

Opening hours for the Cancer Wellbeing Service

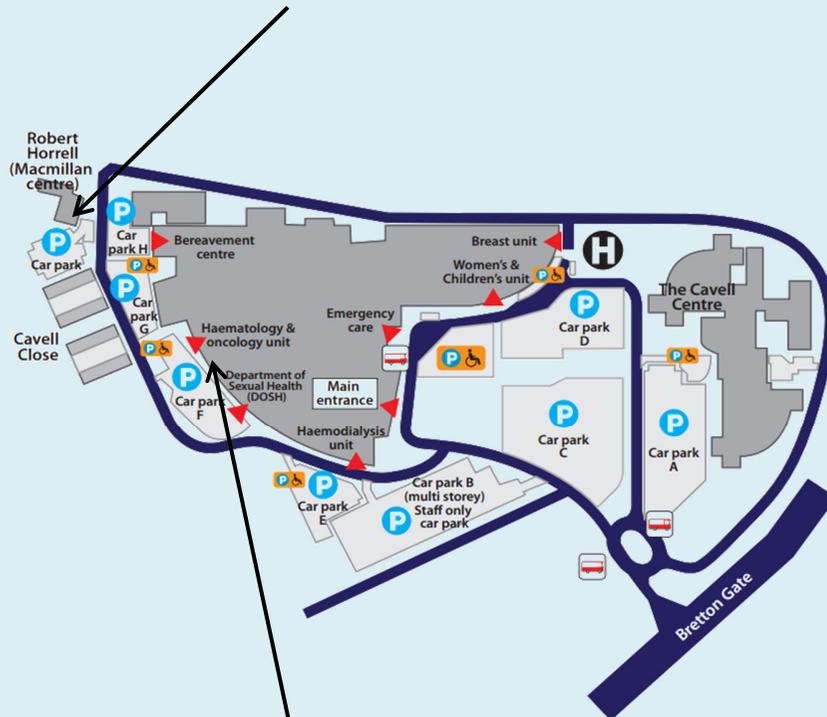
at the Robert Horrell Macmillan Centre

Monday – Thursday: 9.00am – 4.00pm

Friday: 9.00am – 12.30pm

(closed for lunch between 12.30pm – 1.30pm)

Parking is available through the barrier
in the car park next to the centre



The Information Centre in
Haematology and Oncology Day Unit is open
Monday - Friday: 9.00am – 4.00pm
(closed for lunch between 12.30pm – 1.30pm)

Information Centre parking is available in Car Park F

v2

cancer Wellbeing service

A drop-in support service for anyone affected by cancer

- including family and friends

We are here to help

Support including...

Emotional Support, Relaxation

Art and Crafts, Healthy Lifestyles

Welfare Benefits, Building Confidence

Managing Fatigue, Sleep, Anxiety, Hot Flashes

No referral needed, just drop in

Please see
overleaf for
location and
opening times

Tel 01733 678570

Peterborough and Stamford Hospitals

NHS Foundation Trust



**Drop in and see us, meet other people affected by cancer.
Have a chat in a welcoming environment and gain support.**

We offer a range of individual or group support sessions including:

HOPE Course - 'HOPE' (Helping Overcome Problems Effectively) is a 6-week course covering common concerns following cancer treatment, such as worries, fear of recurrence, tiredness and becoming more active. The group focuses on taking small steps to move forwards.

Back to Work – Gain advice on your rights and choices, and learn how to take care of yourself at work, in a supportive group setting.

Welfare Benefits – Receive personal advice on benefits and financial support. Drop-in sessions and booked appointments available.

Brain Training – Learn how to manage and improve memory and thinking after cancer treatment.

Healthy Lifestyles – Learn how small changes to diet and activity can improve your lifestyle.

Vitality Exercise Group – Run in partnership with Vivacity by a cancer exercise professional. A fun, relaxed, motivating session with a variety of exercises that can be adapted to suit everyone's individual needs.

Managing Fatigue – Helping you to understand the causes and impact of fatigue. Learn how to increase your energy levels and pace yourself.

Sleeping Better – Explore why it can be so hard to sleep at night, how you can make changes and learn techniques to having a better quality sleep.

Acupuncture – Acupuncture can reduce common side effects of cancer treatment such as hot flushes, numbness and pain.

Coping with Challenging Emotions – Gain support from our experienced staff as you share your story. Emotional support can help you to process and manage the impact of cancer on your daily life by improving confidence, mood, motivation and managing anxieties and frustrations. Receive specialist individual support or attend courses on subjects such as confidence or anxiety.

Headstrong – This is an individual appointment with trained volunteers who can help you explore wig alternatives such as scarves and caps. You can take one free scarf home with you.

Look Good, Feel Better – Group pampering therapy for people who have had a cancer diagnosis in the last year. Beauty therapists will guide you through applying make-up.

Relaxation – Be guided through sensory and muscular relaxation in our peaceful relaxation room. Relaxation can benefit your health by reducing blood pressure, improving mood and helping to manage fatigue. Attend a 4-week course or drop-in sessions.

Art and Craft Therapy – Time and space for you to increase your confidence and self-esteem through art and learn new skills in a supportive group.

Friends and Family (including carers) - Our support is also available to family and friends – whether they are with you or come alone. We run a group session for family members and a drop-in session for people in supporting roles to meet and learn from each other.

Healthy Relationships – Expert support to help you and your partner explore your feelings about the effect of cancer on your relationship, intimacy and body image.

Information – Both our centres have a wide range of Macmillan information leaflets for you to browse and take, as well as information on support groups and other services.