

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). Your CNS will support you and help with any questions.

ORGANISATIONS OFFERING HELP AND SUPPORT

#CancerWeCan (Offered by Citizens Advice Darlington)

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

Tel 01325 266888 ext 115

Email: michael.daley@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 362832
- Age UK County Durham
Tel: 0191 386 3856

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 Tel: 01388 455230
- Darlington Memorial Hospital Tel: 01325 743008
- University Hospital of North Durham Tel: 0191 333 2825

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

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 Friday, 9am—8pm.

MIND

MIND is a mental health 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 mental health problems such as stress, anxiety and depression.

www.talkingchanges.org.uk

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

A Holistic Needs Assessment (HNA) helps to identify any concerns you may have and allows a personal plan to be created for your support. For a HNA, ask your Clinical Nurse Specialist (CNS) or contact #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.



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

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