

**Fatigue** one-to-one support sessions are available to help you manage fatigue caused by cancer either via video, phone or in person.

**Carers Support** is available through a virtual “Tea, Coffee & Chat” group for family & loved ones of people who have or have had cancer. The group provides space to come together with others to talk about any issues, concerns or difficulties that you may be facing. It offers an opportunity to meet with other people in similar circumstances and share experiences, ask questions and support each other. There is no set agenda for the group and members are free to raise anything that they would like to talk or think about, which may well include issues that you may feel more difficult to discuss with your family and friends.

**Relaxation group** is held fortnightly either in person or via video and is run by our 2 yoga teachers. The session will teach you how to use your breath with gentle movements in a chair to relax and embrace a feeling of calm.

**Meditation group** is held monthly either in person or via video and is run by our 2 hypnotherapists. The therapist will guide you on a relaxing journey and teach you self-relaxation techniques.

**HOPE programme** (HOPE = Help Overcoming Problems Effectively). The programme is held over 2 days and is for patients who have completed surgery or treatment for their cancer. It focuses on rediscovering your inner strengths and resilience to help you cope emotionally, psychologically and practically.

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## Macmillan Cancer Information & Support Centre

Support  
services  
during  
COVID-19

## Welcome

The Macmillan Centre is open to visitors. We are available to listen, support and provide information Mondays to Fridays between 10am – 4pm. Please call us to book a time to come & visit or knock on the door if you are already in the hospital.

We are here to support patients and their families. You can get in touch with us by phone 023 8120 6037 or email [MacmillanCentre@uhs.nhs.uk](mailto:MacmillanCentre@uhs.nhs.uk). You are important to us and if you leave a message we will respond the same day or the next working day. We check phone and email messages regularly.

Visit our pages on the Hospital's website ([www.uhs.nhs.uk/macmillan-centre](http://www.uhs.nhs.uk/macmillan-centre)) to find links for quality information, support videos and relaxing hypnotherapy & sleep recordings. If you encounter any difficulty, please contact us.



**Andrea Lodge**  
Centre Manager



**Mary Weavers**  
Centre Coordinator

## Support Services

**Hampshire Macmillan Citizens Advice Service** are available to help and give advice via telephone or in person with financial, benefits, housing or employment issues, accessing charitable grants and travel costs for health appointments. Call 0344 847 7727.

**Complementary Therapies** are being offered in the Centre, which include massage, reflexology, Reiki & hypnotherapy. We are also able to provide video sessions for self-acupressure, hypnotherapy, self-massage, self-reflexology and Reiki on a one-to-one basis. These therapies can help with many aspects of your life; such as reducing stress, releasing anxiety, improving sleep and improving side effects of your cancer treatment.

**Counselling** is provided as one-to-one sessions by telephone, video or in person. This service is available for patients and their family.

**Wig Service** appointments are available in person by phoning the Centre to book an appointment. Alternatively Amanda (wig rep) can contact you and signpost you to the wig company's website to choose a wig or have one of their catalogues sent to you.

**Telephone Support** is available for anyone affected by cancer. This is offered by our support volunteers. You can also call us during our opening hours alongside this service. Going through cancer can be an isolating experience at any time, and especially so when social distancing. We'll match you with someone who understands what you're going through.