## Side by Side Café—Warminster

Meet on the 1st and 3rd Friday of each month (10am—12pm), where you can chat to others with lived experience of cancer. For more information call 07825 561 267 or email warminsteropendoor@gmail.com

#### Wessex Cancer Support

Offer free support for as long as needed for patients and their families at The Wellington Centre in Andover. Please call 023 8067 2200 or email careteam@wessexcancer.org.uk

### **Cancer Support Salisbury**

For anyone affected by cancer including their loved ones and carers. They offer complementary

therapies, counselling, yoga, meditation classes and twice weekly social drop ins. For full information, visit <u>www.cancersupportsalisbury.com</u> or call 07926 841 698 or email info@cancersupportsalisbury.com

We Hear you (WHY?) Cancer Counselling

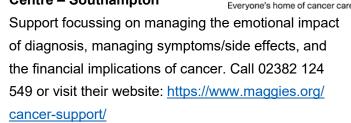
Offer free emotional support for

anyone affected by cancer, from the age of four upwards. Including free one to one adult counselling which is available in locations across Wiltshire and Somerset.



## Maggie's Cancer Support Centre – Southampton





## Penny Brohn UK



Support for anyone who has been affected by cancer. They offer guides and information, including; cancer pain management, coping with chemotherapy, relaxation videos and tips for insomnia. They also hold wellbeing days at their centre in Bristol and personal consultations which can be in person or online. Visit their website for full information: www.pennybrohn.org.uk or call them on 0303 3000 118.

## Can't find what you're looking for:

If you can't find the type of help you are looking for, the following websites have search engines where you can find resources which are available in your area: www.swagcanceralliance.nhs.uk/resources/ www.cancercaremap.org

> Author: Zara Holt Role: Cancer Support Worker Date written: Unknown Last revised: June 2025 Review date: June 2027 Version: v.3.0

Salisbury NHS Foundation Trust, Salisbury District Hospital, Salisbury, Wiltshire, SP2 8BJ www.salisbury.nhs.uk/wards-departments/departments/cancer-services/



# Oesophago-gastric Cancer Patients: Support services available





why...

Cancer Counselling

Cancer Support

## Support at Salisbury District Hospital:

#### **Cancer Support Team**

Offer emotional and practical Salisbury advice and support around your NHS Foundation Trust cancer through diagnosis, treatment and beyond. Call 01722 336 262 ext.2417 to speak to your Cancer Support Worker.

## Wellbeing programme for cancer patients

The course runs over 6 weeks, each week has a two hour session. Topics include: sleep & fatigue, mindfulness, yoga, Pilates and more. Please speak to your Cancer Support Worker for further information and if you are interested in attending.

## Swimming and gym sessions

Free protected time in the swimming

pool and changing rooms on Fridays 2pm-3pm and 7:30-8:30pm funded by the Stars Appeal. A gym needs review following consultation. For full details, speak to your Cancer Support Worker.

## **Counselling and Psychology Services**

We have both counselling and psychology services which we may be able to refer you to, who offer advice and support around diagnosis, treatment and beyond. Please contact your Cancer Support Worker or Clinical Nurse Specialist to discuss your situation and whether you are able to be referred to this service, please call 01722 336 262 ext.2417.

## Free Leisure Centre Pass

12 free sessions at a Wiltshire Council Leisure Centre or the Odstock Leisure Centre to swim, use the gym or attend a class. Contact your CSW for more info

## **Cancer Care Facebook page**

Our Facebook page is dedicated to promoting information resources, support networks and activities available to support those affected

by cancer. Search 'Salisbury Foundation Trust Cancer Care' on Facebook, to like/follow the page.

Macmillan Hub at Salisbury Hospital in the Main Entrance has useful information leaflets and

booklets which you may find useful.

## Support services nationally:

#### Macmillan Cancer Support

Are there to support with any questions you have around cancer, work, money or life. For information

resources, including in accessible formats, please visit: www.macmillan.org.uk Their experts can also offer advice via their support line on 0808 808 00 00 (open 7 days a week, 8am—8pm).

## Heartburn Cancer UK

Provide information and advice to patients. You can find information via their website.

w.heartburncanceruk.org. phone on 01256 338668 or email

# info@heartburncanceruk.org. They also have an online peer support group on Facebook.

# Support services locally:

Macmillan Benefits Advice Service—Wiltshire Citizens Advice

citizens Wiltshire advice

Offers free, confidential

advice to people living with cancer and their loved ones about any allowances, benefits, or grants you could claim. Advisors can also help with forms and applications. For information, contact 01722 441 393 or macmillan@citizensadvicewiltshire.org.uk

## Jane Scarth House, Romsey

Is a free walk-in centre which offers

Jane Scarth House

practical and emotional support to anyone living with cancer, whether it is the patient or their family or carer. They offer counselling, meditation, aromatherapy, lymphatic drainage massage and more. Visit www.janescarthhouse.co.uk, call 01794 830 374 or email info@janescarthhouse.co.uk

## Look Good Feel Better

They offer free confidence boosting skin care & make



up workshops for women, and skincare & grooming workshops for men --with a free goodie bag. Visit https://lookgoodfeelbetter.co.uk/



HEARTBURN

CANCER UK



NHS Foundation Trust **Cancer** Care