

# Hastings and Rother Cancer Support Network

A network of local services that are here to support and improve the lives of people living with and affected by cancer



**The Hastings and Rother Cancer Support Network** is a group of local organisations and care providers that aim to support and help you through your journey aiming to

- raise awareness of local services that are available to support you
- provide contact details and information to enable easy access
- make sure this important information is available to you when you need it

In this leaflet you will find a list of local support organisations and groups split into relevant headings. We hope this is helpful. All the services, support and activities listed are provided free of charge with the exception of Active Hastings & Active Rother classes where charges maybe applicable.

Links to the support services listed in this leaflet can be found on line through this QR code:



# Information and Advice

**Clinical Nurse Specialist and Cancer Support Worker** An experienced Cancer Nurse and Support Worker to support you. **Assigned by the Hospital**

**Radiotherapy services** Support from specialist therapeutic and review radiographers. Appointments made for patients undergoing this treatment.

**GP** Will be able to provide information and guide you to relevant resources.

**Contact your GP.**

**Macmillan Hastings Community Information Hub.** Information and signposting to local support services.

**Hastings Town Hall, Hastings, TN34 1QR**

**Weds – Fri 10am – 4pm**

# Practical, Physical and Emotional support

**The Sara Lee Trust** Counselling, therapies, groups and physical activities.

**01424 456 608 | [services@saraleetrust.org](mailto:services@saraleetrust.org)**

**[www.saraleetrust.org](http://www.saraleetrust.org)**

**East Sussex Macmillan Counselling** Counselling support at any point during or after treatment

**0300 131 5543**

**[esht.macmillancounselling.edgh@nhs.net](mailto:esht.macmillancounselling.edgh@nhs.net)**

**Care for the Carers** Practical & emotional advice, activities, and training for carers.

**01323 738390 | [info@cftc.org.uk](mailto:info@cftc.org.uk)**

**[www.cftc.org.uk](http://www.cftc.org.uk)**

**The Macmillan Horizon Centre, in Brighton** Information and wellbeing support.

Support also provided on-line and by phone.

**01273 468770 | [horizoncentre@macmillan.org.uk](mailto:horizoncentre@macmillan.org.uk)**

**[www.macmillan.org.uk/horizoncentre](http://www.macmillan.org.uk/horizoncentre)**

**Wolo Foundation** Practical help and support for patients with young families.

**[www.wolofoundation.org](http://www.wolofoundation.org)**

**Children with Cancer Fund** Grant wishes to children under 18 and their families.

**01323 488561 | [info@childrenwithcancerfund.org.uk](mailto:info@childrenwithcancerfund.org.uk)**

**[www.childrenwithcancerfund.org.uk](http://www.childrenwithcancerfund.org.uk)**

**St Michael's Hospice** Palliative care support and advice for people living with advanced illness and their carers.

**01424 445177 | [info@stmichaelshospice.com](mailto:info@stmichaelshospice.com)**

**[www.stmichaelshospice.com](http://www.stmichaelshospice.com)**

**Age UK East Sussex** Telephone Befriending and other support services for over 55's.

**01273 476704 | [befriending@ageukeastsussex.org.uk](mailto:befriending@ageukeastsussex.org.uk)**

**[www.ageuk.org.uk/eastsussex/about-us](http://www.ageuk.org.uk/eastsussex/about-us)**

**Look Good Feel Better** Help to manage the cosmetic & physical impact of cancer treatments.

**01372 747500 option 2.**

**[www.lookgoodfeelbetter.co.uk](http://www.lookgoodfeelbetter.co.uk)**

**Active Hastings Active Rother** Support and sessions to help you be active.

**Active Hastings: [www.hastings.gov.uk/sport\\_play/getactive/activehastings\\_listings/](http://www.hastings.gov.uk/sport_play/getactive/activehastings_listings/)**

**Active Rother: [www.activerother.org.uk](http://www.activerother.org.uk)**

**Active Outlook** One to one and group activity classes, both on line and in person.

**01273 468770 | [scfactiveoutlook@macmillan.org.uk](mailto:scfactiveoutlook@macmillan.org.uk)**

**[www.sussexcancerfund.co.uk](http://www.sussexcancerfund.co.uk)**

## Peer Support

**1066 Pink Ladies** Peer support group for women with Breast Cancer.  
[info@1066pinkladies.org.uk](mailto:info@1066pinkladies.org.uk)  
[www.1066pinkladies.org.uk](http://www.1066pinkladies.org.uk)

**Prostate Cancer Support Organisation** Support for men diagnosed with Prostate Cancer.  
[easternsussex@pcaso.org](mailto:easternsussex@pcaso.org)  
[www.pcaso.org](http://www.pcaso.org)

**Friends Altogether in Rother (FAIR)** Befriending services and social opportunities.  
01797 458832 | [hello@fair.org.uk](mailto:hello@fair.org.uk)  
[www.fair.org.uk](http://www.fair.org.uk)

**Cancer Café at Hub of Rye Hill** A safe space for advice and peer support for all ages and carers.  
01797 458832 | [hello@fair.org.uk](mailto:hello@fair.org.uk)  
[www.fair.org.uk](http://www.fair.org.uk)

**Hastings Macmillan Cancer Support Champions** Training, signposting support and cancer conversations.  
07394 804423 | [Yasmine@hastingsvoluntaryaction.org.uk](mailto:Yasmine@hastingsvoluntaryaction.org.uk)  
[www.hastingsvoluntaryaction.org.uk](http://www.hastingsvoluntaryaction.org.uk)

**Cancer Conversations** Safe space to ask questions, discuss feelings & concerns.  
Community room, Asda, Battle Road Text 07856 169186  
[nadine@calmerself.co.uk](mailto:nadine@calmerself.co.uk)

**Nurture in Nature** Free woodland based cancer support group.  
[nurtureinnature.info@gmail.com](mailto:nurtureinnature.info@gmail.com)  
[wilderlifewellbeing.uk](http://wilderlifewellbeing.uk)

**Tea & Chat** Secondary Breast Cancer peer Support Group.  
Rye Bakery, Kings Road, St Leonards. 4th Thursday 10:30-12:30  
[support@make2ndcount.co.uk](mailto:support@make2ndcount.co.uk)

## Financial Support

**The Macmillan East Sussex Welfare Benefits Advice** Welfare benefits advice for people affected by cancer and their families.  
01323 635989 | [macmillan@moneyadviceplus.com](http://macmillan@moneyadviceplus.com)

## Where else can you find out about support locally?

**Cancer Care Map** Online resource that lists cancer support services in your local area.  
[www.surreyandsussexcanceralliance.nhs.uk/cancer-care-map](http://www.surreyandsussexcanceralliance.nhs.uk/cancer-care-map)

**Macmillan cancer Support** For information, support or just someone to talk to.  
0808 808 00 00 | 7 days a week 8am – 8pm  
[www.macmillan.org.uk](http://www.macmillan.org.uk)

**Boots Macmillan Information Pharmacists** Advice and signpost you to support.  
Boots pharmacies

**East Sussex 1Space** List of sources of support in East Sussex.  
[www.1space.eastsussex.gov.uk](http://www.1space.eastsussex.gov.uk)

**East Sussex Community Information Service** Details of support services in East Sussex, and Brighton & Hove.  
01273 481754 | [www.escis.org.uk](http://www.escis.org.uk)

**The Hastings and Rother Cancer Support Network** brings together organisations and teams from across Hastings and Rother that are supporting people living with and affected by cancer in order to:

- Improve joint working, integration and shared learning
- Improve pathways to care and support activities
- Increase awareness and ease of access in areas of high need
- Reduce inequalities in support, care and access

#### **Organisations participating in the Hastings and Rother Cancer Support Network**

