



Resources, Information and Support
for people living with and beyond cancer
Redbridge, Havering, Camden, Barking and
Dagenham, Islington, Epping Forest

created by the Macmillan Social Prescribing service in August 2019

www.bbbc.org.uk/macmillan





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**



In partnership with

**MACMILLAN
CANCER SUPPORT**

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
Macmillan Cancer Information and Support Centre at Royal Free Hospital	Azmina Rose	Royal Free Hospital	020 7794 0500 Ext 31337	rf.cancerinfo@nhs.net	www.royalfree.nhs.uk/patients-visitors/advice-and-support/macmillan-cancer-information-and-support-centre	Mon-Fri: 10am-4pm
Macmillan Cancer Information and Support Centre at University College Hospital	Liz Kingdon	University College Hospital	020 3447 8663	cancer.centre@uclh.nhs.uk	www.uclh.nhs.uk/OurServices/ServiceA-Z/Cancer/CSS/MCIC/Pages/Home.aspx	Mon-Fri: 9am-5pm
Macmillan Cancer Information and Support Centre at Queen`s Hospital	Alex Holmes	Queen`s Hospital	01708 435174	Alexandra.holmes@bhrhospitals.nhs.uk	www.bhrhospitals.nhs.uk/macmillan	Mon-Fri: 9am-5pm

Useful Contacts: Resources Information and Support

Organisation	Contact	Location	Contact number	Email	Website	Opening time
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
Maggie`s Centre at the Cancerkin Centre Offers information, practical and emotional support, activities, groups and courses to people with cancer and their loved ones.	Victoria Todd	Royal Free Hospital	020 3981 4840	royalfree@maggiescentres.org	https://www.maggiescentres.org/our-centres/maggies-at-the-cancerkin/	Mon-Fri: 9am-5pm
Financial and housing advice						
Macmillan Welfare & Advice Toynbee Hall Service provides free welfare benefits advice to people who have a diagnosis of cancer and are patients of Barts Trust			020 7392 2958		www.toynbeehall.org.uk/macmillan-benefits-advice	Mon-Thu: 12:30pm-3.30pm
Shelter Service helps people struggling with bad housing or homelessness through our advice, support and legal services.			0808 800 4444		www.shelter.org.uk	Helpline open every day, 8am - 8pm on weekdays, 9am - 5pm on weekends
Exercise / physical activity						
Our Parks Free group exercise classes, led instructors, in local parks					www.ourparks.org.uk	

Useful Contacts: Resources Information and Support

Organisation	Contact	Location	Contact number	Email	Website	Opening time
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 every 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 every 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
Ovarian Cancer Support Group		Maggie`s Centre at Barts Hospital	0203 904 3448	barts@maggiescentres.org	www.maggiescentres.org/our-centres/maggies-barts	The second Monday of every month 5.30pm-7.30pm
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

Useful Contacts: Resources Information and Support

Organisation	Contact	Location	Contact number	Email	Website	Opening time
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@bartshealth.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)			The service is available 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

Useful Contacts: Resources Information and Support

Organisation	Contact	Location	Contact number	Email	Website	Opening time
Bereavement and Hospice Services						
St Joseph`s Hospice		Mare Street, Hackney, E8 4SA	0300 303 0400	stjosephs.firstcontact@nhs.net	www.stjh.org.uk	
St Francis Hospice		The Hall, Broxhill Road, Havering- atte-Bower, Romford, Essex, RM4 1QH	01708 753319	Mail@sfh.org.uk	www.sfh.org.uk	
Cruse Bereavement Care			0808 808 1677	info@cruse.org.uk	www.cruse.org.uk	Mon-Fri: 9.30am- 5pm
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	
Prostate Cancer UK Service offers information and support to men with prostate cancer		Prostate Cancer UK, Fourth Floor, 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 Office No. 1 Farriers Yard, Assembly London, 77-85 Fulham Palace Road London W6 8JA	0300 330 0803		www.clicsargent.org.uk	Mon-Fri: 8am- 6pm
Cancer Research UK			0300 123 1022	supporter.services@cancer.org.uk	www.cancerresearchuk.org	Mon-Fri: 8am- 6pm
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

Useful Contacts: Resources Information and Support

Organisation	Contact	Location	Contact number	Email	Website	Opening time
Age UK A national charity working in a community to support older people, their families and carers.		Age UK, Travis 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
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
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 Online support and regular central London meet-ups for adults in their 20s, 30s, 40s with cancer		Somerset House, London	07804 479413	hi@shinecancersupport.org	www.shinecancersupport.org	Mon-Fri: 10am-6pm
Trekstock Young Adult Cancer Support Online support, 1:1 exercise rehabilitation, exercise groups and meet-ups for adults in their 20s and 30s living with cancer		Trekstock, 9b Delancey Street, Camden, London, NW1 7NL	020 7388 1200		www.trekstock.com	Mon-Fri: 9am-5pm
Mind Service provides advice and support to empower anyone experiencing a mental health problem			0300 123 3393 or Text: 86463	info@mind.org.uk	https://www.mind.org.uk/	Mon-Fri: 9am-6pm

Useful Contacts: Resources Information and Support

Organisation	Contact	Location	Contact number	Email	Website	Opening time
Redbridge						
Cancer Rehabilitation Programme For Redbridge residents		Various locations	0208 708 2443 or ask your GP to refer you	ssmith@vision-rlc.org.uk		
Do More in Redbridge All Redbridge leisure and library events and activities are published in our Do More Guide.					www.redbridge.gov.uk/leisure-sport-and-the-arts/do-more-in-redbridge	
Sue's House has been providing a safety-net of mutual self-help and practical and emotional support for those involved in the cancer experience - patients, ex-patients, family and friends.		10 Dawlish Drive, Ilford, IG3 9ED	0208 597 0024		www.sueshousecharity.org	
Redbridge 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.		Goodmayes Hospital sites, 157 Barley Lane, Ilford, IG3 8XJ	0300 300 1554-option 1	RDBtalkingtherapies@nhs.net	www.talkingtherapies.nelft.nhs.uk/redbridge	
Macmillan Advice Project Service provides free and confidential benefits advice to people living with cancer and their families	Ray Wood		020 8514 1359	macmillan@redbridge.cabnet.org.uk	www.macmillan.org.uk/in-your-area/local-dashboard/detail/Benefit%20advice%20services/8050/Redbridge-Macmillan-Advice-Project	Mon-Fri: 9am-4.30pm
Redbridge Walking for Health					www.redbridge.gov.uk/redbridge-events/walking-for-health	
Redbridge Food Bank		Jubilee Church 14 Granville Road Ilford IG1 4JY		info@redbridgefoodbank.org	www.redbridge.foodbank.org.uk	Mon 1pm - 2pm Tue 12pm - 1pm Wed 2pm - 4pm Sat 10am - 1pm

Useful Contacts: Resources Information and Support

Organisation	Contact	Location	Contact number	Email	Website	Opening time
Barking and Dagenham						
Exercise on Referral Programme for Barking and Dagenham residents is a healthy living and exercise programme to help you improve your fitness and wellbeing.			020 8724 8018 or ask your GP to refer you	healthy.lifestyles@lbbd.gov.uk	www.lbbd.gov.uk/physical-activity-to-keep-you-healthy	
Barking and Dagenham Talking Therapies Service provides a wired range of treatments and services helping those feeling distressed by difficult events in their lives as well as people concerning their mental health.		Goodmayes Hospital sites, 157 Barley Lane, Ilford, IG3 8XJ	0300 300 1554-option 3	bdtalkingtherapies@nhs.net	www.nelft.nhs.uk/services-talking-therapies	
Macmillan Advice Project Service provides free and confidential benefits advice to people living with cancer and their families	Ray Wood		020 8514 1359	macmillan@redbridge.cabnet.org.uk	www.macmillan.org.uk/in-your-area/local-dashboard/detail/Benefit%20advice%20services/8050/Redbridge-Macmillan-Advice-Project	Mon-Fri: 9am-4.30pm
The British Cross Connecting Communities Service provides up to 12 weeks of person-centre support to someone experiencing loneliness or social isolation. The focus is on helping each person to connect to their community, by building their confidence and sense of identity and purpose.	Christine Damien		7801672682	CSDamien@redcross.org.uk	www.redcross.org.uk/lonely	Mon-Fri: 9.30am-5pm

Useful Contacts: Resources Information and Support

Organisation	Contact	Location	Contact number	Email	Website	Opening time
Havering						
Cancer Referral Programme for Havering residents	Viki Bainsfair		01708 770416	vikibainsfair@ymcatg.org	www.ymcatg.org/cancer-referral-programme	
Havering Talking Therapies 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.		Goodmayes Hospital sites, 157 Barley Lane, Ilford, IG3 8XJ	0300 300 1554-option 2	haveringtalkingtherapies@nhs.net	www.nelft.nhs.uk/services-talking-therapies	
Macmillan Advice Project Service provides free and confidential benefits advice to people living with cancer and their families	Ray Wood		020 8514 1359	macmillan@redbridge.cabnet.org.uk	www.macmillan.org.uk/in-your-area/local-dashboard/detail/Benefit%20advice%20services/8050/Redbridge-Macmillan-Advice-Project	Mon-Fri: 9am-4.30pm
Havering Walking for Health Walking programme is here to help support you in leading an active lifestyle, whilst discovering more about the many green spaces in your local area			01708 431016	sportsdevelopment@haverling.gov.uk	www.walkingforhealth.org.uk/walkfinder/havering-walking-for-health	
Macmillan Oncology Community Team This is a community-based service providing supportive care and information for patients in Havering who are currently undergoing, or have recently completed treatment for cancer		First Floor Harold Hill Health Centre Gooshays Drive Harold Hill RM3 9SU	01708 576919 / 0300 555 1253	nem-tr.mco@nhs.net	www.nelft.nhs.uk/services-havering-macmillan-community-oncology	Mon-Fri: 9.30am-5pm

Useful Contacts: Resources Information and Support

Organisation	Contact	Location	Contact number	Email	Website	Opening time
Islington						
Cancer Survivorship Programme for Islington residents Aiming to improve the health, fitness, wellbeing and confidence of people that are either currently going through treatment recently completed their treatment or are in remission.			020 7689 9846/7	referrals@aquaterra.org	www.directory.islington.gov.uk/kb5/islington/directory/service.page?id=0PVD4oViBsg	
iCope: Camden and Islington Psychological Therapies and Wellbeing Service 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.		Finsbury Health Centre, 17 Pine Street, London, EC1R 0LP	0203 317 7252	Icope.Referrals@Candi.nhs.uk	www.icope.nhs.uk	
Claremont Project This charity runs a lot of social and physical activities in Islington including a social prescribing service for over 50s.		24-27 White Lion St, London, N1 9PD	0207 837 3402		www.claremont-project.org	
Macmillan North Central London Buddies Service offers a 1-2-1 befriending and support service to people affected by cancer. This support can take place in the client's home or out in the community, for 1-2 hours each week for 12 sessions.	Marilena Ricciardi		07860 950 922	nclbuddies@macmillan.org.uk	www.macmillan.org.uk/in-your-area/local-dashboard/detail/Practical%20help%20and%20support%20groups/9328/Macmillan-North-Central-London-Buddies?proximity=0.46%20miles%20from%20you	

Useful Contacts: Resources Information and Support

Organisation	Contact	Location	Contact number	Email	Website	Opening time
Camden						
iCope: Camden and Islington Psychological Therapies and Wellbeing Service 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.		Finsbury Health Centre, 17 Pine Street, London, EC1R 0LP	020 3317 6670	cpts@candi.nhs.uk	www.icope.nhs.uk	
Macmillan North Central London Buddies Service offers a 1-2-1 befriending and support service to people affected by cancer. This support can take place in the client's home or out in the community, for 1-2 hours each week for 12 sessions.	Marilena Ricciardi		07860 950 922	nclbuddies@macmillan.org.uk	www.macmillan.org.uk/in-your-area/local-dashboard/detail/Practical%20help%20and%20support%20groups/9328/Macmillan-North-Central-London-Buddies?proximity=0.46%20miles%20from%20you	
Yoga for those living with cancer Vicky Fox Yoga runs a class for people living with and beyond cancer. Free of charge	Vicky Fox	TRIYOGA CAMDEN 57 Jamestown Road, Camden, London, NW1 7DB	0207 483 3344		www.vickyfox-yoga.com/yoga-classes-london	Wed: 2pm-3.15pm
Epping Forest						
North Essex Improving Access to Psychological Therapies (IAPT) Services 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.					www.northesexiapt.nhs.uk	

Additional resources and tools						
<p>Headspace Digital health platform, providing guided meditation sessions and mindfulness training.</p>						www.headspace.com
<p>Insight Timer Free meditation application providing guided meditations.</p>						www.insighttimer.com
<p>Macmillan Patient Grants are small payments to help people with the extra costs that cancer can cause. They are usually a one-off payment.</p>	<p>You apply through a health or social care professional. E.g. social worker, benefits adviser, cancer nurse</p>		<p>If you are having problems getting someone to fill form contact Macmillan on 0808 808 00 00.</p>			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 can be handed to shopkeepers/café staff etc. to ask for 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
<p>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</p>			020 7364 5000	local-link@real.org.uk		www.local-link.org.uk
<p>Telephone Support Groups Available for those towards the end of, or post-treatment. Groups are facilitated by a trained volunteer with their own cancer experience.</p>			020 7470 8755	hello@cancersupportuk.org		www.cancersupportuk.org/telephone-groups