



Resources, Information and Support
for people living with and beyond cancer
Newham

created by the Macmillan Social Prescribing service in August 2019

www.bbbc.org.uk/macmillan



In partnership with

MACMILLAN
CANCER SUPPORT



Key contacts

- Call the Macmillan Support Line on **0808 808 00 00** if you need help with clinical, practical and financial information (lines are open 7 days a week, 8am-8pm)
- Call your GP or your allocated Clinical Nurse Specialist if you have questions about your treatment and side effects or concerns about how you are coping mentally and emotionally
- Call Samaritans on **116 123** if you need someone to talk to and would benefit from listening support (lines are open 24 hours a day, 365 days a year)
- Call Bart's Cancer Hotline on **0791 709 3738** if you are feeling unwell whilst on cancer treatment (only for patients undergoing treatment at Bart's Hospital, Royal London Hospital, Whipps Cross Hospital and Newham University Hospital)

CALL ACCIDENT AND EMERGENCY ON **999 IMMEDIATELY IF YOU ARE SERIOUSLY ILL (PHYSICALLY OR MENTALLY), INJURED OR YOUR LIFE IS AT RISK**



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Useful Contacts: Resources Information and Support

Organisation	Contact	Location	Contact number	Email	Website	Opening time
General Advice and Support						
Macmillan Cancer Information and Support Centre at Royal London Hospital	Sharan Hatch	Royal London Hospital	0203 594 0508	sharan.hatch@bartshealth.nhs.uk	www.bartshealth.nhs.uk/cancer	Mon-Fri: 9am-4.30pm
Macmillan Cancer Information and Support Centre at Newham Hospital		Newham Hospital	0207 363 8758		www.bartshealth.nhs.uk/cancer	Mon-Fri: 9am-4.30pm
Macmillan Cancer Information and Support Centre at Homerton Hospital	Madhu Agarwal	Homerton Hospital	0208 510 5191	madhu.agarwal@nhs.net	www.homerton.nhs.uk	Mon, Tue, Thu, Fri: 10am-4pm
Macmillan Cancer Information and Support Centre at Barts Hospital	Claire Murrell and Laura Bailey	Bart`s Hospital	0203 465 6611	claire.murrell2@bartshealth.nhs.uk laura.bailey@bartshealth.nhs.uk	www.bartshealth.nhs.uk/cancer	Mon-Fri: 10am-4pm
Macmillan Cancer Information and Support Centre at Whipps Cross Hospital	Sharan Hatch	Whipps Cross Hospital	0208 535 6790	sharan.hatch@bartshealth.nhs.uk	www.bartshealth.nhs.uk/cancer	Mon-Fri: 10am-4pm
Maggie`s Centre at Barts Hospital Service offers information, practical and emotional support, activities, groups and courses to people with cancer and their loved ones.	Michael Harrison	Bart`s Hospital	0203 904 3448	barts@maggiescentres.org	www.maggiescentres.org/our-centres/maggies-barts	Mon-Fri: 9am-5pm
Financial and housing advice						
Macmillan Welfare & Advice Toynbee Hall The service provides free welfare benefits advice to people who have a diagnosis of cancer			020 7392 2958		www.toynbeehall.org.uk/macmillan-benefits-advice	Mon-Thu: 12:30pm-3.30pm

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Shelter Advice and support services across the UK give people one-to-one, personalised help with all of their housing issues			0808 800 4444		www.shelter.org.uk	Helpline open every day, 8am - 8pm on weekdays, 9am - 5pm on weekends
Advice Service at the Bromley by Bow Centre Generalist advice to on benefits, housing and debt as well as specialist advice on employment, housing and debt issues		St Leonard's St, Bromley By Bow, London E3 3BT	020 8709 9757	advice@bbbc.org.uk	www.bbbc.org.uk/services/benefits-housing-debt	Mon-Fri: 9am-5pm
Money management at Bromley by Bow Centre One-to-one money advice sessions help you to consider your income and expenditure and ways you might be able to save and feel in control of your spending.		St Leonard's St, Bromley By Bow, London E3 3BT	0208 709 9745	gettingonwithmoney@bbbc.org.uk	www.bbbc.org.uk/services/money-advice	Mon-Fri: 9am-5pm
Exercise / physical activity						
Our Parks Free group exercise classes, led instructors, in local parks					www.ourparks.org.uk/borough/queen-elizabeth-olympic-park	
Healthwise Exercise on prescription	Referral via healthcare professional	Queen Elizabeth Olympic Park, London E20 3HB	020 8221 4929	healthwise.copperboxarena@gll.org	www.londonaquaticscentre.org/membership/healthwise	
Newham Library Physical Activities Most local libraries have several free or £1 exercise classes at an open level for anyone during the day and evening. These include yoga, chair-based exercise, Zumba, salsa		Newham libraries			www.newham.gov.uk/Pages/Services/Libraries-in-Newham-information.aspx	Varies depending on library

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Emotional / psychology support						
Cyana Charity providing emotional and practical support for people living with cancer Counselling, complementary therapies		Currently 31 Snowhill Road, London E12 6BE However due to move to Canning Town in August/Sept 2019	0208 553 5366	cyana1@tiscali.co.uk	www.cyana.co.uk	
Newham Talking Therapies This service provides a wide range of treatments and services helping those feeling distressed by difficult events in their lives as well as people concerning their mental health.		Various across Newham	020 8475 8080		www.newhamtalkingtherapies.nhs.uk	Mon-Fri 9am-5pm
Samaritans You can get in touch about anything that's troubling you, no matter how large or small the issue feels			Call free on 116 123		www.samaritans.org	24 hours a day 7 days a week
Independent Age Befriending Service Telephone and face-to-face befriending depending on postcode		Via telephone or home visits	0800 319 6789		https://www.independentage.org/get-support/receive-regular-phone-calls-or-visits	
Waltham Forest Disability Resource Centre Arts and crafts, exercise, skills classes		90 Crownfield Road Stratford London E15 2BG	020 8534 1589	info@wfdrc.org.uk	wfdrc.org.uk	

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Practical support						
Churches Food Bank	Referral via professional needed.	St Paul's Stratford Next to 65 Maryland Road, E15 1JL Woodgrange Baptist Church 345 Romford Road, E7 8AA	St Paul's 020 8534 1164 Woodgrange 020 8555 9880		www.churchesfoodbank.org.uk	St Paul's Tuesday mornings 9-11am Woodgrange Thursday afternoons 1-3pm
Community Links Food Bank		105 Barking Road London E16 4HQ	020 7473 2270	info@community-links.org	www.community-links.org/advice/welfare	Food bank is Wednesdays at 5.30pm Office opening hours Mon-Fri 9am-5pm
Trussel Trust Newham Food Bank	Foodbank voucher needed for referral	Various across Newham	020 7474 3060	admin@newham.foodbank.org.uk	www.newham.foodbank.org.uk/get-help	Various times depending on food bank Office opening hours Mon-Fri 9am-5pm
Bonny Downs Food Bank	Angie Allgood	Bonny Downs Church Hall 18 Darwell Close, East Ham E6 6BT	0208 586 7070	angela.allgood@bonnydowns.org	www.bonnydowns.org/foodbank	Wednesdays 12pm-2pm
Bonny Downs Free Community Lunch	Angie Allgood	Bonny Downs Church Hall 18 Darwell Close, East Ham E6 6BT	0208 586 7070	angela.allgood@bonnydowns.org	www.bonnydowns.org/food	Wednesdays 12pm-2pm

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Bridges Homeless Support Free Breakfast and Homeless services		Memorial Community Church, 395 Barking Road, Plaistow E13 8AL		info@bridgeshomelessupport.org.uk	www.bridgeshomelessupport.org.uk/services	Saturday 8am-11.30am
Magpie Project Practical support and advice to mothers and children under five in temporary or insecure accommodation in Newham.	Jane	The Lodge, Forest Lane Park, Magpie Close, Forest Lane, E7 9DF	07561 180825	contact@themagpieproject.org	www.themagpieproject.org	Mondays: 10am-2pm Wednesdays: 10am-2pm Term times only
Home and Settle Service - Age UK Despite being delivered by Age UK this service is available to people aged 18+ who has recently been discharged as an inpatient from hospital	Paula Meads	Home visiting service	07961 830 553 0208 981 7124	info@ageukeastlondon.org.uk homeandcare@ageukeastlondon.org.uk	www.adultsocialcare.newham.gov.uk/Pages/Home-and-Settle-Service.aspx	Call during office hours
Adult Social Care Service provides a range of support including support with personal care and living independently. Assessment of need is required and some services are chargeable			020 7364 5000	local-link@real.org.uk	www.local-link.org.uk	

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Support Groups						
Breast Cancer Support Group	Tina	Whipps Cross Hospital	020 8535 6643 or Macmillan Information Centre 020 8535 6790			One Thursday evening per month 6pm-8pm
Prostate Cancer Support Group	Alex Smith	Whipps Cross Hospital	020 8535 6643 or Macmillan Information Centre 020 8535 6790			The first Tuesday of month 10am-11.30am
Bladder Cancer Support Group	Alex Smith	Whipps Cross Hospital	020 8535 6643 or Macmillan Information Centre 020 8535 6790			The last Tuesday of month 11am-12:30pm
Bladder Cancer Support Group	Shievon Smith	Maggie`s Centre at Barts Hospital	0203 765 8831	shievon.smith@nhs.net		The third Thursday of every month 1:30pm-2.30PM
Head and Neck Cancer Support Group		Maggie`s Centre at Barts Hospital	0203 904 3448	barts@maggiescentres.org	www.maggiescentres.org/our-centres/maggies-barts	The last Friday of every month 3pm-4.30pm
Head and Neck Cancer Support Group		Maggie`s Centre at Barts Hospital	0203 904 3448	barts@maggiescentres.org	www.maggiescentres.org/our-centres/maggies-barts	The last Friday of every month 3pm-4.30pm
Testicular Cancer Support Group	Michelle Greenwood or Shievon Smith	West Wing Conference Room Bart`s Hospital	0203 765 8831	mgreenwood2@nhs.net shievon.smith@nhs.net	www.facebook.com/StBartsTCGroup	The last Monday of every month 5.30pm-7pm
Each One Teach One Prostate Cancer Emotional Wellbeing Group	Julia De Petrillo	Resource Room, Ground Floor, East Ham Care Centre, Shrewsbury Road, London E7 8QP	020 3745 7310	julia.depetrillo@orchid-cancer.org.uk		One Wednesday a month, time changes
Telephone Support Groups Groups are facilitated by a trained volunteer with their own cancer experience.			020 7470 8755	hello@cancersupportuk.org	www.cancersupportuk.org	The last Monday of every month 5.30pm-7pm

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Macmillan Men v Cancer Group	Madhu Agarwal	St Joseph's Hospice Mare Street, Hackney, E8 4SA	0208 510 5191	Madhu.Agarwal@homerton.nhs.uk		The third Tuesday of every month 2 -4pm
Macmillan Women's Cancer Group	Sandra Docking	St Joseph's Hospice Mare Street, Hackney, E8 4SA	07823 447709	sandra.docking@googlemail.com		The last Wednesday of every month
Bart's Health Support						
Bart Cancer Hotline This hotline is for people who are unwell whilst on anti-cancer treatment. Covered 24/7 for any patients on anti- cancer treatment or recently had treatment.			0791 709 3738			
Physiotherapy Oncology Outpatient Service	please, ask your hospital medical team to refer you	Bart's Hospital, Rehabilitation Unit Kenton & Lucas Wing (Entrance A)	0203 465 5645	OncologyPhysiotherapy.Outpatients@bartshealth.nhs.uk	www.bartshealth.nhs.uk/cancer	
Cancer Psychological Services	please, ask your hospital medical team to refer you	Bart's Hospital, 5th Floor, King George V Building	020 346 57171	CancerPsychologicalServices@bartsh ealth.nhs.uk	www.bartshealth.nhs.uk/cancer	
Art Psychotherapy	Megan Tjasink or ask your hospital medical team to refer you	Bart's Hospital Art Therapy Room: Ground Floor, East Wing	020 3465 5516	Megan.Tjasink@bartshealth.nhs.uk	www.bartshealth.nhs.uk/cancer	
Complementary Therapies Services Complementary Therapies are a range of treatments such as aromatherapy, reflexology, massage or shiatsu which are increasingly being used alongside standard medical treatments.	please, ask your hospital medical team to refer you	Bart's Hospital and Whipp Cross Hospital	020 8539 5522 Extension 5840 (Whipps Cross Hospital)			On Mondays at St. Bartholomew's Hospital and Monday to Friday at Whipps Cross Hospital.
Hospital Transport Please contact Bart's call centre to request transport. They will ask a series of questions to assess your eligibility.			03300 416 767		www.bartshealth.nhs.uk/transport	Mon-Fri: 9am-5pm

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Bereavement and Hospice Services						
St Joseph`s Hospice		Mare Street, Hackney, E8 4SA	0300 303 0400	stjosephs.firstcontact@nhs.net	www.stjh.org.uk	
Cruse Bereavement Care			0808 808 1677	info@cruse.org.uk	www.cruse.org.uk	Mon-Fri: 9.30am-5pm
Community Centres						
Aston Mansfield		Durning Hall Community Centre Earlham Grove London E7 9AB	0207 740 8100	aston-mansfield@outlook.com	www.aston-mansfield.org.uk	
Bonny Downs		The Well Community Centre, 49 Vicarage Lane, East Ham, London E6 6DQ	0208 586 7070	info@bonnydowns.org	www.bonnydowns.org	
Various others and community centre activities listed on 'What's On in Newham' mobile app					https://www.newham.gov.uk/Pages/Services/Community-centres.aspx	
National Organisations						
Macmillan Support Line			0808 808 00 00		www.macmillan.org.uk	Mon-Sun: 8am-8pm
Macmillan's Online Community Community offers the chance to share thoughts/questions and get support 24 hours a day					www.community.macmillan.org.uk	
Cancer Research UK			0300 123 1022	supporter.services@cancer.org.uk	www.cancerresearchuk.org	Mon-Fri: 8am- 6pm

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Orchid Supporting Men with Cancer		60 Gray's Inn Road London, WC1X 8AQ	National male cancer helpline 0808 802 0010	info@orchid-cancer.org.uk	www.orchid-cancer.org.uk	Mon-Fri: 9am- 5pm
Prostate Cancer UK Service offers information and support to men with prostate cancer		Prostate Cancer UK The Counting House, 53 Tooley Street, London, SE1 2QN	0800 082 1616	supportercare@prostatecanceruk.org	www.prostatecanceruk.org	Mon-Fri: 9am- 5pm
CLIC Sargent Service offers Financial, Emotional & Practical Support For Children and Young People With Cancer		CLIC Sargent Head Farriers Yard, Assembly London, 77-85 Fulham Palace Road London W6 8JA	0300 330 0803		www.clicsargent.org.uk	Mon-Fri: 8am- 6pm
Age UK A national charity working in a community to support older people, their families and carers.		Tavis House, 1-6 Tavistock Square, London WC1H 9NA	Age UK Advice Line 0800 678 1602	contact@ageuk.org.uk	www.ageuk.org.uk	Mon-Fri: 8am- 7pm
Breast Cancer Care			0808 800 6000	info@breastcancercare.org.uk	www.breastcancercare.org.uk	Mon-Fri — 9am to 4pm Sat — 9am to 1pm
Shine Cancer Support Service supports young adults in their 20's, 30's, 40's with Cancer			07804 479413	hi@shinecancersupport.org	www.shinecancersupport.org	Mon-Fri: 10am- 6pm
Trekstock Young Adult Cancer Support		Trekstock, 9b Delancey Street, Camden, London, NW1 7NL	020 7388 1200		www.trekstock.com	Mon-Fri: 9am- 5pm

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Additional resources and tools						
<p>Headspace Digital health platform, providing guided meditation sessions and mindfulness training. Their content can be accessed online, or via their mobile app. Offers a series of 10, 10 minutes guided meditations for free (that can be accessed repeatedly).</p>						www.headspace.com
<p>Insight Timer Free meditation application providing guided meditations session and mindfulness training.</p>						www.insighttimer.com
<p>Macmillan Patient Grants Small payments to help people with the extra costs that cancer can cause. Grantees must be on a low income and awards are usually one off. The maximum award is £400</p>	Apply through a health or social care professional. E.g. social worker, benefits adviser, cancer nurse		If you are having problems getting someone to fill form contact Macmillan on 0808 808 00 00.			www.macmillan.org.uk/information-and-support/organising/benefits-and-financial-support/benefits-and-your-rights/macmillan-grants.html
<p>Toilet card This toilet card is designed to give you urgent access to a toilet</p>						be.macmillan.org.uk/be/p-24952-macmillan-toilet-card.aspx
<p>CRUK free will writing If you're over 55, the Free Will Service allows you to easily write or update a simple Will for free.</p>			0300 123 7733			www.cancerresearchuk.org/get-involved/donate/leave-a-legacy-gift-in-your-will/free-will-service
<p>Fruit Fly Collective Kits for helping kids to come to terms with their parent's cancer. They are available for different age groups.</p>						www.fruitflycollective.com/cancer-cloud-kits