



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

**Waltham Forest**

created by the Macmillan Social Prescribing service in August 2019

[www.bbhc.org.uk/macmillan](http://www.bbhc.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
<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>	Helpline open every day, 8am - 8pm on weekdays, 9am - 5pm on weekends
<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/waltham-forest">www.ourparks.org.uk/borough/waltham-forest</a>	
<b>Healthwise</b> Exercise on prescription	Referral via healthcare professional	Queen Elizabeth Olympic Park, London E20 3HB	020 8221 4929	<a href="mailto:healthwise.copperboxarena@gll.org">healthwise.copperboxarena@gll.org</a>	<a href="http://www.londonaquaticscentre.org/membership/healthwise">www.londonaquaticscentre.org/membership/healthwise</a>	
<b>All is Well Physical Activity and Social Club</b> Seated exercise suitable for older people	Linda Magill	The Score Centre, 100 Oliver Road, E10 5JY	020 8539 8474	<a href="mailto:feel.good@walthamforest.gov.uk">feel.good@walthamforest.gov.uk</a>		Tuesdays 1-3pm £2.00
<b>Sport for Confidence</b> Inclusive sport for people with disabilities including boccia, swimming, seated exercise	Sinead Kelly, Occupational Therapist	Waltham Forest Feel Good Centre, 170 Chingford Road, Walthamstow, E17 5AA	07543 742407	<a href="mailto:sinead@sportforconfidence.com">sinead@sportforconfidence.com</a>		Thursdays and Fridays
<b>Feel Good Walks</b>	Ralph Robinson	Ridgway Park, Leyton Jubilee Park and Whipps Cross	020 8496 3698 07973 153956	<a href="mailto:ralph.robinson@walthamforest.gov.uk">ralph.robinson@walthamforest.gov.uk</a>		
<b>Green Gym</b>	Gareth Chalmers	Ridgeway Park and Mansfield Park Chingford	07731 450 839	<a href="mailto:gg-waltham-forest@tcv.org.uk">gg-waltham-forest@tcv.org.uk</a>	<a href="http://www.tcv.org.uk/london/green-gym-london/waltham-forest-green-gym">www.tcv.org.uk/london/green-gym-london/waltham-forest-green-gym</a>	Wednesdays and Fridays

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<b>Emotional / psychology support</b>						
<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		<a href="http://www.samaritans.org">www.samaritans.org</a>	24 hours a day 7 days a week
<b>Waltham Forest Disability Resource Centre</b> Arts and crafts, exercise, skills classes		90 Crownfield Road Stratford London E15 2BG	020 8534 1589	<a href="mailto:info@wfdrc.org.uk">info@wfdrc.org.uk</a>	<a href="http://wfdrc.org.uk">wfdrc.org.uk</a>	
<b>Waltham Forest Talking Therapies</b> 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.	Self-referral online, via phone or via GP	Various locations across Waltham Forest	0300 300 1554	<a href="mailto:wf.talkingtherapies@nhs.net">wf.talkingtherapies@nhs.net</a>	<a href="http://www.wftalkingtherapies.co.uk">www.wftalkingtherapies.co.uk</a>	Mon - Fri 9am-5pm
<b>Life After Cancer</b> Support groups and 1:1 coaching	Stephanie Davies	Walthamstow		<a href="mailto:hello@life-aftercancer.co.uk">hello@life-aftercancer.co.uk</a>	<a href="http://www.life-aftercancer.co.uk">www.life-aftercancer.co.uk</a>	Mon - Fri 9am-5pm
<b>Practical support</b>						
<b>Eat or Heat Food Bank</b>	Referral by professional only	1A Jewel Road, Walthamstow, London, E17 4QU Also Chingford	0800 772 0212	<a href="mailto:referrals@eatorheat.org">referrals@eatorheat.org</a>	<a href="http://www.eatorheat.org">www.eatorheat.org</a>	Distribution Hours: Monday: 18:30pm - 19:30pm Wednesday: 18:30pm - 19:30pm Friday: 18:30pm - 19:30pm

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<b>Hornbeam Community People's Kitchen</b> Free meal		458 Hoe St, Walthamstow E17 9AH	020 8558 6880	info@hornbeam.org.uk	www.hornbeam.org.uk/new-events/community-monday-2018-10-01	Cooking from 10am on Monday - feel free to join Lunch 1-2pm
<b>Christian Kitchen Daily Free Cooked Meal</b>	Hilary Rodney	Mission Grove Car Park, Walthamstow	020 8923 8102		http://leytonparishchurch.org.uk/event/christian-kitchen/	Daily 7.30pm
<b>Metropolitan Home from Hospital Service</b> Support in settling home after a hospital stay		Home from hospital Metropolitan The Grange 100 High Street London, N14 6PW	020 3535 4760	homefromhospital@metropolitan.org.uk	www.metropolitan.org.uk/images/2012/03/Lets-get-you-home-leaflet.pdf	
<b>Metropolitan Wellbeing at Home Service</b> Supporting independence at home		Wellbeing at Home Metropolitan 58 Falmouth Way Waltham Forest London E17 7NZ	020 8520 9856	wellbeingathome@metropolitan.org.uk	www.metropolitan.org.uk/images/WellbeingAtHomeLeafletJan2015.pdf	
<b>British Red Cross Next Steps Service at Whipps Cross Hospital</b>		British Red Cross, Next Steps Service, Junction 5, Whipps Cross Hospital, Whipps Cross Road, E11 1NR	07947 558404 or 07960 153206			
<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 8496 300		<a href="https://walthamforest.gov.uk/service-categories/adult-social-care">https://walthamforest.gov.uk/service-categories/adult-social-care</a>	

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<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/StBartsTSGroup	The last Monday of every month 5.30pm-7pm
<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

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<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>						
<b>St Joseph`s Hospice</b>		Mare Street, Hackney, E8 4SA	0300 303 0400	stjosephs.firstcontact@nhs.net	www.stjh.org.uk	
<b>Cruse Bereavement Care</b>			0808 808 1677	info@cruse.org.uk	www.cruse.org.uk	Mon-Fri: 9.30am-5pm
<b>National Organisations</b>						
<b>Macmillan Support Line</b>			0808 808 00 00		www.macmillan.org.uk	Mon-Sun: 8am-8pm
<b>Macmillan`s Online Community</b> Community offers the chance to share thoughts/questions and get support 24 hours a day					www.community.macmillan.org.uk	
<b>Cancer Research UK</b>			0300 123 1022	supporter.services@cancer.org.uk	www.cancerresearchuk.org	Mon-Fri: 8am- 6pm
<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	supportercare@prostatecanceruk.org	www.prostatecanceruk.org	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		www.clicsargent.org.uk	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	contact@ageuk.org.uk	www.ageuk.org.uk	Mon-Fri: 8am- 7pm
<b>Breast Cancer Care</b>			0808 800 6000	info@breastcancercare.org.uk	www.breastcancercare.org.uk	Mon-Fri — 9am to 4pm Sat — 9am to 1pm

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<b>Shine Cancer Support</b> 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
<b>Trekstock</b> Young Adult Cancer Support		Trekstock, 9b Delancey Street, Camden, London, NW1 7NL	020 7388 1200		www.trekstock.com	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	info@orchid-cancer.org.uk	www.orchid-cancer.org.uk	Mon-Fri: 9am- 5pm
<b>One to one navigator services</b>						
<b>Social Prescribing Service</b>	Please ask your GP to refer you	Various locations local to your GP practice		Sharon.hanooman@walthamforest.gov.uk	https://directory.walthamforest.gov.uk/kb5/walthamforest/directory/advice.page?id=uV0-DOtp-OQ	
<b>Additional resources and tools</b>						
<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).					www.headspace.com	
<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.	You 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	

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Additional resources and tools						
<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>			0300 123 7733		<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>	
<p><b>Waltham Forest Directory</b></p>					<p><a href="http://www.directory.walthamforest.gov.uk/kb5/walthamforest/directory/home.page">www.directory.walthamforest.gov.uk/kb5/walthamforest/directory/home.page</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>Telephone Support Groups</b> 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	<p><a href="http://www.cancersupportuk.org/telephone-groups">www.cancersupportuk.org/telephone-groups</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>	



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