



**Surrey & Sussex Virtual Health & Wellbeing
Patient Resources
January 2021**



Introduction

We have created this resource pack for patients in collaboration with a number of partners and patient representatives and would like to thank them for providing information and insight. We would particularly like to thank the SSCA Patient & Public Engagement Panel for their contribution. Most of the resources listed are available to all, if they are not we have put which areas they cover. We hope that you find it useful.



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East Surrey Macmillan Cancer Support Centre

The East Surrey Macmillan Cancer Support Centre is at East Surrey Hospital in Redhill. The centre offers a wide range of information and support services in one place for patients and their carers accessing care in **East Surrey and the surrounding area**. The following are live sessions patients can join:

Counselling 1-1 Zoom & Telephone	Wig Service 1-1 FaceTime & Telephone	Journalling Workshop 2-3 People Zoom & Telephone	Pranic Healing 1-1 Zoom & Telephone	Relaxation 1-1 Zoom & Telephone
Yoga 8-10 People Zoom	Distant Reiki 1-1 Telephone	NLP/ Relaxation 1-1 Zoom	Life Coaching 1-1 Zoom	Financial Advice 1-1 Telephone
				Head Wrappers 1-1 Telephone

01737 304176

informationcentre.sash@nhs.net

The Fountain Centre

The Fountain Centre is located within the Royal Surrey County Hospital offering care and support for the physical, emotional, social and spiritual needs of those affected by cancer in **Surrey and the surrounding areas**. The following are live sessions patients can join:

Information & Support

1-1
Email &
Telephone

Carers Support

Group
Online

**Hair/Wigs/
Scarves**

1-1
Zoom

Coaching

Group & 1-1
Online &
Telephone

Meditation

Group & 1-1
Online &
YouTube

**Patient
Coffee
Morning**

Group
Online

Counselling

1-1
Online &
Telephone

Yoga

Group & 1-1
Online &
YouTube

Exercise

Group & 1-1
Online &
YouTube

Accupressure

1-1
Online

Contact the centre for further information on:

01483 406618

rsc-tr.FountainCentre@nhs.net

www.fountaincentre.org

Podcasts

Unlimited
You Tube

Macmillan Horizon Centre

The Macmillan Horizon Centre in Brighton offers support for people **across Sussex** facing the toughest fight of their lives. The following are live sessions patients can join:

Counselling 1-1 Telephone Microsoft Teams	Coaching 1-1 Telephone	Horizon Connect Drop In 2-6 People Microsoft Teams	Information & Support 1-1 Telephone & E- Mail	Mindfulness 10 People Microsoft Teams
Yoga Nidra 10 People Microsoft Teams	Pilates 10 People Microsoft Teams	Managing Anxiety 2-6 People Microsoft Teams	Breathing Workshop 2-6 People Microsoft Teams	Welfare Benefits Advice 1-1 Telephone
			Cookery Workshop Group Microsoft Teams	Poetry Pop In Group Microsoft Teams

Contact the centre for further information on:
01273 468770
horizoncentre@macmillan.org.uk

Other local resources



Surrey and Sussex
Cancer Alliance

The Olive Tree, Crawley

The Pink Ribbon Group
10 People
Zoom

01293 534465

office@olivetrecancersupport.org.uk
www.olivetrecancersupport.org.uk

Macmillan Butterfly Centre

Psychological Support
Welfare Benefits Support
1-1
Telephone

01372 735456

Brighter Outlook

Sussex wide
Physical activity support
1-1 & group

www.albioninthecommunity.org.uk/brighter-outlook

West Sussex Citizens Advice Bureau

Welfare Benefits Advice
1-1
Telephone

macmillanbenefits@westsussexcab.org.uk

Citizens Advice Guildford Welfare Benefits Service (Surrey Heath & Guildford & Waverley)

1-1
Telephone
01483 230849

macmillan@guildfordcab.org.uk

Speak Up Against Cancer

Brighton & Hove
Information & webinars

<https://www.albioninthecommunity.org.uk/health-3/speak-up-against-cancer?src=menu>

Other local resources

Macmillan Community Cancer Navigator (Surrey Heath)

07880 502267

Shcp.cancernavigator@nhs.net

www.surreyheathcommunityproviders.co.uk/services/cancer-services/

Queen Victoria Hospital Macmillan Information Centre

Information & Support

1-1

Telephone

01342-414369

qvh.cancerinformation@nhs.net

Wexham Park Macmillan Information Centre

Counselling

1-1

Telephone

Anxiety/Sleep/Coping Strategies

1-1

Telephone

Complementary Therapies for Chemo patients

1-1

Face to Face

0300 615 4886

fhft.macmillan.information@nhs.net

Cancerwise (West Sussex)

01243 778516

enquiries@cancerwise.org.uk

www.cancerwise.org.uk

Macmillan Cancer Support

In Your Area

Local services & support groups

<https://www.macmillan.org.uk/in-your-area/choose-location.html>

Emotional Wellbeing Support - Surrey

Surrey and Sussex
Cancer Alliance

Increasing Access to Psychological Therapies (IAPT) services offer short-term talking therapy for those suffering from low level anxiety and depression. The types of therapy offered will vary depending on the local IAPT service but could include Cognitive Behavioural Therapy and counselling. Patients in **Surrey** can self refer to the following services:

Centre for Psychology

01483901429

www.centreforpsychology.co.uk

DHC Talking Therapies

01483 906392

www.dhctalkingtherapies.co.uk

We Are With You

03000 120012

www.thinkaction.org.uk

IESO Digital Health

08000745560

www.iesohealth.com/surrey

Mind matters

03003304550

www.mindmattersnhs.co.uk

Talking Therapies Surrey Online

0300 3652000

www.berkshirehealthcare.nhs.uk/surreyonline

Emotional Wellbeing Support - Sussex

Increasing Access to Psychological Therapies (IAPT) services offer short-term talking therapy for those suffering from low level anxiety and depression. The types of therapy offered will vary depending on the local IAPT service but could include Cognitive Behavioural Therapy and counselling. Patients in **Sussex** can self refer to the following services:

Health in Mind

0300 0030130

www.healthinmind.org.uk

Time to Talk

01903 703540

www.sussexcommunity.nhs.uk/ttt

Brighton & Hove Wellbeing Service

0300 0020060

www.brightonandhovewellbeing.org

National resources

A number of national organisations provide health and wellbeing information and support online:

Albion in the Community
Recipes & Exercise
<https://bit.ly/3j6ZhL1>

Bowel Cancer UK
Coronavirus Advice & Guidance
<https://bit.ly/3h2uy04>

Brains Trust
Living Well with a Brain Tumour
<https://bit.ly/3gTfHVE>

Cancer Care Map
Directory of local support services
<https://bit.ly/3eCOXax>

Jo's Cervical Cancer Trust
Living with Cervical Cancer
<https://bit.ly/3ev3EfB>

Lymphoma Action
Online Support
<https://bit.ly/30bZWSP>

Macmillan Cancer Support
0808 808 0000
www.macmillan.org.uk

Myeloma UK
Living with Myeloma
<https://bit.ly/399d2Vj>

Pancreatic Cancer UK
Living with Pancreatic Cancer
<https://bit.ly/3fwj5FG>

Prostate Cancer UK
Fatigue Support
Diet & Exercise Support
<https://bit.ly/2ZrIYRg>

Teenage Cancer Trust
Wellbeing Support
<https://bit.ly/30bPwTI>

The Brain Tumour Charity
Living with a Brain Tumour
<https://bit.ly/2CyOB7i>

National resources

A number of national organisations provide health and wellbeing information and support online:

SafeFit

Exercise & emotional
wellbeing support

1-1

Self referral

www.safefit.nhs.uk

Look Good Feel Better

Virtual Workshop

8-10 People

Various

07545551531

info@lgfb.co.uk

World Cancer Research Fund

Health advice &
support

[https://www.wcrf-
uk.org/uk/here-help](https://www.wcrf-uk.org/uk/here-help)

Boots

Boots Macmillan Information Pharmacists

[www.boots.com/health-pharmacy-
advice/macmillan/](http://www.boots.com/health-pharmacy-advice/macmillan/)

Boots Macmillan Beauty Advisors

[www.boots.com/health-pharmacy-
advice/macmillan/feelmorelikeyou](http://www.boots.com/health-pharmacy-advice/macmillan/feelmorelikeyou)

Videos

Pre recorded videos are useful for getting information across directly with a personal touch. They can be accessed at times which are convenient to the patient and re-watched as needed

Macmillan Cancer Support

Look Good, Feel Good Top Tips

<https://bit.ly/30r6v4n>

Coping with Financial Worries

<https://bit.ly/2WhWgOk>

Sex, Relationships & Cancer

<https://bit.ly/2B0Bzz7>

Physical Activity & Cancer

<https://bit.ly/3fxNrYb>

Cancer in the Workplace

<https://bit.ly/3fCf3M8>

Caring for someone with Cancer

<https://bit.ly/32jGOFf>

The Fountain Centre

Introduction to meditation

<https://bit.ly/2WiQGuX>

Reframing negative thoughts

<https://bit.ly/2DH55e5>

Seated Yoga

<https://bit.ly/2B1dXu5>

Balanced Breathing

<https://bit.ly/2ZvA3hW>

Videos

NE Hampshire & Farnham CCG

Managing a Cancer Diagnosis

<https://bit.ly/3h5PqDH>

General Coping Strategies

<https://bit.ly/395zXAM>

Stress Management

<https://bit.ly/2ZuApoP>

Coping with Fatigue

<https://bit.ly/38WZXOA>

The Olive Tree

Self Massage for Arm and Hand

<https://bit.ly/32IK6aT>

Yoga Breathing

Practice

<https://bit.ly/2OqaXup>

Deep Relaxation

<https://bit.ly/2CcVueJ>

NHS hospital websites

Surrey

[Surrey & Sussex Hospitals
NHS Trust](#)

[Royal Surrey NHS Foundation
Trust](#)

[Frimley Health NHS
Foundation Trust](#)

[Ashford & St Peter's Hospitals
NHS Foundation Trust](#)

Sussex

[East Sussex Healthcare NHS
Trust](#)

[Western Sussex Hospitals
NHS Foundation Trust](#)

[Brighton & Sussex University
Hospitals NHS Trust](#)

[Queen Victoria Hospital NHS
Foundation Trust](#)

We hope that you find this pack useful and are able to access virtual health and wellbeing information and support.

If you have any questions then please contact us through our email: rsch.sscaadmin@nhs.net