

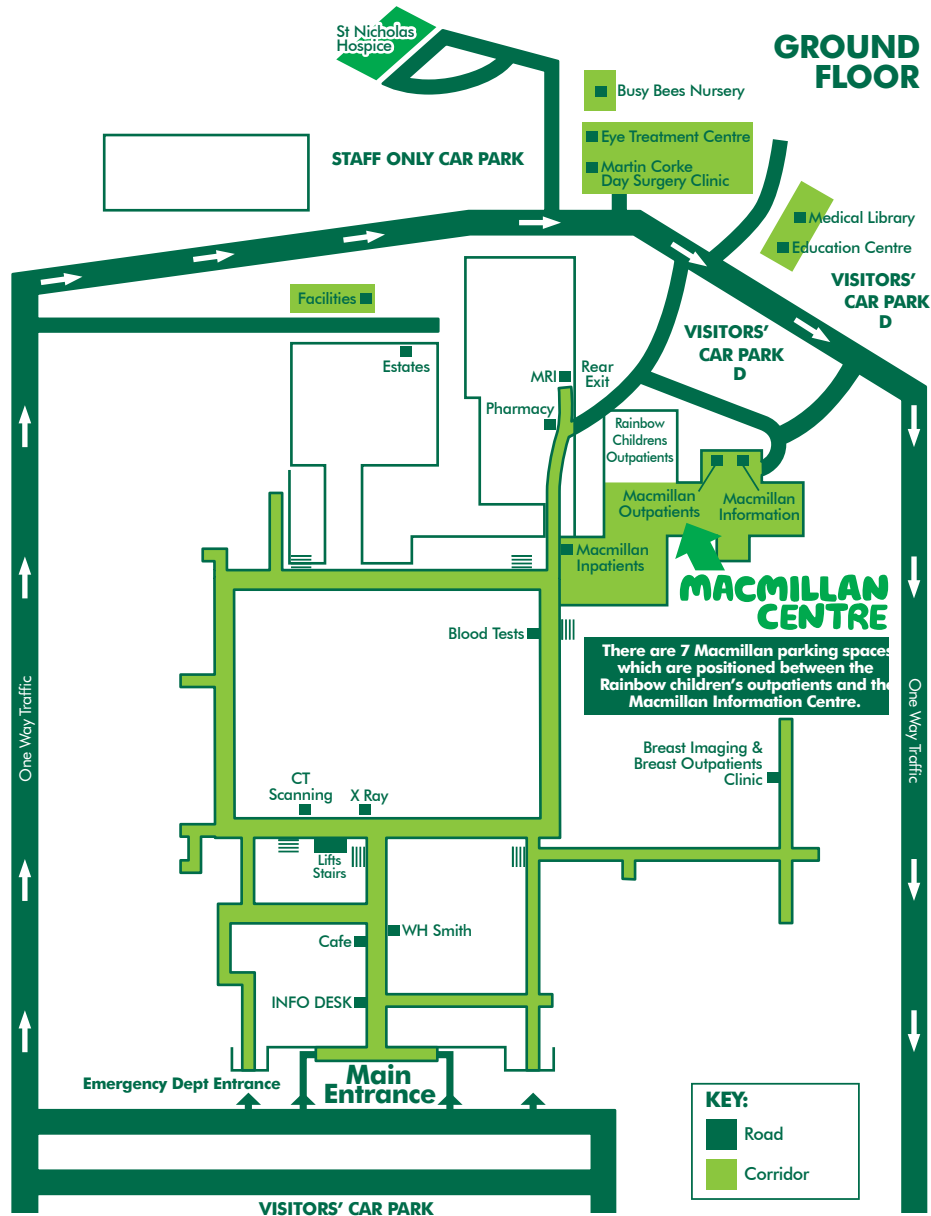
How to find us

The Macmillan Information and Support Centre is located in the Macmillan Outpatients area at the rear entrance of West Suffolk Hospital. The centre is open Monday - Friday, 9am - 4.30pm.

Anybody can drop in, no appointment is necessary.

The centre can be contacted on **01284 713023**.

Address: West Suffolk Hospital, Bury St Edmunds, IP33 2QZ



QUESTIONS
ABOUT
CANCER?
WE CAN
HELP.
WE ARE
MACMILLAN.
CANCER SUPPORT

Macmillan Cancer Information and
Support Service at West Suffolk Hospital

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Who we are

When you're affected by cancer, having the right kind of information and support, at the right time, is essential. The Macmillan Cancer Information and Support Centre at West Suffolk Hospital offers support, advice and information for anyone affected by cancer.

How we can help

Staffed by a Macmillan Information and Support Specialist and trained volunteers, the centre offers the following information and support:

- Literature on cancer including specific tumour sites, treatments, side effects and the emotional impact of a cancer diagnosis
- Resources on issues relating to cancer such as:
 - diet and nutrition
 - managing cancer in the workplace
 - coping with the cost of cancer e.g. grants, benefits
 - transport issues eg blue badges
 - coping with fatigue
 - hair loss (wigs and scarves).

How we can support you

- A listening ear and emotional support in a relaxed environment.
- Contact details for local hospices and support groups for patients, families and carers.
- HOPE six week, self-management courses for patients at the end of their treatment.
- Referrals to counselling, benefits advice, family support, complementary therapies and physical activity.
- Holistic Needs Assessments (HNAs) to help you get support with any concerns you may have.

Questions about living with cancer?

Telephone: 01284 713023

Email:
cancer.infocentre@wsh.nhs.uk

Or call the Macmillan Support Line free on 0808 808 00 00

(Monday - Friday, 9am - 8pm)

For non-English speakers an Interpretation Service is available

Alternatively, visit
macmillan.org.uk

Hard of hearing? Use textphone 0808 808 0121, or Text Relay.



'Having someone to talk to and find the information I needed was so helpful'
Information Centre Visitor