

Cancer information and support in County Durham and Darlington



Receiving a diagnosis of cancer can be overwhelming. This leaflet will help you to find the right information, when you need it.

Your Clinical Nurse Specialist

Everyone diagnosed with cancer should have access to a Clinical Nurse Specialist or 'CNS' for short (some cancer nurses may have different job titles). Some CNS also have a Cancer Care Coordinator that works with them. Both your CNS and Cancer Care Coordinator will support you and help with any questions.

Macmillan Information Centres

Macmillan Information Centres provide information, practical advice and support to anyone affected by cancer. Services offered include headwear, bra fitting clinics and Look Good Feel Better makeover sessions.

Our dedicated staff and volunteers also know that financial issues can be a worry when people become unwell. They can refer you to a specialist advisor who can help with applications for benefits, tax credits, charitable grants and transport concessions.

Opening times may vary so please call ahead if you are planning to visit:

- Bishop Auckland Hospital: **01388 455 231**
- Darlington Memorial Hospital: **01388 455 231**
- University Hospital of North Durham: **01388 455 231**

or email: cdda-tr.macmillanccddft@nhs.net

There are information points at Shotley Bridge and Chester le Street Community Hospitals.

Macmillan Buddy Service

This service offers free support for anyone affected by cancer. Dedicated volunteers provide emotional, social and practical support either over the phone or through visits to your home for up to 12 weeks. Self-referrals can be done by calling the Macmillan Helpline: **0808 808 0000**

Macmillan Joining the Dots

Free support and advice service for anyone affected by cancer in County Durham.

Tel: **0800 876 6887** Email: cddft.joiningthedots@nhs.net
www.joiningthedots.info

Macmillan Support Line

Whether you're worried about money, or practical issues, have questions about treatment, or just want someone to listen, you can speak to a Macmillan specialist advisor by calling **0808 808 0000**, Monday to Sunday, 8am – 8pm.

MIND

MIND is a charity offering talking therapies, crisis helplines, drop in centres, counselling and befriending.

www.mind.org.uk

Talking Changes

A self-help and talking therapies service for common problems such as stress, anxiety and depression.

www.talkingchanges.org.uk

Organisations offering help and support

#CancerWeCan (offered by the Citizens Advice Darlington)

Free support needs assessments and tailored care plans for people affected by cancer living in Darlington.

Tel: **01325 266 888** ext 139 Email: cancerwecan@darlingtoncab.co.uk

Age UK

For people aged 50 and over. Free confidential advice about benefits, housing and more.

- Age UK North Yorkshire and Darlington Tel: **01325 362 832**
- Age UK County Durham Tel: **0191 386 3856**

Further information

Car Parking

If you are having chemotherapy at any of our hospitals, you may be entitled to free or reduced cost parking. Talk to the staff on the chemotherapy unit to find out what help you can receive.

Cancer Care Review

Your GP can also support you and will invite you for a Cancer Care Review within six months of your diagnosis. This will give you the opportunity to discuss any ongoing needs.

Holistic Needs Assessment (HNA)

For an HNA, ask your Clinical Nurse Specialist (CNS) or contact the Macmillan Information and Support Centres, #CancerWeCan or Macmillan Joining the Dots.

Prescription charges

If you are under 60 and have been diagnosed with cancer, you may be entitled to free prescriptions. Please ask your GP for further information.

My Wellbeing Space

My Wellbeing Space has been developed to help you during and after cancer treatment by providing good quality information and support, whenever you need it.

To register for the app, please visit:

www.links.inhealthcare.co.uk/mywellbeingspace

You will need your full name, date of birth, email address and where possible, your NHS number. You may also need the address you have registered with your GP. If you need help with the registration process, please visit any of our Macmillan Information and Support Centres, email: cdda-tr.macmillancddft@nhs.net or call us on **01388 455 231**.

My Wellbeing Coach

My Wellbeing Coach is a web-based tool that guides people to create a bespoke action plan, helping them to make small changes that can lead to improved health and wellbeing.

Find out more at: www.bit.ly/CDDcoach



To find out more about Cancer Information and Support in Darlington, visit: www.cddft.nhs.uk/our-services
Click 'A-Z of Services' then 'C' for 'Cancer Information and Support'.