

Lizzie King Lostwithiel 01208 872589

email: lizzie.king@nhs.net

Dawn Fuell Perranporth TR6 0JL

email: dawn.fuell@nhs.net

Clare Mather Newquay Health Centre 01637 850002

email: clare.mather1@nhs.net

Andrea Henshaw Newquay Health Centre 01637 850002

email: andrea.henshaw1@nhs.net

Alison Murton Petroc Padstow 01841 532346

email: alison.murton@nhs.net

Caroline Tonkin Carnon Downs Surgery 01872 863221

email: ctonkin@nhs.net

Jill Stephens Penryn Surgery 01326 372502

email: jill.stephens1@nhs.net

Lynn Brockwell-Ogley Falmouth Health Centre 01326 210090

email: lynn.brockwell-ogley@nhs.net

Julie Vandermeulen Tamar Valley Health Callington

01579 382666 email: julie.vandermeulen@nhs.net

Tracey Waters Chacewater 01872 561437

email: traceywaters@nhs.net

Lee Reed Rosedean Liskeard 01579 343133

email: lee.reed1@nhs.net

Kate Brenton Brannel Surgery 01726 822254

email: kate.brenton@nhs.net

Heather Taylor Brannel Surgery 01726 822254

email: heather.taylor20@nhs.net

Isabel Davies Manor Surgery 01209 313313

email: isabeldavies@nhs.net

Pat James St Austell 01726 75555

email: patjames@nhs.net

Debbi Boyce St Austell 01726 75555

email: debbi.boyce@nhs.net

Vanessa Bennallick Stillmoor Surgery 01208 72489

email: vanessa.bennallick@nhs.net

Susan Driver Carnewater Surgery 01208 269988

email: susan.driver@nhs.net

Debbie Bryant Stratton Surgery 01288 352133

Kate Warner Helston Medical Centre 01326 572637

email: katewarner@nhs.net

Katie Hardy Bodriggy Health Centre 01736 753136

email: katie.hardy6@nhs.net

Georgina Smith Stennack Surgery 01736 793333

email: georgina.smith9@nhs.net

Liz Garrod Churchfield Practice 01840 213893

email: liz.garrod@nhs.net

Laura Hickman Camelford Medical Centre 01840 213894

email: laurahickman@nhs.net

Hannah Daniel Ruby Country Medical Group 01409 253692

email: Hannah.daniel@nhs.net

Jennifer Dawson Westover Falmouth 01326 212120

email: Jennifer.dawson9@nhs.net

Sally Kidd Perranporth

email: sally.kidd2@nhs.net

Jenny Docking Chacewater Health Centre 01872 562220

email: j.docking@nhs.net

01872 562200

Maggie Roberts Chacewater Health Centre 01872 562220

email: maggie.roberts3@nhs.net

Dr Kath Stephens Chacewater Health Centre

email: kath.stephens@nhs.net

Nicky Pascoe Hayle Surgery

email: nicola.pascoe1@nhs.net

Katharine Howarth Neetside Surgery 01288 270580

email: katharine.howarth1@nhs.net

Contact
The Cove
01872 256363



**CA Cornwall Macmillan Project
providing benefit and grant advice.**

**We offer free, impartial, confidential advice to
people living with cancer, their carers and families.
We can help with issues such as:**

Benefit entitlement

A 'Better-off' calculation

Making a benefit claim

Benefit form filling: new claims and reviews

**Contacting relevant departments with regards to your
benefits eg change of circumstance**

Challenge/Appeal a benefit decision

**Claiming Personal Independence Payment via
Special Rules for terminal illness**

Grant applications

**Age UK Cornwall & Isles of Scilly
The Cornwall Link
An exciting website for Cornwall**



What is the Cornwall Link?

The Cornwall Link is an online portal where you can find information on a wide range of services, community groups and organisations in Cornwall and the Isles of Scilly. Our aim is to provide individuals, families, carers, volunteers and healthcare professionals with access to services and community based activities that will reduce social isolation and improve health and wellbeing.

This platform has been designed in collaboration with Age UK Cornwall staff, volunteers, our clients, GP's and our supporting partners, including: Cornwall Neighbourhoods for Change, NHS Kernow, Cornwall Rural Community Charity and the Eden project.

Contact Us:

Email - cornwall-link@ageukcornwall.org.uk or

Call Lee Davies on 01872 266383 to find out more

The Cornwall Link & Scilly Link went live on 4th December 2017

<http://www.cornwall-link.co.uk> <http://www.scillylink.co.uk>

Teenagers and Young Adults with Cancer Service at RCHT Treliske

The aim of the Teenagers and Young Adults (TYA) service in Cornwall is to provide age appropriate cancer treatments and facilities for patients aged 16-24 years. We want to support you holistically in any way we can and want to engage with you and your support network so that you receive what you want and need from our service.

The team consists of the Specialist Nurse, Dr Louise Brown Macmillan lead clinical psychologist, Richard Nobes CLIC Sargent Young Person's Social Worker and DR Toby Talbot Clinical Lead for TYA we also work closely with the paediatric and adult Oncology and Haematology teams across the trust.

The needs of teenagers and young adults with cancer are met by Paediatrics and Adult Services; under 16's by the Paediatric Team, 16-18 year olds can choose to be treated in either Paediatrics or Adult Services (guidance will be given by the professional team to make the decision) and over 18's will be treated by Adult Services.

Area 61 is our Teenage and Young Adult unit at the University Hospitals Bristol NHS Foundation Trust. The Unit opened in 2014. This is a principle treatment center which provides specialist facilities for young people.

Patients who choose to be treated locally will have access to the same services and support as those attending the Principal Treatment Centre and their care needs and treatment plan will still be discussed with the Bristol as we have close links across the peninsula.

CLIC Sargent 0300 3300803
www.clicsargent.org.uk
Supporting children with cancer



Teenager Cancer Trust
0207 6120373
www.teenagecancertrust.org
Improving lives of teenagers and young adults with cancer



Childrens Hospice South West
Little Harbour, St Austell 01726 871800
<http://www.chsw.org.uk>



Penhaligon's Friends - supporting bereaved children
01209 210624 <http://www.penhaligonsfriends.org.uk>



Teenagers and Young Adults with Cancer Service at RCHT Treliske

Louise Morris - Email: louise.morris22@nhs.net

- Emotional and social support; through diagnosis, treatment and beyond.
- Support and information for patients, their friends and family
- An additional link with your keyworker / clinical nurse specialist / medical team
- Link to other professionals and support services i.e. Counselling or Psychology
- Wig referrals
- Access to age appropriate environments
- Support groups and social activities



Kernow Young carers www.kernowyoungcarers.org

T: 01872 321486. Lots of great advice & support including days out.

Richard Nobes - CLIC Sargent Young Person's Social Worker

Tel: 07796 938460

Email: richard.nobes@clicsargent.org.uk

Richard provides:

- Emotional, financial and practical support to help young people continue with their everyday lives
- Help to apply for benefits or grants
- Information and signposting to other useful services
- Support groups and social activities





The Cove

More than 21,000 people in Cornwall and the Isles of Scilly are living with cancer.

The Cove Macmillan Support Centre provides a dedicated facility for people affected by cancer, whether they're the patient, are caring for someone or are simply worried about cancer.

Cancer affects every part of your life and people need financial, emotional and practical support, as well as medical treatment. The Cove Macmillan Support Centre now means people have a place to come to when they need support, and it will offer a wide range of services to make sure people with cancer have the best quality of life they can.

Telephone number: 01872 256363

email: thecove@nhs.net

For physio advice contact

Mr McCaffrey

email: mark.mccaffrey@nhs.net



Community Specialist Palliative Care Team

Referral Criteria

Specialist Palliative Care Services (SPCS) are resources for health care professionals in all community care settings to access expert support for patients facing a life threatening condition irrespective of diagnosis, in particular for:

- Management and monitoring of persistent and/or transient symptoms
- Management of complex emotional/psychological issues
- Management of complex social/family issues
- Planning end of life care

Referral guidelines

Referrals to the Community Specialist Palliative Care Nurse are appropriate when:

- The patient has symptoms which are complex or rapidly changing.
 - The patient/carer has difficulty adjusting to diagnosis or advancing disease.
- Support may be required when decisions about palliative treatment options are being made

To make a referral

Please contact the Community Specialist Palliative Care Nurse by Post/e-mail to:

Community Specialist Palliative Care Team
Peninsula Community Health
Community Services
Truro Health Park
Infirmary Hill
Truro
TR1 2JA

Tel: 01208 251300

Between 9.00am and 4.30pm E-mail: cpn-tr.spcreferral@nhs.net



Advice line for Professionals

Cornwall Hospice Care

Mount Edgumbe (14 beds) and St Julia's Hospices (12 beds)

Tel: 01726 65711 (Mount Edgumbe)

Tel: 01736 759070 (St Julia's)

Email: cornwallhospicecare@cornwall.nhs.uk

Website: <https://www.cornwallhospicecare.co.uk/>

Our Palliative Care Advice Line is available to healthcare professionals 24 hours a day, 7 days a week.

This provides access to specialist nursing and medical advice at any time on symptom control, syringe driver and drug use, appropriate place of care and management of palliative care emergencies.

Please call: 01736 757707

Cornwall Hospice Care also operate a Palliative Care Email Hotline which is available to healthcare professionals requiring advice quickly but without the urgency of a direct telephone conversation.

Immediate advice is available via the advice line phone number above. Email requests for advice will be responded to within 24 hours by the consultant on call that day.

The email hotline address is cornwall.spcadvice@nhs.net

All requests for admission should be made directly to the inpatient units at Mount Edgumbe Hospice and St Julia's Hospice.



Advice line for Professionals

Cornwall Hospice Patients and carers can be referred to the Hub via their GP or other healthcare professional, or can self-refer.

Drop in to a hub for an informal chat, or call 01726 829874.

Penzance Neighbourhood Hub

Every Thursday 1.30pm to 4.30pm

Clarence House, Clarence Street, Penzance, Cornwall, TR18 2PA

Wadebridge Neighbourhood Hub

Every Thursday 1.30pm to 4.30pm

John Betjeman Centre, Wadebridge, Cornwall, PL27 7BX

Hayle Neighbourhood Hub

Every Monday 10.00am to 1.00pm

St Julia's Hospice, Foundry Hill, Hayle, Cornwall, TR27 4HW

St Austell Neighbourhood Hub

Every Wednesday 1.30pm to 4.30pm

Mount Edgcombe Hospice, Porthpean Road, St Austell, Cornwall, PL26 6AB

The email hotline address is cornwall.spcadvice@nhs.net

All requests for admission should be made directly to the inpatient units at Mount Edgcombe Hospice and St Julia's Hospice.

Guidance for Professionals

NICE Guidelines Suspected Cancer June 2015

The identification of people with possible cancer usually happens in primary care, because the large majority of people first present to a primary care clinician. Therefore, evidence from primary care should inform the identification process and was used as the basis for this guideline. Recommendations in the update are now organised by symptoms which should prompt a 2 week wait referral; further investigation in primary care; safety netting in primary care.

NICE GUIDELINES

<https://www.nice.org.uk/guidance/ng12/chapter/1-recommendations-organised-by-site-of-cancer#>

USEFUL CONTACTS

Bowel Screening Helpline: 0800 7076060

Mermaid Breast Screening: 01872 252880

Information about screening services for people with a learning disability which are available in Cornwall. We have Learning Disability Healthcare Screening Liaison Nurses employed by Cornwall Partnership NHS Foundation Trust. They work with people with learning disabilities to support them through the screening process, for breast, cervical, and bowel cancer. Further information is available here: <https://www.cornwallft.nhs.uk/services/learning-disabilities-service/learning-disability-liaison-nurses/>

East Community Team

Carew House, Beacon Technology Park, Dunmere Road, Bodmin, PL31 2QE - Telephone: 01208 834455

West Community Team

Kernow Building, Wilson Way, Pool, Redruth. TR14 3QE - Telephone: 01209 204025



Need some help gardening or painting a room - then we have the answer! If the job can be done in one day then Sandra Sandercock Carrick and Kerrier Macmillan Volunteering Officer can help!

email: sandras@volunteercornwall.org.uk

Call: 01872 265213 / 07849085854

Volunteer Cornwall, Acorn

House, Heron Way, Newham, Truro, TR1 2XN

www.volunteercornwall.org.uk



Rachel Byford Health Professional Engagement Facilitator CRUK. What is the Health Professional Engagement Facilitator programme?

The programme is a partnership with the NHS to provide face-to-face tailored support to GP practices and health professionals to help improve cancer prevention, early diagnosis and cancer outcomes across the UK. Our aim is to improve cancer outcomes by engaging with and supporting health professionals at a local level.

rachel.byford@cancer.org.uk <http://www.cancerresearchuk.org/>



Sunrise Centre - The Sunrise Centre is the oncology (cancer) centre covering the whole of Cornwall. It is based at the Royal Cornwall Hospital in Truro and opened in 2002.

<http://www.cornwallcancercare.co.uk/>



The MySunrise App is a free resource developed by the Oncology team at Royal Cornwall Hospital.

It was designed to support patients and their families right from diagnosis, providing information specific to their local cancer centre – The Sunrise Centre – as well as providing regional and national links to cancer support information and resources. MySunrise provides a whole range of useful information supporting the patient journey and different cancer treatments available in Cornwall. It includes a number of useful videos on the service provided at the Sunrise centre as well as the treatments offered. It also provides information on 'What to look out for' if patients become unwell whilst receiving treatment and provides a 'Contact Us' section which includes a 24 hr chemotherapy advice line.

Cancer Support Groups

Cornwall Prostate Support Association

Where: Victoria Inn ThreeMilestone, Truro TR3 6BY

When: 3rd monday of each month 7-8.30pm

Contact: Debbie Victor 01872 253143 9-4.30pm

Cornwall Gynae Cancer Support Group

Where: The Cove, Treliske

When: 6-8 pm For Dates

Contact: Emma Kent 01872 252037

Truro Breast Cancer Support Group

When: Last Wednesday of Each Month

Where: The Mermaid Centre, Royal Cornwall Hospitals NHS Trust, Treliske, Truro. TR1 3LJ (Map)

Contact: Mary - 01872 553287 or Breast Care Nurses - 01872 52988/252691

St Michael's Breast Care Group ("The Foxy Ladies")

When: Last Friday of Each Month

Where: St Cecilia's Lounge, St Michael's Hospital, Trelissick Road, Hayle. TR27 4JA (Map)

Contact: Anna - 01736 710678 or Breast Care Nurses - 01872 252988/252691 e-mail: stmichaelsbcg@live.co.uk

website: www.stmichaelsbcg.btck.co.uk

Go Kernow Support Group for Upper GI post op patients

When: three monthly

Where: The Cove, Treliske

Contact: Robin 01208 831145 or email rabkol@aol.com or Brian on 01726 862766 or email sandb40@outlook.com

Low level walks at Boscawen Park Truro

When: Friday mornings at 10.30am meet at the coffee shop in main car park TR1 1UE
more info at The Cove 01872 256363 or email thecove@nhs.net

Tamar Area Prostate Support TAPS

When: 1st Wednesday of each month 18.30pm

Contact: 01872 834797 c.greensted@plymouth.ac.uk

Cancer Support Groups

St Austell Breast Cancer Support Group

When: Last Tuesday of Each Month

Where: Day Room, Mount Edgcumbe Hospice, Porthpean Road, St Austell. PL26 6AB

Contact: Jan - 01726 72144 or Breast Care Nurses - 01872 252988/25269

Truro Young Women's Support Group

When: First Wednesday of Each Month

Where: The Mermaid Centre, Royal Cornwall Hospitals NHS Trust, Treliske, Truro.
TR1 3LJ

Contact: Sarah Zee - 01872 252988/252691

Triangle Outreach drop in Cancer Support Centre

Liskeard Community Hospital linked to Mustard Tree Macmillan information and support centre at Derriford Hospital Plymouth Liskeard Community Hospital Clemo Rd, Liskeard, Plymouth, PL14 3XD Lucy Figg 01752 763672 Thursdays 10-4pm

Look Good Feel Better (supporting women with cancer)

meet at The Cove monthly or bi-monthly at St Michaels Hospital

Call 01872 256363 for more details and dates

<http://www.lookgoodfeelbetter.co.uk>

Jane Tummon Regional Coordinator Cornwall

07952418121 j.tummon@btinternet.com

Browns (Wigs) <http://www.morehairnow.com>

Local wig specialist 01326 572696 079170384681

Donna Brittain based on Tuesday at The Cove behind RCH Treliske

Bobots site <http://www.boots.com/health-pharmacy-advice/macmillan>

The Recovery Support Group for Head & Neck cancer

Where: The Cove, Treliske

Contact: Sid Platt sidplatt100@btinternet.com

Lanhydrock Ostomist Group

Where: Lanhydrock Memorial Hall, Trebyan, Bodmin PL30 5AE Monthly 3rd Wed except August 2pm - 4pm Contact: Mandy Rowe 01726 832642 or Henry Kendall on 01208 850986 murphy.rowe781@btopenworld.com or h.kendall380@btinternet.com

Cancer Support Groups

Cornwall Myeloma Support Group

Where: The Cove

When: The first Tuesday of the month, 6pm-8pm

Contact Mal Bruton email: faerymab@hotmail.com

Truro Lymphoma Support Group

Where: Meeting room Ground floor

Princess Alexander Maternity Wing, RCHT

When: 3rd Wednesday of the month 6pm-7.30pm

Contact Jill 01872 540259

Breast Cancer Care Living with Secondary Breast Cancer

Where: Truro

When: 11am first Thursday of every month

Contact: 0345 077 1893

Email: secondaryservices@breastcancercare.org.uk

Bowel Cancer Support Group

Where: Probus Village Hall

When: Alternate months on the second Saturday from 9am - 4pm

Contact: Clare Ferris or Candy Coombes on 01872 252693

www.beatingbowelcancer.org/cornwallsupportgroup

Marie Curie Cancer Care

0800 716146 www.mariecurie.org.uk

(provides free end of life care in patients their own home)

The College of Sexual & Relationship Therapists (COSRT)

0208 5432707 or go to www.cosrt.ork.uk for a list of qualified practitioners

BRCA1 & BRCA2 Gene support group

Contact: 01872 254546 or maggie.thomas@nhs.net or cerian.tiley@nhs.net

Cornwall Ostomy Support

When: Monthly 1st Tuesday of the month at 2pm

Where: Carnon Downs Village Hall - call Ken Jones 01872 863106 Email:

cornwallostomysupport.org.uk

Support Groups

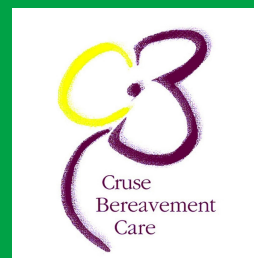
Brain Tumour Support Charity

Where: Split between Truro and Liskeard (see website)

When: 2nd Tuesday of the month

Contact: 07711 597165 www.braintumoursupport.co.uk

CRUSE Tel: 01726 76100 cornwall@cruse.org.uk



cornwallbereavementnetwork.org Tel ; 01726 829874

The network was set up in early 2020 to help people affected by bereavement find support and services in one central resource.



www.kooth.com

Safe, free, anonymous online mental wellbeing

We help children and young people (up to age 25), parents, and families, to rebuild their lives when a child grieves or when a child dies. We also provide training to professionals, equipping them to provide the best possible care to bereaved families.

childbereavementuk.org

Helpline Tel :0800 0288840



CIOSCPCG - Cornwall & Isles of Scilly Cancer Patient & Carer Group

A body of people whose experience of cancer, whether as patient or a carer brings them together. email cioscpcg@gmail.com

Phone Chair 07940 408940 or Vice Chair 07940 408947

Cornwall & Plymouth Bowel Cancer Support Group

The Sec 01872 241 145 email: cbcsginfo@gmail.com

www.cornwall-bowel-cancer-support-group.co.uk

Kidney Cancer Support Network

Coffee & lunch meeting for patients, carers and family members

Please email rose@kcsn.org.uk or go to www.kcsn.org.uk



Out of Hours Palliative GP Service 01872 224050

THE SCHOOL HEALTH & WELLBEING PROGRAMME

The following Schools are actively engaged with the schools wellbeing programme run through Cornwall Council. This means there is a named contact at the school which Olivia can forward resources and teaching materials to better support pupil and staff understanding of cancer. If the school you are looking for does not appear on the list, still contact Olivia as we can make contact via the Health & Wellbeing Project Officer, Olivia Dunlop, who will make contact with the school and offer support.

Email: olivia.dunlop@cornwall.gov.uk Please keep the emails as confidential as possible, we only need to know the school and the year group the pupil is in.

NEWS: Oliva is the Health and Wellbeing Project Officer – this initiative still incorporates Schools but is much wider and will NOW cover all staff within Council departments and services under the umbrella of the Council.

Please note, we are not able to ring and speak to patients we only contact the schools in question.

Personal numbers should not be shared and promises of contact from the School programme should never be made.

COMPLEX CANCER LATE EFFECTS REHABILITATION SERVICES (CCLERS)

The Complex Cancer Late Effects Rehabilitation Service (CCLERS) is a specialist rehabilitation service for people experiencing unresolved persistent pain and reduced physical function due to the consequences of treatment for cancer (any tumour site).

The service includes individual clinical assessment, agreed goal setting and a package of specialist multi-disciplinary services including physical and psychological therapies. The service aims to provide a timely intervention to treat complex late effects of cancer treatment and prevent long term conditions arising. The provision of specialist, tailored in-patient rehabilitation positively impacts on the ability of people living with complex late effects to improve self-efficacy, functional performance and satisfaction in all occupational domains of their lives.

CCLERS aims to provide a timely, cost effective quality intervention with a long term positive impact on health and utilisation of health care provision.

REFERRAL CRITERIA

- Unresolved persistent pain and reduced physical function due to the consequences of treatment for cancer (any tumour site).
- Already seen by local pain and rehabilitation services (i.e primary/ secondary physiotherapy services) without improvement and/or deterioration in symptoms.
- Considered complex/highly complex by local/regional services due to physical and/or psychological needs.
- Completed cancer treatment > 12 months ago (excluding hormone therapy)

WHAT DO WE OFFER?

- On receipt of referral all individuals are assessed by telephone by our lead nurse specialist who is based in Bath at the Royal National Hospital for Rheumatic Diseases (RNHRD), part of the Royal United Hospital, NHS Foundation Trust. Following assessment, individuals are invited to attend a two day clinic. This two day clinic consists of individual consultations with specialists from the following areas:
 - Pain
 - Psychology
 - Physiotherapy
 - Occupational Therapy
- The clinic also offers rehabilitation in a group setting which addresses topics such as exercise, and coping strategies.
- Ongoing care and support management is provided by our nurse specialist. Where appropriate, people can be admitted for a period of inpatient rehabilitation to the Royal National Hospital for Rheumatic Diseases (RNHRD).

ALL REFERRALS SHOULD BE SENT TO:

Professor Candy McCabe

Royal National Hospital for Rheumatic Diseases

Upper Borough Walls, Bath BA1 1RL

Email: candy.mccabe@nhs.net

For any enquiries please contact the CCLERS administrator:

On: 01225 473 481

Or email: kim.cuss@nhs.net

Patient information film can be seen on <http://vimeo.com/89518033>

Clinician information film can be seen on
<http://vimeo.com/90741807>



How we can help you...

Free Calls, Text, Data and Mobiles for those affected by cancer

We know that cancer doesn't only affect the person who is diagnosed, but also family, friends and loved ones.

By providing free calls/text/data and mobiles where appropriate, to those affected by cancer we are working to prevent some of the isolation, loneliness and financial pressure that many face.

It can be life-changing in an instant. If you or someone you know is affected by cancer you can contact us directly to establish if we are able to help you. You can also apply on someone else's behalf, for example if you are a carer or health care professional.

Applying for support from simPal

You can fill in the form online: <http://www.yoursimpal.com/>

Or call our free phone number to speak with our applications support team: 0800 567 7890

Thank you for your interest in simPal, we are here for you.

Plymouth Support Groups

Bosom Pals

The next Bosom Pals meeting will be held at Fort Stanford.

Wednesday 23rd January 7pm to 9pm

Please contact Bosom Pals on: 07812 958411 or email: bosompalsplymouth@gmail.com for more information.

Bosom Pals is a support group for breast cancer patients.

British Lung Foundation—Breathe Easy Support Group

Tothill Community Centre, Knighton Road, St Judes, Plymouth

Tuesday 8th January 1:30pm to 3:30pm

Please contact Christine Prinn at on: 01752 220919 for more information.

Plymouth Lymphoma Support Group

The Plymouth Lymphoma Support Group will be meeting on:

Thursday 10th January 3pm to 4:30pm

The Support Group will be meeting at the Conference Room of Derriford Health & Leisure Centre

For more information please contact: Pam: 01752 785094 or Scott: 01752 661035

<https://www.lymphomas.org.uk/information-and-support/lymphoma-support-groups/plymouth-lymphoma-association-support-group>

The Plymouth Regional Head & Neck Cancer Support Group

The support group will be having their first meeting of the New Year on:

Wednesday 9th January 10:30am at the Moments Café, Plymouth

For more information or to reserve your place, please contact Geoff email: geoffnread@gmail.com or call: (01752) 563800 or 07745 819828

Bladder Cancer Support Group

Vanessa Wilcox (Uro-Oncology Nurse Specialist) is pleased to announce the next meeting of the new Bladder Cancer Support Group:

Wednesday 9th January 12:30-2pm

Mustard Tree Macmillan Cancer Support Centre.

This new support group is informal and a way to discuss anything regarding or relating to bladder cancer. It is a chance to meet and chat to others who are going through similar experiences. The group is patient-led for the benefit of patients, partners and carers.

Healthcare Professionals such as Nurse Specialists, Urologists, Stoma Nurses and Mustard Tree staff would be available to come and talk if requested.

The group is open to all.

For more information, please contact Thomas: bcsdg.derriford@virginmedia.com Website: <https://bcsdg.derriford.mt-soft.net>

The group will be supported by Action Bladder Cancer UK and Macmillan.

Melanoma Support Group

The Melanoma Support Group will be meeting on the following dates in the Mustard Tree (10am to 12pm) on: 2019 dates to be confirmed

The Melanoma Support Group is for patients, carers and family members. For more information on the group, please contact: Judy (tel: 01752 431468 email: judyhorne@nhs.net)

The Melanoma Support Group is looking to recruit new members to their group. If you have Melanoma, or care for someone who has, please feel free to come along.

Oesophago-Gastric Cancer Support Group

A new Oesophago-Gastric Cancer support group has been set up. For more information please contact: Marilyn Bolter or Jen O'Reilly (UGI Cancer Specialist Nurses) on: 01752 431528

The Plymouth Prostate Support Group

The next Plymouth Prostate Cancer Support Group meeting for prostate cancer patients and families is on Thursday 31st January from 6.30pm – 7.30pm. The meeting will take place at the Post Graduate Medical Centre at Derriford Hospital.

This patient led support group will enable you to get together in a positive way. All are welcome to come along and receive support and information.

Free coffee and biscuits. Supported by The Chestnut Appeal for Prostate Cancer

Myeloma Support Group

The Myeloma Support Group is for patients, their family and carers. The group gives you the opportunity to meet others, share experiences, learn about Myeloma and discuss topics of interest.

The group will be meeting next on: Friday 1st February in the: Conference Room, Derriford Centre For Health & Wellbeing, Derriford Hospital, PL6 8DH 1:30pm to 3pm.

For more information please contact: Sue Hurley Tel: 07974 343928 email:

suehurley7@outlook.com Lindsey Stewart Tel: 07968 416234

Caroline Allen Tel: 01752 823449

Dashnet—Support Group for Men Affected by Cancer

Dashnet is a Male Cancer oriented Support Group where Men whom are battling Cancer or have overcome Cancer will have the opportunity to come and do normal 'manly things' like read the newspaper, talk about their hobbies and even have a small bite to eat and drink. They will not be pressurised into talking about their battle with cancer, but they will get our full attention. Some people do not have a support network and we, at Dash of Silver, want to provide that support. The slogan; 'If it isn't me, it might be you' comes from the statement that 1 in 2 people are now being diagnosed with cancer. So please join us and help this exciting project reach its full potential

For more information please see www.dashofsilver.co.uk Dashnet will be meeting on Tuesday 29th January at: The Brook Inn, Plympton (7pm to 9pm)

Brain Tumour Support

Anyone affected in any way by a brain tumour diagnosis is welcome.

David, your Brain Tumour Support Worker, will be there to greet you.

The group environment is relaxed and friendly, a mixture of chat, speakers and sharing of information and experience – with refreshments provided too!

Parking and Transport:

There is parking available at the venue. If you need information about public transport or assistance in getting to the group, please contact David so he can discuss this with you.

David Haq - Brain Tumour Support Worker

Mobile: 07711 597165 / Tel: 01454 422701 (Support Team)

E-mail: david@braintumoursupport.co.uk

Mesothelioma Support Group:

The Southwest Mesothelioma Support group covers Devon and Cornwall

Dates to be confirmed—for more information please contact: Christine Jones on 01752 432383

Local mesothelioma sufferers as well as families who have lost a loved one through mesothelioma or another asbestos disease are most welcome. It is a group aiming to share information on local asbestos issues, ways to spread asbestos awareness throughout the local community, current clinical trials and generally offering support and advice to those newly diagnosed or going through treatment, as well as surviving relatives. There is also the opportunity to participate in fundraising events and the group is very active in this respect. For further information about the group and future events please contact Christine Jones, Mesothelioma UK Specialist Nurse for the Southwest on 01752 432383.

Plymouth & District Bowel Cancer Support Group

Covering: Callington, Gunnislake, Ivybridge, Kingsbridge, Launceston, Liskeard, Looe, Modbury, Plympton, Salcombe, Saltash, South Brent, Tavistock & Yelverton

A new local support group for people suffering from Bowel Cancer/Colorectal Cancer/Stoma and their families, run by people with the illness.

The support group is also open to Stoma patients

The group has the full backing of the Oncology Department, the Lead Colorectal Nurse and the Macmillan Mustard Tree Centre. The aim of the group is to reassure people everywhere that they are not alone, even though it may feel that way sometimes. The group's aim is to create friendships and give people the opportunity to share their feelings

A closed Facebook page has been created, which is only open to members and their families. This will give people the opportunity to share their journey

Bowel Cancer is the embarrassing cancer. This barrier needs to be broken down and we can help to achieve this through our support group, so whether you are starting your journey, are already a patient or are fully recovered its easy and free to join us. Either telephone the number below or request to join the closed Facebook group (see below)

It's simple and free to join: Just ring: 07934 922156 (Wendy)

Or find us on Facebook: "Bowel Cancer Plymouth" (This is a closed group)

The Primrose Foundation & Bobtails Support Group for Children whose Parents or Grandparents are affected by Breast Cancer

Usually the first Monday of the month 6:30-8pm—Bobtails Nursery, Laira, Plymouth. The group is designed to help children of all ages understand they aren't alone and give them an opportunity to play and interact with other children who are sharing their experiences too. This will be a very relaxed group, with no agenda just an opportunity for the children to play and have fun and the parents & Grandparents to sit and have a cup of tea and a chat with others who understand what they are going through. If you would like to join the group or require more information please contact Maddy from the Primrose Foundation on madeleine@primrosefoundation.org or call (01752) 975217.

Please note that this is not a drop in session therefore you are required to book your place in advance, we just need your name along with the child/children's name and age so that we can arrange some fun activities according to the age range.

For more information about the Primrose Foundation please visit:

www.primrosefoundation.org

For more information about Bobtails please visit: www.bobtails.org.uk

The Derriford Chronic Lymphocytic Leukaemia (CLL) Support Group

Next Meeting: Wednesday 16th January 2-4pm in the Derriford Health & Wellbeing Centre

The Derriford CLL Support Group has been set up for anyone in the South Hams, West Devon, Tamar Valley, Plymouth and East Cornwall area who has been diagnosed with CLL (Chronic Lymphocytic Leukaemia).

It can be a very unnerving experience to be told you have a blood cancer. Our aim is to provide help, knowledge, shared experiences and advice. We also offer a "Buddy Scheme" to pair those newly diagnosed with someone who has been living with CLL for some years and who can help, comfort and advise.

Join us for a chat at: <https://www.facebook.com/groups/derriford.cll/>

There is also advice and support at: <https://www.cllsupport.org.uk/>

NET Natter (Neuroendocrine Tumours Support Group)

Next meeting: 3rd January 2-4pm the Mustard Tree Cancer Support Centre

This is a new support group aimed at patients, carers and supporters or patients diagnosed with Neuroendocrine or Carcinoid Cancer.

Do you simply want to talk to other patients with similar experience or get advice from experienced people? Come along to this friendly informal group supported by the Macmillan team and the NET Patient Foundation.

If you have any questions or for more information please call the Mustard Tree on: 01752 430060 or Lesley on: 07854 429630

or email: nikie@netpatientfoundation.org

or Lesley.porch@hotmail.com