

Cancer Support Services (Oxfordshire and national)

PSYCHOLOGICAL AND WELL-BRING SUPPORT

SafeFit (Macmillan)

A free remote service for anyone with suspicion of or confirmed diagnosis of cancer. Cancer exercise specialists offer advice, support and resources to maintain and improve physical and mental well-being <https://www.macmillan.org.uk/cancer-information-and-support/get-help/physical-help/safefit>

Maggie's Centre, Churchill Hospital, Oxford

Maggie's provides free practical, emotional and social support to people with cancer and their family and friends. Available for advice or just a chat www.maggies.org/our-centres/maggies-oxford/
Tel. 01865 751882
enquiries@maggies.org

Al's Pals (Milton Keynes)

Offer support, companionship, empathy and a listening ear to any cancer patient from the start of their cancer journey through to the end.
<https://alspalsmk.co.uk>
Tel. 07745 601 047
E: info@alspalsmk.co.uk

The Hummingbird Centre

Offering support by phone, email, website, and post. Provide information on complementary care such as relaxation and yoga. Virtual counselling is available. New guests/patients will be assessed, given an explanation on current arrangements to offer this support and assigned to the appropriate counsellor if patients are comfortable with the arrangement.
<http://www.thehummingbirdcentre.org.uk/what-we-provide.html>
Email info@thehummingbirdcentre.org.uk
Tel 01869 224244

PSYCHOLOGICAL AND WELL-BRING SUPPORT

Here For Health

Personalised health and wellbeing support service. Support, information and advice are available on:
Stopping smoking | Reducing alcohol | Managing weight
Becoming more active | Eating more healthily
Managing fatigue | General wellbeing

Tel. 01865 221429
Monday to Friday 9am-5pm
Email: hereforhealth@ouh.nhs.uk

Macmillan Oxfordshire Buddy Scheme

A phone support service for people affected by cancer available Monday to Friday, 8am - 7.30pm and weekends by arrangement:
Tel. 07894 566 606
Email. oxreferrals@macmillan.org.uk
Self and health professional referrals accepted

PRACTICAL SUPPORT

Carers Oxfordshire

Supporting all carers via telephone and email in planning ahead for the unexpected and following up with to give on-going emotional support. Self-referrals and referrals from professionals accepted
www.carersoxfordshire.org.uk
Email carersoxfordshire@oxfordshire.gov.uk
Tel 0345 050 7666

Connection Support

Specialist support services to a range of people facing complex life challenges.
<https://www.connectionsupport.org.uk/>
Tel. 01296 484322 (Bucks)

FINANCIAL SUPPORT

Macmillan Citizens' Advice Outreach Adviser at Bucks Healthcare Trust (BHT)

This service is available to Cancer patients at BHT. Advice is available to patients, their family members and carers regarding; financial difficulties, support on allowances, employment, relationship breakdown, debt, housing consumer issues and immigration

Tel. 01908 545160 or 07976 021635

Step Change Debt Charity

Online guides on debt plus can request for expert advice by telephone
<https://www.stepchange.org/>

COVID-19 AND CANCER INFORMATION

Amanda Hudson Therapy Resources

A free resource pack to help you manage through COVID-19, focusing on the mind, body and soul. Created by Amanda Hudson and Rebecca Johns
<https://www.amandahudsontherapy.co.uk/resources>

Covid-19 information by Lymphoma Action

Advice about COVID-19 for everyone affected by cancer.
<https://lymphoma-action.org.uk/advice-coronavirus-people-cancer-update-2>

Covid-19 information by Cancer Research UK

<https://www.cancerresearchuk.org/about-cancer/cancer-in-general/coronavirus-and-cancer>

Covid-19 information by Macmillan

<https://www.macmillan.org.uk/coronavirus/cancer-and-coronavirus>

TUMOUR SPECIFIC

Bosom Friends

Available for a chat and support. Jan
01844 290362 / Alison 01865 863723 9am-6pm
janback@btinternet.com
www.bosomfriends.org.uk

Banbury Breast Cancer Support Group

Available for telephone support
Brenda 01295 259249 / 07719455669
Bev 01295 722451 / 07771 772992

Blood Cancer UK

Emotional and practical support, and information
<https://bloodcancer.org.uk/support-for-you/>
Tel. 0808 2080 888
E: support@bloodcancer.org.uk.

Friends of O.S.C.A.R.

Offering support to children living with a brain or
spinal tumour and their relatives via post and
E: contact@friendsofoscar.org.uk

Heads2gether Oxford

Support for patients with head and neck cancers
24h helpline tel.0800 0234 550
www.heads2gether.net
Email support@heads2gether.net

Jo's Cervical Cancer Trust Helpline

Support for patients related to cervical screening and
feeling worried about symptoms or are trying to
come to terms with a recent diagnosis
<https://www.jostrust.org.uk/>
Tel. 0808 802 8000

TUMOUR SPECIFIC

Kidney Cancer Support Network

Online resources and telephone helpline
<https://www.kcsn.org.uk/>
Tel. 01209 890326 Mon-Fri 10am-4pm

Oxford Haematology Support Group

Hold webinars and support groups virtually
www.leukaemicare.org.uk
Email care@leukaemicare.org.uk
Tel. 08088 010 444

Lymphoma Action

Helpline staff offer an opportunity to talk and can
explain general information about lymphoma and
COVID-19. Freephone helpline 0808 808 5555
(Choose Option 1; if the line is busy you can leave a
voicemail)
E: information@lymphoma-action.org.uk
Live Chat through the website (no onsite meetings)
[www.lymphomas.org.uk/information-and-
support/lymphoma-support-groups/oxford-
lymphoma-association-support-group](http://www.lymphomas.org.uk/information-and-support/lymphoma-support-groups/oxford-lymphoma-association-support-group)
Monday to Friday 10am to 3pm.

Mesothelioma Hub

(Please note this organisation is based in America)
Information and resources for people affected by
Mesothelioma (cancer caused by exposure to
asbestos) [https://www.mesotheliomahub.com/
contact@mesotheliomahub.com](https://www.mesotheliomahub.com/contact@mesotheliomahub.com)

Neuroendocrine Cancer UK

Offering virtual Natter groups and online support
groups. The website will be updated with information,
fact sheets, videos, podcasts and animations.
www.netpatientfoundation.org
Helpline Tel. 0800 434 6476

Oxfordshire Prostate Cancer Support Group

Peer support via telephone, email & video call.
www.opcsg.org/homepage
Tel. 01865 595109

TUMOUR SPECIFIC

Roy Castle Lung Cancer Foundation

Information and support available about the
condition, support groups, grants, Power of Attorney,
Wills and bereavement, plus a forum and an ask a
nurse helpline
<https://www.roycastle.org/>
Tel. 0333 323 7200 (main helpline)

GENERAL

Cancer Shine Support

Meet-ups via zoom and opportunity to connect via
Facebook groups. Also hold national events
[https://shinecancersupport.org/getsupport/
hi@shinecancersupport.org](https://shinecancersupport.org/getsupport/hi@shinecancersupport.org)

Macmillan Cancer Support

Looking after your health and wellbeing at home
(including nutrition and diet; physical activity; and
emotional well-being)
<https://www.macmillan.org.uk>
Tel. 0808 808 0000, 8am-8pm

Cancer Care Map

Use the search tool to find cancer support services in
your area
<https://www.cancercaremap.org/>

Healthy Recipes: World Cancer Research Fund

www.wcrf-uk.org/uk/recipes/recipes-home