



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

**Tower Hamlets**

created by the Macmillan Social Prescribing service in August 2019

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



## Useful Contacts: Resources Information and Support

Organisation	Contact	Location	Contact number	Email	Website	Opening time
<b>General Advice and Support</b>						
<b>Macmillan Cancer Information and Support Centre at Royal London Hospital</b>	Sharan Hatch	Royal London Hospital	0203 594 0508	sharan.hatch@bartshealth.nhs.uk	www.bartshealth.nhs.uk/cancer	Mon-Fri: 9am-4.30pm
<b>Macmillan Cancer Information and Support Centre at Newham Hospital</b>		Newham Hospital	0207 363 8758		www.bartshealth.nhs.uk/cancer	Mon-Fri: 9am-4.30pm
<b>Macmillan Cancer Information and Support Centre at Homerton Hospital</b>	Madhu Agarwal	Homerton Hospital	0208 510 5191	madhu.agarwal@nhs.net	www.homerton.nhs.uk	Mon, Tue, Thu, Fri: 10am-4pm
<b>Macmillan Cancer Information and Support Centre at Barts Hospital</b>	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
<b>Macmillan Cancer Information and Support Centre at Whipps Cross Hospital</b>	Sharan Hatch	Whipps Cross Hospital	0208 535 6790	sharan.hatch@bartshealth.nhs.uk	www.bartshealth.nhs.uk/cancer	Mon-Fri: 10am-4pm
<b>Maggie`s Centre at Barts Hospital</b> 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
<b>Financial and housing advice</b>						
<b>Macmillan Welfare &amp; Advice Toynbee Hall</b> 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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<b>Shelter</b> Advice and support services across the UK give people one-to-one, personalised help with all of their housing issues			0808 800 4444		<a href="http://www.shelter.org.uk">www.shelter.org.uk</a>	8am - 8pm on weekdays, 9am - 5pm on weekends
<b>Advice Service at the Bromley by Bow Centre</b> 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	<a href="mailto:advice@bbbc.org.uk">advice@bbbc.org.uk</a>	<a href="http://www.bbbc.org.uk/services/benefits-housing-debt">www.bbbc.org.uk/services/benefits-housing-debt</a>	Mon-Fri: 9am-5pm
<b>Money management at Bromley by Bow Centre</b> 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	<a href="mailto:gettingonwithmoney@bbbc.org.uk">gettingonwithmoney@bbbc.org.uk</a>	<a href="http://www.bbbc.org.uk/services/money-advice">www.bbbc.org.uk/services/money-advice</a>	Mon-Fri: 9am-5pm
<b>Exercise / physical activity</b>						
<b>Our Parks</b> Free group exercise classes, led instructors, in local parks					<a href="http://www.ourparks.org.uk/borough/tower-hamlets">www.ourparks.org.uk/borough/tower-hamlets</a>	
<b>Well One</b> Free physical and learning activities in Tower Hamlets				<a href="mailto:info@wellone.co.uk">info@wellone.co.uk</a>	<a href="http://www.wellone.co.uk">www.wellone.co.uk</a>	
<b>Poplar Harca Community Centres</b> Exercise and activities		Various across Tower Hamlets	0800 035 1991	<a href="mailto:info@poplarharca.co.uk">info@poplarharca.co.uk</a>	<a href="https://community.poplarharca.co.uk/">https://community.poplarharca.co.uk/</a>	Mon-Fri: 9am-5pm
<b>Bike Works</b> Free one to one cycle skills training		Victoria Park or various locations	020 8980 7998	<a href="mailto:enquiries@bikeworks.org.uk">enquiries@bikeworks.org.uk</a>	<a href="http://www.bikeworks.org.uk/Event/book-cycle-training-lbth">www.bikeworks.org.uk/Event/book-cycle-training-lbth</a>	
<b>Tower Hamlets Leisure Centres and Gyms</b>		Various including Mile End, Poplar and Whitechapel			<a href="http://www.better.org.uk/leisure-centre/london/tower-hamlets">www.better.org.uk/leisure-centre/london/tower-hamlets</a>	
<b>Physical activity classes at Bromley By Bow Centre</b> for people with long term health conditions		St Leonard's St, Bromley By Bow, London E3 3BT		<a href="mailto:colin.king@bbbc.org.uk">colin.king@bbbc.org.uk</a>	<a href="https://www.bbbc.org.uk/services/physical-activity-classes-for-all/">https://www.bbbc.org.uk/services/physical-activity-classes-for-all/</a>	

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<b>Emotional / psychology support</b>						
<b>MIND</b> A community mental health organisation providing support groups, counselling, advocacy and employment support		Open House 13 Whitethorn Street London E3 4DA	020 7510 1081	info@mithn.org.uk	www.mithn.org.uk	
<b>Tower Hamlets Friends &amp; Neighbours</b> Befriending service improving the life of the elderly		THFN St Margaret's House 21 Old Ford Road London E2 9PL	020 8983 7979	admin@thfn.org.uk	www.thfn.org.uk	
<b>Samaritans</b> 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
<b>Tower Hamlets Talking Therapies</b> 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		71 Johnson Street, London, E1 0AQ	020 8475 8080		www.towerhamletstalkingtherapies.nhs.uk	Monday to Friday
<b>Practical support</b>						
<b>Bow Food Bank</b>		Bow Church (St Mary & Holy Trinity Church) 230 Bow Road, London E3 3AH		info@bowfoodbank.org	www.bowfoodbank.org	Every Monday, throughout the year, between 9.30am and 12.30pm.
<b>Bags of Taste</b> Works with people in food poverty to improve their diets and finances		Various locations		info@bagsoftaste.org	www.bagsoftaste.org/students/upcoming-and-current-courses/#towerhamlets	

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<b>Adult Social Care</b> 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	
<b>Support Groups</b>						
<b>Breast Cancer Support Group</b>	Tina	Whipps Cross Hospital	020 8535 6643 or Macmillan Information Centre 020 8535 6790			One Thursday evening per month 6pm-8pm
<b>Prostate Cancer Support Group</b>	Alex Smith	Whipps Cross Hospital	020 8535 6643 or Macmillan Information Centre 020 8535 6790			The first Tuesday of month 10am-11.30am
<b>Bladder Cancer Support Group</b>	Alex Smith	Whipps Cross Hospital	020 8535 6643 or Macmillan Information Centre 020 8535 6790			The last Tuesday of month 11am-12:30pm
<b>Bladder Cancer Support Group</b>	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
<b>Head and Neck Cancer Support Group</b>		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
<b>Head and Neck Cancer Support Group</b>		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
<b>Testicular Cancer Support Group</b>	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

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<b>Macmillan Men v Cancer Group</b>	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
<b>Macmillan Women`s Cancer Group</b>	Sandra Docking	St Joseph`s Hospice Mare Street, Hackney, E8 4SA	07823 447709	sandra.docking@googlemail.com		The last Wednesday of every month
<b>Bart`s Health Support</b>						
<b>Bart Cancer Hotline</b> 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			
<b>Physiotherapy Oncology Outpatient Service</b>	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	
<b>Cancer Psychological Services</b>	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	
<b>Art Psychotherapy</b>	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	
<b>Complementary Therapies Services</b> 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.
<b>Hospital Transport</b> 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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<b>Bereavement and Hospice Services</b>						
St Joseph`s Hospice		Mare Street, Hackney, E8 4SA	0300 303 0400	stjosephs.firstcontact@nhs.net	www.stjh.org.uk	
City & East London Bereavement Counselling Service CELBS		Alpha Grove Community Centre Alpha Grove Isle of Dogs London E14 8LH	020 3022 5177	info@bereavement.org.uk	www.celbs.counselling.co.uk	Office opening times: 9.30 - 5.30pm Counselling opening times: Daytime, evening
Cruse Bereavement Care			0808 808 1677	info@cruse.org.uk	www.cruse.org.uk	Mon-Fri: 9.30am- 5pm
<b>Community Centres</b>						
Community Centres in Tower Hamlets		Various locations			www.towerhamletsarts.org.uk/?ca t=6&guide=venues	
<b>One to one navigator services</b>						
Social Prescribing Service	Please ask you GP practice (GP, Practice Nurse or reception team) to refer you.	Various locations local to your GP practice			www.gpcaregroup.org/section/455 /Services/page/44bfd6-3f25- 48a2-9397-0b0e89a0ea18/Social- Prescribing	
<b>National Organisations</b>						
Macmillan Information & Support Helpline			0808 808 00 00 (Helpline)		www.macmillan.org.uk	Mon-Sun: 8am-8pm



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<b>Macmillan's Online Community</b> Community offers the chance to share thoughts/questions and get support 24 hours a day					<a href="http://www.community.macmillan.org.uk">www.community.macmillan.org.uk</a>	
<b>Prostate Cancer UK</b> 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	<a href="mailto:supportercare@prostatecanceruk.org">supportercare@prostatecanceruk.org</a>	<a href="http://www.prostatecanceruk.org">www.prostatecanceruk.org</a>	Mon-Fri: 9am- 5pm
<b>CLIC Sargent</b> 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		<a href="http://www.clicsargent.org.uk">www.clicsargent.org.uk</a>	Mon-Fri: 8am- 6pm
<b>Age UK</b> 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	<a href="mailto:contact@ageuk.org.uk">contact@ageuk.org.uk</a>	<a href="http://www.ageuk.org.uk">www.ageuk.org.uk</a>	Mon-Fri: 8am- 7pm
<b>Cancer Research UK</b>			0300 123 1022	<a href="mailto:supporter.services@cancer.org.uk">supporter.services@cancer.org.uk</a>	<a href="http://www.cancerresearchuk.org">www.cancerresearchuk.org</a>	Mon-Fri: 8am- 6pm
<b>Breast Cancer Care</b>			0808 800 6000	<a href="mailto:info@breastcancercare.org.uk">info@breastcancercare.org.uk</a>	<a href="http://www.breastcancercare.org.uk">www.breastcancercare.org.uk</a>	Mon-Fri — 9am to 4pm Sat— 9am to 1pm
<b>Shine Cancer Support</b> Service supports young adults in their 20's, 30's, 40's with Cancer			07804 479413	<a href="mailto:hi@shinecancersupport.org">hi@shinecancersupport.org</a>	<a href="http://www.shinecancersupport.org">www.shinecancersupport.org</a>	Mon-Fri: 10am- 6pm
<b>Trekstock</b> Young Adult Cancer Support		Trekstock, 9b Delancey Street, Camden, London, NW1 7NL	020 7388 1200		<a href="http://www.trekstock.com">www.trekstock.com</a>	Mon-Fri: 9am- 5pm
<b>Orchid</b> Supporting Men with Cancer		60 Gray's Inn Road London, WC1X 8AQ	National male cancer helpline 0808 802 0010	<a href="mailto:info@orchid-cancer.org.uk">info@orchid-cancer.org.uk</a>	<a href="http://www.orchid-cancer.org.uk">www.orchid-cancer.org.uk</a>	Mon-Fri: 9am- 5pm

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Additional resources and tools						
<p><b>Headspace</b> 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>					<p><a href="http://www.headspace.com">www.headspace.com</a></p>	
<p><b>Insight Timer</b> Free meditation application providing guided meditations session and mindfulness training.</p>					<p><a href="http://www.insighttimer.com">www.insighttimer.com</a></p>	
<p><b>Macmillan Patient Grants</b> are small payments to help people with the extra costs that cancer can cause. They are usually a one-off payment. They are for people who have a low level of income and savings.</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>		<p><a href="http://www.macmillan.org.uk/information-and-support/organising/benefits-and-financial-support/benefits-and-your-rights/macmillan-grants.html">www.macmillan.org.uk/information-and-support/organising/benefits-and-financial-support/benefits-and-your-rights/macmillan-grants.html</a></p>	
<p><b>Toilet card</b> This toilet card is designed to give you urgent access to a toilet</p>					<p><a href="http://be.macmillan.org.uk/be/p-24952-macmillan-toilet-card.aspx">be.macmillan.org.uk/be/p-24952-macmillan-toilet-card.aspx</a></p>	
<p><b>CRUK free will writing</b> If you're over 55, the Free Will Service allows you to easily write or update a simple Will for free.</p>			<p>0300 123 7733</p>		<p><a href="http://www.cancerresearchuk.org/get-involved/donate/leave-a-legacy-gift-in-your-will/free-will-service">www.cancerresearchuk.org/get-involved/donate/leave-a-legacy-gift-in-your-will/free-will-service</a></p>	
<p><b>Fruit Fly Collective</b> Kits for helping kids to come to terms with their parent's cancer. They are available for different age groups.</p>					<p><a href="http://www.fruitflycollective.com/cancer-cloud-kits">www.fruitflycollective.com/cancer-cloud-kits</a></p>	