

Other support

If you need further support or advice we can put you in touch with other services in Bristol, South Gloucestershire and North Somerset who can help you. These include:

- **Macmillan Citizens Advice** for financial advice
- **Exercise programmes** for cancer rehabilitation
- **Cancer specialists** – we can link you with hospital-based specialists
- **Psychological and counselling support** – such as The Bristol Wellbeing Therapies Team, The Harbour, Penny Brohn UK, South Gloucestershire Talking Therapies and teams in University Hospitals Bristol NHS Foundation Trust and North Bristol NHS Trust
- **Macmillan Buddies** – a volunteer befriending service who can either visit you in your home or contact you by telephone to help with practical and emotional support on a short term-basis
- **Community groups** specific to your interests and needs.

Is this leaflet hard to read?

Please email briscomhealth.comms@nhs.net or call 0117 400 9090 to ask for it in another format or language.

Contact us

If you have completed or are coming to the end of your cancer treatment, are on longer term cancer treatment and are registered with a GP in Bristol, South Gloucestershire and North Somerset you can self refer by calling **07920 833 641** or emailing bch.macmillansupport@nhs.net

You can find out more about this service by visiting briscomhealth.org.uk/our-services/cancersupport

Our Macmillan Rehabilitation and Support Service is run in partnership with Macmillan Cancer Support and local healthcare organisations. It's delivered across Bristol, North Somerset and South Gloucestershire – and covers all cancer diagnoses.

Macmillan is here to help you find your best way through from the moment of diagnosis, so you're able to live life as fully as you can. For information, support or just someone to talk to, call **0808 808 00 00** or visit macmillan.org.uk

The Macmillan Rehabilitation and Support service is funded by Macmillan Cancer Support and NHS England.

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In partnership with
**MACMILLAN
CANCER SUPPORT**


**Bristol
Community
Health**

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**MACMILLAN
CANCER SUPPORT**

Living with or beyond cancer?

The Macmillan Rehabilitation and Support Team can help



NHS

We'll empower you to move forward positively in your life, provide you with the tools and support to take back control, boost your confidence and enhance your overall recovery.

The Macmillan Rehabilitation and Support Service provides practical, emotional and psychological support to people living with and beyond cancer – either through group sessions or one-to-one support.

HOPE (Help Overcoming Problems Effectively) Take Control

A three hour workshop addressing common issues such as: fatigue, worries and anxiety, physical activity and diet, plus looking ahead and setting goals.

Managing Cancer Related Fatigue

If you are struggling with fatigue following your cancer treatment this workshop will explain why this happens, activities that can help and how to take steps to improve your energy levels and strategies for self-management.

HOPE Support Group

Meeting regularly on a monthly basis, this friendly and informal group is an opportunity to meet others who have been through similar experiences, share your story and listen and support others. There are talks on topics chosen by the group, such as gardening for health, mindfulness, diet and cancer research. You are invited to join the HOPE Support Group after attending either of the above sessions.

One-to-one support

For those who are unable to attend a group session we offer one-to-one support within the community and can visit you at home if preferred. This support can be available for up to four to six weeks.

We begin by identifying the key issues that might be affecting your quality of life and work with you to find effective solutions to overcome them. This usually involves a treatment plan and agreeing goals and positive steps you are able to take towards achieving them.



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I used to hide my illness from people. But talking to others in the same situation made me realise I wasn't alone.

Saad

In 2014 I was diagnosed with sarcoma, a rare cancer which affects the body's soft tissue. I used to work for Royal Mail, but had to give up this job when I became too ill. I wasn't sure if I would survive or if I'd ever be able to get my life back.

After four operations and radiotherapy I began receiving help from the Macmillan Rehabilitation and Support Team. Alongside one-to-one support, I attended the HOPE (Help Overcoming Problems Effectively) Course where I met other people living with the disease.

Now I feel more confident to talk about how I'm feeling. The team has been there every step of the way and call just to see how I'm doing. I know that I can get in touch whenever I need help. They were there when I was at my lowest point and helped me to get back on my feet. I can't thank them enough.

I know that there are good people in my city who care about me.