

## Current Services & Support for Herefordshire Cancer Patients 9th April 2020

### 1. Support for all Cancers



Clinical advice can only be given by a Consultant, Clinical Nurse Specialist or GP and patients should direct these specifically to them. The advice for patients regarding chemotherapy is - *'At present you need to continue to attend any appointments that have been booked for you. Your Doctor will make individual decisions for every patient based on the risk for each patient. If you are in the middle of a course of chemotherapy the decision about the next treatment will be made when you are assessed for your fitness for that treatment.'*

Cancer patients are able to contact someone who can give covid19 updates specific to cancer, signpost to local services offering support e.g. for shopping etc. and listen to their anxieties. Each Macmillan Support Worker can be reached as follows please choose the appropriate Macmillan Support Worker for your particular cancer:

- **Sophie Boyd** Colorectal, Lung and Head & Neck Cancer **T: 07973-854175**
- **Rosie Powell** Urology **T: 07973-854176**
- **Fabiola Djikigoue** Breast, Gynaecology **T: 07973-854153**
- **Megan Farr** Upper GI, Haematology **T: 07973-854158**

**Kim Heathcote** from the Macmillan Cancer Information & Support Service Hub is available to take calls – Monday – Friday 09:30 – 16:30 **Tel: 01432-355444 Ext: 5459**



There are several methods of support available, including

**Macmillan's Support Line: 0808 808 00 00**

**7 days a week 9am to 5pm**

**Macmillan's Online Community:** <https://community.macmillan.org.uk/>

**Macmillan's information on cancer and Coronavirus is here:**

<https://www.macmillan.org.uk/coronavirus>

### **Herefordshire Macmillan Citizens Advice Welfare Benefits Service**

Free, confidential and impartial advice for people living with cancer, their carers and relatives, aimed at helping with the financial cost of cancer. You can contact us by phone or email.

**Tel: 01432 377 587**

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



**One Cancer Voice** - General advice on Coronavirus for people with any form of cancer. <file:///C:/Users/Lily%20Laptop/Downloads/One%20Cancer%20Voice.pdf>



**From Thursday 19<sup>th</sup> March for the safety of our clients and staff our centre temporarily closed.**

There is a virtual Yeleni Therapy & Support Service available to anyone at any age with any cancer, any stage to continue offering support through this challenging time – your carers, family and friends are welcome too.

**Weekly Wellbeing** - a programme of online experiences for everyone using Zoom: virtual yoga classes, meditation, gentle exercise classes, crochet, with more experiences being added each week.

**Talking therapies via Zoom, Skype or phone** - such as counselling, hypnotherapy, mindfulness & nutritional advice will be available by appointment.

**Coffee and Chat Club** - a Yeleni friend will telephone anyone who feels isolated or alone once a week for a chat or you can join in our weekly **Coffee and Chat club** via Zoom.

**Contact Yeleni to register for an assessment or to join in activities, to book therapies or for more information.**

**T: 07943 417 415 Mon to Friday 10am - 4pm**

**E: [info@yelenisupport.co.uk](mailto:info@yelenisupport.co.uk)**

**W: [yelenisupport.co.uk](http://yelenisupport.co.uk)**

**Facebook: <https://www.facebook.com/YeleniTherapyAndSupportCharity/>**

## **2. Specific Cancer Support**



### **Breast Cancer Haven**

**From Thursday 19 March all of our centres will be temporarily closed.**

Breast Cancer haven offers one-to-one emotional, physical and practical support. Our team of specialist-trained therapists, nurses and counsellors provide vital support to help meet the needs of anyone affected by breast cancer during medical treatment and beyond. Our services are available free of charge to anyone with breast cancer, their family and friends or those who carry the BRAC 1 and 2 genes.

Since the outbreak of COVID-19 we remain committed to provide our support to anyone who needs us, even if they cannot leave their homes. We have adapted our programme and continue to provide care and one-to-one support virtually or over the phone. In addition to our one-to-one support we are providing a range of online classes and support groups. We want you to know that our professional teams are here to speak to you at this difficult time and give you the support you need.

Please call us on **03000 120 112** (Monday to Friday 9-5pm) or email us at [london@breastcancerhaven.org.uk](mailto:london@breastcancerhaven.org.uk)

We also have over 40 self-help films and audio files which can be found on our website [breastcancerhaven.org.uk](http://breastcancerhaven.org.uk)



## Brain Tumour Support

We are still offering individual support over the phone/email/text so Brain Tumour patients and their carers have someone to talk to. Please note, we cannot give medical advice.

**Sarah Erskine** Monday to Wednesday Brain Tumour Support Worker for Bristol, Bath, Gloucestershire & Herefordshire. **Mobile: 07711 597164** **Email: [sarah@braintumoursupport.co.uk](mailto:sarah@braintumoursupport.co.uk)**

If you need a response to your query urgently please contact the Support Team on 01454 422701 or [support@braintumoursupport.co.uk](mailto:support@braintumoursupport.co.uk)

### 3. Cancer Support Groups

#### **Worcestershire Myeloma Support Group**

**Jo Smedley** runs the Worcestershire Myeloma Support Group she is happy to support Herefordshire myeloma cancer patients via phone as support group meetings have been temporarily suspended.

**T: 07899 906 309**

Alternatively call the **Myeloma Infoline** on **0800 980 3332 (UK) or 1800 937 773 (Ireland)**.

This service is open from **9am to 5pm Monday to Friday**. They are receiving a particularly high volume of calls and emails so if you need to leave a message, they will get back to you as soon as they can.



#### **Herefordshire Stoma Support Group**

The Ileostomy & Internal Pouch  
Support Group

**Carol Steele** runs the support group. For current information **T: 01432 80 656**

**E: [carolsteeleglo@gmail.com](mailto:carolsteeleglo@gmail.com) [www.colostomyuk.org](http://www.colostomyuk.org)**



#### **Herefordshire Cancer Support Group**

**Nicky Heath** runs the support group. Due to the coronavirus the group meetings are temporarily suspended. We are offering a telephone support service via our Yeleni Friends. If you would like to talk to someone **please call or text 07943 417 415**. A virtual support group via zoom is being created if you would like to take part **please email [nicky@yelenisupport.co.uk](mailto:nicky@yelenisupport.co.uk)**



#### **Ross Cancer Support Group**

**Paul Baker** runs the support group. Due to the coronavirus the group meetings are temporarily suspended. For further information and telephone support **T: Paul on 01989 566 065 or Gerald on 01989 566 509**



#### **Ludlow Cancer Support Group**

**Rosemary Wood** runs the support group. We are in touch with our members by email and phone, as all support group meetings have been temporarily suspended. If anyone needs to speak to us, our contact details are: **Pauline Goslyn** [pmg1943@hotmail.co.uk](mailto:pmg1943@hotmail.co.uk) **01584 873784**

**Rosemary Wood** [rosemary.wood3@gmail.com](mailto:rosemary.wood3@gmail.com) **01584 875438**

**New chat group** please send an email to join.

We also have a Facebook page: <https://www.facebook.com/ludlowcancersupportgroup/>

#### 4. Other Local Support Services & Advice



##### St. Michael's Hospice

###### The Coordination Hub

This remains our Single Point of Access for all hospice services, including advice and support, and they will direct you accordingly. Please phone **01432 852080**.

In order to protect the vulnerable patients we have on the ward at present, and our care staff, we are at present doing **no out patient work at all, no day services and no community support groups**. **All current information can be found via this link**

<https://www.st-michaels-hospice.org.uk/hospice-care/latest-hospice-services/>



##### Hereford CarerLinks.

We are available to support unpaid family Carers via phone, email and text between 9am and 5pm Monday to Friday.

Due to the current pandemic we have stopped home visits, so our services are being offered over the phone, via post, email and text. We are calling Carers who are currently open to us on a weekly basis to check in with them.

**CarerLinks** are also able to offer a listening ear to all Carers to support their emotional wellbeing during these difficult times. Any Carers needing advice or support can contact the team via [herefordshire@crossroadstogether.org.uk](mailto:herefordshire@crossroadstogether.org.uk) or **01432 663 057** or via our new Facebook page <https://www.facebook.com/groups/CarerlinksHerefordshire/>

#### 5. Support for Children and Young people



##### Teenage Cancer Support

For general support of Teenage and Young Adults patients they should continue to access their CNS teams as usual or AOS line if unwell.

Rosamaria Hooks is the TYA clinical liaison nurse specialist for Worcestershire and Hereford however due Covid 19 support may not be available. **Tuesday and Thursday**

**Mobile number: 07841 013795**

West Midlands TYA regional Service will be supported by **Jenny Clifton**, Teenage Cancer Trust CNS who will be working remotely, available **Monday to Friday 8-4 pm on 07771 346 103** and will be able to support with referral to the TYA MDT, signposting and advice for access to age appropriate services to support our patients.



##### The Little Princess Trust

The Little Princess Trust provides real hair wigs to children and young people and funds vital research into childhood cancers. During the current situation with COVID-19 we are continuing to offer our wig service to cancer patients. It is available

to children and young people of any gender, up to the age of 24 years.

Wigs are being distributed in a safe and socially responsible way, with consultations and fittings being conducted by our expert wig fitters over Skype, FaceTime or other virtual means. A personal visit and face to face meeting for finishing touches will be scheduled at a later date when it is safe to do so.

In order to access our service, the patient would simply need to get in touch either by telephone on **01432 760060** or email [wigs@littleprincesses.org.uk](mailto:wigs@littleprincesses.org.uk)



## Phoenix Bereavement Support Services

A support for children, young people and their families when someone close to them dies.

E: [info@phoenixbereavement.org](mailto:info@phoenixbereavement.org)

Facebook: <https://www.facebook.com/Phoenixbereavement/>



## Hope Support Services

Supporting young people aged 11- 25 when a loved one is seriously ill. Young people can chat to professional team via Facebook or email and join a Facebook peer support group. Advice for families with children under 11 for activity ideas only.

T: 07776 663 868 E: [help@hopesupport.org.uk](mailto:help@hopesupport.org.uk)