


Cancer Preventative and Support Services in Hastings and Rother

This leaflet provides details of services for MacMillan Cancer Support Champions and is a product of the Hastings and Rother Cancer Support Network.





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NHS and Primary Care

Clinical Nurse Specialist

Available to anyone with a confirmed cancer diagnosis. These experienced nurses can discuss your situation with you, provide expertise on treatment pathways and signpost to relevant support.

Radiotherapy

This is provided at Eastbourne District General Hospital for patients across East Sussex. The radiotherapy centre has specialist radiographers to support you.

Chemotherapy

This is delivered at the Conquest Hospital and Eastbourne District General Hospital. The chemotherapy units have a 24 hour helpline which will be provided to you.

GP surgeries

Provide information and can guide you to relevant online NHS resources and leaflets about specific cancer types. You may also receive invitations to be screened for specific types of cancer.

Primary Care Networks - Cancer Care Coordinators


Bexhill Primary Care Network

The Cancer Care Coordinator, Fiona Connor, provides support to patients registered with a Bexhill surgery who have a cancer diagnosis.

01424 320504

fionaconnor@nhs.net

www.bexhillpcn.nhs.uk



Hastings Primary Care Network

The Cancer care coordinator, Nick Archer, (What to say about role?)

n.archer2@nhs.net

07508582259

Rural Rother Primary Care Network

The Cancer care Coordinator, Eunice Agginie-Elliott, based at Martins Oak Surgery.

eunice.agginie-elliott1@nhs.net



Local Voluntary Sector Support: Information Services

Macmillan Hastings Info Hub

Information and Support Service, providing a warm welcome for anyone, at any point in their cancer journey, as well as their families and friends. Just drop in, no need to book.

Wednesday – Friday 10am – 4pm Saturday 10am – 1pm
Hastings Town Hall, Queens Road, Hastings TN34 1QR

Macmillan Horizon Centre

Based in Brighton the Macmillan Horizon Centre offers a range of on line support, such as a Wellbeing coaching service, peer support session, Yoga Nidra, Meditation, Hypno-therapy, and activities such as a book club. Details available on line or contact the Horizon Centre.

www.macmillan.org.uk/horizoncentre

horizoncentre@macmillan.org.uk

01273 468770

Macmillan Cancer Champions

A project offering free training and support to people who would like to help spread the word about support and treatments available in your community. Training in cancer awareness, mental health first aid, and conversational skills is available. Contact the team, Yasmine and Jane at Hastings Voluntary Action to get involved.

Yasmine@hastingsvoluntaryaction.org.uk

Jane.Dodson@hastingsvoluntaryaction.org.uk



East Sussex Community Information Service

Provides details of support services across East Sussex www.escis.org.uk

Cancer Care Map

A simple, on-line resource that aims to help you find cancer support services in your area. The Cancer Care map is run by the Richard Dimbleby Cancer Fund Charity

www.cancercaremap.org

Boots Macmillan Information Pharmacists

Macmillan Information pharmacists, who wear a badge to identify themselves, can give advice and signpost you to further support if needed. Boots stores also have a range of cancer information leaflets.

Wellbeing and Emotional Support

Sara Lee Trust

Provides complementary therapies for those with cancer, to help improve health and wellbeing in areas such as managing stress and anxiety, staying active, relationships and family, healthy eating and symptom management.

The Trust provides services in person, online and by telephone, ask your health professional to refer you.

Referral Forms on website: www.saraleetraust.org

Call the team: 01424 456608

Services@saraleetrust.org

Age UK East Sussex:

The Telephone Befriending service involves a weekly phone call and is for East Sussex residents who are aged over 55 and feel isolated.

Email: befriending@ageukeastsussex.org.uk

Telephone: 01273 476704

Website: <https://www.ageuk.org.uk/eastsussex/about-us/contact-us/>

Wolo Foundation

Offers practical help and support, and works with local businesses, and communities, to offer a wealth of services to support people through diagnosis, treatment and beyond. They support the whole family, not just the person diagnosed, and any family living in Sussex with a child under 16 at the point of diagnosis is eligible.

www.wolofoundation.org

Children with Cancer Fund

Grants wishes to children up to the age of 18 and their families, who have, or have had cancer and who live in East Sussex, Brighton and Hove. Wishes can be practical, medical or fun and made to individual families or to groups together, giving them quality family time.

Tel: 01323 488561 info@childrenwithcancerfund.org.uk
www.childrenwithcancerfund.org.uk

St Michael's Hospice

Provides wellbeing programme activities, hospice patient and care support, bereavement services and a compassionate communities programme. Also working in partnership with the Sara Lee Trust.

<https://stmichaelshospice.com> Call 01424 445177

General enquiries: info@stmichaelshospice.com

Healthcare professionals: stmichaelshosp.referrals@nhs.net

Macmillan Counselling

Specialist Cancer Psychotherapeutic counselling to those who are at any stage of cancer investigations, diagnosis or treatment. Pre and post, with their families. Individuals and couples counselling is available to people living in Sussex, face to face, telephone or online counselling offered at the Conquest hospital and other sites within Sussex.

Call 0300 131 5543

Esht.mamillancounselling.edgh@nhs.net

Care for the Carers

Do you look after someone who couldn't manage without your help? Care for the Carers provide free practical and emotional advice that can help you navigate and access a range of services locally. They also offer support groups, activities, events and training:

Hub on Rye Hill, Kiln Drive, Rye, TN31 7SQ

1st Tuesday of the month (10:30am - 12:30pm) (Wellbeing Group)

Isabel Blackman Centre, Winding Street, Hastings TN34 3AT

1st Thursday of the month (10am - 12pm) (Carer's Coffee drop in)

The Pelham Community Hub, Holliers Hill, Sidley, Bexhill-on-Sea TN40 2DD

1st Friday of the month (10am - 12pm) (Carer's Information and Advice Group)

YCentre, St Paul's Road, Hastings, TN37 6RS

3rd Thursday of the month (10am - 12pm) (Carer's Information and Advice Group)

Call: 01323 738390

info@cftc.org.uk www.cftc.org.uk

Look Good Feel Better

Run free workshops across the UK, led by expert volunteers from the beauty and wellbeing industry, which give practical advice and support to people living with cancer. To find out more or book a workshop see contact details below, or ask your Sara Lee Trust therapist.

Bookings@lgfb.co.uk **Call: 01372 747500**



Demelza

Provides care to children who are facing serious or life-limiting conditions, with a community hub in East Sussex. They provide activities, and creative and physical therapies for younger children and life transition support to those aged 16 – 25.

150a Bexhill Road, St Leonards-on-Sea, TN38 8BL

Call: 01323 446461

<https://www.demelza.org.uk/>

Active Outlook

A collaboration with Sussex Cancer Fund and the Macmillan Horizon Centre Active Outlook is a free programme in Sussex for anyone facing cancer. Our cancer exercise specialist provide tailored one-on-one support and diverse group classes to boost your activity levels and wellbeing before, during and after treatment. Regardless of your current fitness level or treatment stage, reclaim control and feel empowered with Active Outlook.

scfactiveoutlook@macmillan.org.uk

www.sussexcancerfund.co.uk

East Sussex 1 Space

Find sources of support around the county to enable you to live independently, safely and in good health. From personal care to help with odd jobs and advice on coping with ill health, East Sussex 1 space can help.

<https://1space.eastsussex.gov.uk>



Financial Support

Macmillan East Sussex Welfare Benefits Advice Service

Provides comprehensive welfare benefits advice to people affected by cancer and their families. They can undertake benefit checks, assist with claims and if necessary, advise about and represent you in appealing benefit decisions made by the Department of Work and Pensions or HMRC.

Call: 01323 635989

macmillan@moneyadviceplus.com

Financial advice

Macmillan can also help with other money worries via its national service, including financial guidance, early repayment pensions to take early retirement, help with rising household bills and means tested grants.

Call: 0808 808 00 00

www.macmillan.org.uk/financialsupport

Local Peer Support Groups

1066 Pink Ladies

A support group for ladies with breast cancer. Monthly meetings and ongoing telephone support, where people can share experiences and feel empowered. Founded 40 years ago, with a wealth of experience and help to share.

www.1066pinkladies.org.uk

Mr Hastings and St Leonards

A men's movement that encourages men, their friends, families and communities to talk openly about men's health and wellbeing.

The project team, Teresa and Jacy are based at Hastings Voluntary Action

Call: 01424 444010

<https://hastingsvoluntaryaction.org.uk/project/mr-hastings-and-st-leonards>

PCaSO

A charity for men diagnosed with prostate cancer run by patients diagnosed with prostate cancer. Providing information, support and advice.

Friends Altogether in Rother

Befriending services and social opportunities for people across rural Rother, including a cancer café from Monday January 13th 4pm – 6pm, then every 2nd Monday each month, at The Hub on the Hill, Kiln Drive, TN31 7SQ

Contact: Chris@fair.org.uk 01797 458832

Friends Thru Cancer

Pinehurst Centre

3 Avondale Road, St Leonards-on-Sea

TN38 0SA

Call: 01424 423687

National Support

Marie Curie

Provides information and support to people with a terminal illness, and their families and friends. Support includes symptom management, provision of trained nurses and hospices, financial information, energy support and a helpline.

Call 0800 090 2309

www.mariecurie.org.uk

Shine

A charity that supports adults in their 20s, 30s and 40s with a cancer diagnosis, through a range of in-person and online activities.

Shinecancersupport.org

Macmillan Cancer Support

National phoneline and website with information about cancer and links to local support.

0808 808 00 00

macmillan.org.uk

The Oliver Curd Trust

Provides holiday accommodation to families affected by childhood cancer and other life threatening and life limiting conditions, including those experiencing bereavement. The charity seeks to provide memories, happiness and periods of escape for children and their families during difficult times.

enquiries@theolivercurdtrust.co.uk

Call: 07856 119151



Willow Tree Foundation

A blood cancer charity set up to support their members with psychological, emotional, practical and financial support, and connect with integrative professionals.

Thewillowtreefoundation.com

Dragonflies Bereavement Project

Youth Association for children and their loved ones facing or living with bereavement. It offers free support including one-to-one counselling for older children (15 – 18 years) and peer support groups.

enquiriesdragonflies@fsncharity.co.uk Call: 01424 423683

Dementia Information Service for Carers

Offer carers support in looking after anyone with a dementia diagnosis. Facilitated support groups, carer information, 1:1 meetings, referrals to other services, 'singing down memory lane' and training for other professionals.

Admin@discdementiasupport.org

Acknowledgments

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