

✚ How can I find you?

Bus

Visit the Traveline website at traveline.info or phone them on 0871 200 2233 to plan the best travel route by public transport.

Car parking

There is limited public car parking on site. Please allow plenty of time to park if you have a fixed appointment. There are drop-off bays at the Main Entrance and the Eye Unit.

📣 Get in touch

Macmillan Cancer Information and Support Centre
Southampton General Hospital
Tremona Road
Southampton
SO16 6YD

☎️ 02381 206037

📧 macmillancentre@uhs.nhs.uk

🖱️ uhs.nhs.uk

Macmillan Support Line
0808 808 00 00
www.macmillan.org.uk



University Hospital Southampton



NHS Foundation Trust

**IT'S OK
TO TALK
ABOUT
CANCER**

**WE ARE
MACMILLAN.
CANCER SUPPORT**

**The Macmillan Cancer
Information and Support Centre
at Southampton General Hospital**

The Macmillan Cancer Information and Support Centre at Southampton General Hospital



Who we are

Macmillan Cancer Support and University Hospital Southampton NHS Foundation Trust worked together to develop the Macmillan Cancer Information and Support Centre at Southampton General Hospital. We offer people affected by cancer access to high-quality, comprehensive and appropriate information and support. The service is run by specialist staff, supported by trained volunteers. Some of our volunteers have personal experience of living with cancer. Our staff are here to help you find the information and support that you need. Our service is available to anyone who has been affected by cancer, their relatives, friends and carers.



What we offer

We provide a relaxed, friendly and confidential environment. Do come and see us. We offer:

- a warm welcome
- someone to listen to you and discuss your needs with you
- a comprehensive range of information about cancer, in a variety of formats
- relaxation and complementary therapies
- links to national and local support groups
- access to welfare and employment law advice
- access to counselling
- access to a wig service
- access to Look Good, Feel Better workshops.



What people ask us

Is there someone I can talk to?

How can I learn more about the type of cancer I have?

Who can I speak to about benefits advice?

Do you have any details about local support groups?

Is there help on talking to children about cancer?

What can I do to help me relax?

'I felt great relief in being able to share my experience and concerns with others who understood just how I felt and most importantly had the time to listen.'

Visitor to the centre



Just drop in

The Macmillan Cancer Information and Support Centre is based in the East Wing at Southampton General Hospital, on level B. It's next to the Oncology Centre and Eye Unit.

Our drop-in service is open Monday to Friday, 10am–4pm (except Bank Holidays).

You don't need to make an appointment to visit the centre or have a chat with one of the team.

Some services are appointment-based.

To make an appointment, or for general enquiries, call us on **02381 206037** or email us on

macmillancentre@uhs.nhs.uk

