

## **Useful organisations and websites relating to cancer**

### **Macmillan Cancer Support; 0808 808 00 00**

Macmillan offer Information about different cancers, treatment and wellbeing, they also have a resource centre with information about COVID19, plus they have a 'buddy' scheme.

<https://www.macmillan.org.uk/coronavirus>

<https://www.macmillan.org.uk/get-involved/campaigns/telephone-buddies>

### **Cancer Wellbeing London**

This website has now been launched to help support self-management and healthy living for those affected by cancer. The website includes a series of patient information videos which cover a range of topics, including emotional wellbeing, managing fatigue, diet and exercise, as well as many others.

Also available is signposting to some of the COVID-19 specific resources and support services which are currently available.

These cover psychosocial information and support services, as well as physical activity and bereavement information and support.

<https://cancerwellbeinglondon.nhs.uk/>

### **Cancer Research UK**

CRUK have a wealth of resources on specific cancers, treatments and ways to live well, they can also provide telephone advice; 0808 800 4040.

<https://www.cancerresearchuk.org/about-cancer/coping>

### **The Cancer Care Map**

This enables you to search your area for cancer support and wellbeing services;

<https://www.cancercaremap.org/>

### **Counselling and Psychological Support**

Remember that in addition to this patients can either be referred or self-refer to IAPT locally but most secondary care cancer teams have a dedicated psychological service that would see patients for several years after discharge from their acute treatment.

<https://slam-iapt.nhs.uk/lewisham/welcome-to-iapt-lewisham/>

### **Bowel Cancer UK**

This charity website has a variety of resources and information for people that have been or are currently affected by bowel cancer.

<https://www.bowelcanceruk.org.uk/>

There are a number of other organisations such as Breast Cancer UK, British Lung Foundation, Roy Castle Lung Foundation that have information available as well. Some of these are more focused on raising awareness but others provide more support after diagnosis.