



Directory of Services

Living With and Beyond Cancer



Working in partnership with

MACMILLAN
CANCER SUPPORT

Sandwell and West Birmingham Clinical Commissioning
Sandwell and West Birmingham NHS Trust

Contents Page

Introduction	3
Practical Help & Financial Guidance	4
Age UK	4
Benefits Advice- Skills Work and Enterprise Development Agency	4
Birmingham City Council Debt Advice	5
Blackheath Live at Home	5
Bridges	6
Cancer Research UK	6
Community Transport	6
Department of Work and Pensions DS1500 Forms	7
Penny Brohn UK	7
The Macmillan Benefits Advice Service	8
Physical Worries	8
Crossroads	8
Creative Active Lives	9
Sexual Advice Association	9
Emotional Help	10
Health for Living	10
Get Self Help	10
Relate Macmillan	11
Sandwell Young Carers	11
Spiritual Guidance	11
Firm Roots Cancer Support Birmingham	11
Social and Family Support	12
Agewell	12
Better Understanding of Dementia for Sandwell	12
Eastern European Families Support	13
SAFS	13
Sandwell Council of Voluntary Organisations	14
The Kaleidoscope Group	14
Black, Asian, and Minority Ethnic Communities (BAME)	15
Bangladeshi Women's Association- The Sister's Circle	15
BME Cancer Communities	15
Cancer Black Care	15
Cancer Equality	16
West Bromwich Afro Caribbean Resource Centre	16
Well Being Events	17
Look Good Feel Better	17
Mytime Active Sandwell	17
Something to Look Forward Too	18

Young People	18
Children With Cancer UK	18
Little Princess Trust	18
Teenage Cancer Trust	19
Willow Foundation	19
Support Centres	20
Dorothy Parkes Community Centre	20
Edwards Trust	20
Good Hope Cancer Information & Support Centre	20
Help Harry Help Others	21
Sandwell Hospital Cancer Courtyard Centre	21
Good Hope Cancer Information and Support Service	22
The Patrick Room- Cancer Centre Queen Elizabeth Hospital	22
Whitehouse Cancer Support	23
Palliative Care	23
Birmingham St Marys Hospice	23
Connected Palliative Care Hub Sandwell	24
Honey Rose Foundation	24
John Taylor Hospice	24
Marie Curie	25
The Harbour	25
Support Groups for all Cancers	25
Let's Talk Hope	25
Bowel Cancer	26
Bowel Cancer UK	26
Colostomy UK	27
Ileostomy & Internal Pouch Association	27
The Breakaway Foundation	27
Walsall B Friend Bowel Cancer Support Group	27
Brain Cancer	28
The Brain Tumour Charity	28
Breast Cancer	28
Breast Cancer Now	28
Breast Friends	29
Breast Cancer Haven	29
Ladies Fighting Breast Cancer	29
Living with Secondary Breast Cancer	30
Walsall Breast Cancer Care Support Group	30
Gynae-oncology Cancer	31
Looking Forward Gynae-Oncology Support Group	31
Premature Menopause Support Group- Daisy Network	31
The Ovarian Cancer Support Charity- Ovacom	32
Head & Neck	32
Changing Faces	32
Mouth Cancer Foundation	33

Haematology	33
African Caribbean Leukaemia Trust	33
Leukaemia Care	33
Lymphoma Action	34
Myeloma UK	34
Lung	35
Asbestos Support West Midlands	35
British Lung Foundation	35
Roy Castle Lung Cancer Foundation	36
Prostate	36
Prostate Cancer UK	36
Out with Prostate Cancer	37
Sandwell Prostate Support Group	37
Skin	38
British Skin Foundation	38
Melanoma UK	38
Upper GI	38
The Oesophageal Patients Association	38
Upper GI Blues	39
Urology	39
Action Bladder Cancer	39
Sandwell Community Continence Service- Continence Support Group	40
Travel Insurance	41
Other Useful Websites	42

Introduction

This Directory has been created for the Living with and Beyond Cancer team primarily for patients, but also for carers, nurses, cancer support workers, GPs and practice nurses to learn about relevant charities, support groups or wellbeing events.

It has been separated into categories such as practical help, financial concerns, physical worries, emotional help, spiritual guidance, social and family support, wellbeing events, help for young people and support centres. In addition there are specific sections on cancer types based around particular illnesses and relevant support groups.

The online Directory of Services will be updated on a quarterly basis to ensure all information provided is relevant and correct.

We advise people to call direct to check for eligibility for certain services. The latest online version will be available at: <https://www.swbh.nhs.uk/> and <https://sandwellandwestbhamccg.nhs.uk/cancer>. You may also find information on the following websites helpful: <https://www.sandwell.gov.uk/> and <https://www.birmingham.gov.uk/>.

We would like to thank you for using a Directory and hope you will find the information helpful.

Practical Help and Financial Guidance

Age UK



What can they do for you?	Contact details
<ul style="list-style-type: none">• This service provides advice for over 50s.• Day care services across the city for people with dementia, elderly and frail.• Carers support.• Handy person services.• Legal Services (free will writing and will reviews, LPA's funeral plans and much more).• Wellbeing services.• Community Centers offering support in Shard End and Kings Norton.• Community café activity hub in Boldmere, Sutton Coldfield.• Advice and information on welfare benefits, fraud and much more.• Veterans support.	<p>Telephone: 0121 437 0033</p> <p>Email: info@ageuksandwell.org.uk</p> <p>Address: 49, Pure Offices 422 Broadwell Road Oldbury B69 4BY</p> <p>Age UK Sandwell Operational Base: Birmingham The Onneley Centre 109 Court Oak Road Harborne Birmingham B17 9AA</p> <p>Opening Times: Flexible</p> <p>Website: www.ageuk.org.uk</p> <p>Charity No: 1128267</p>

Benefits Advice: Skills Work and Enterprise Development Agency



What can they do for you?	Contact details
<ul style="list-style-type: none">• Service provides advocacy, advice and guidance relating to benefits, skills and other advice.• They can also give you housing advice and support.• Provide welfare rights and benefit advice and can also identify benefit issues and advise clients who may not be receiving the correct benefits.• They can assist you with the completion of benefit claims including Employment Support Allowance, Jobseekers Allowance and Personal Independent Payments.• They can assist in CV writing, employment and training once you are ready to go back to work.	<p>Telephone: 0121 525 2558</p> <p>Email: sweda@sweda.org.uk</p> <p>Address: The Business Centre Church Street West Bromwich B70 8RP</p> <p>Website: www.sweda.org.uk</p> <p>Charity No: 1128267</p>

Birmingham City Council Debt Advice



What can they do for you?	Contact details
<ul style="list-style-type: none">• Check your benefits to make sure you're receiving the correct entitlements.• Help you prepare a personal budget sheet which shows your income and expenditure.• Work out how much you can afford to pay towards priority debts like rent, council tax, gas and electricity.• They can help you contact the people you owe money to and negotiate affordable payments.• Give general advice on everything from basic money management, fuel efficiency and country court proceedings.	<p>Telephone: 0121 303 2087</p> <p>Website: www.birmingham.gov.uk</p>

Blackheath Live At Home



What can they do for you?	Contact details
<ul style="list-style-type: none">• The charity provides a range of services for over 60s including people with terminal illnesses.• They hold support classes, monthly outings, annual holidays, one-to-one befriending visits, telephone links, information signposting and a quarterly newsletter.• They also offer services such as Lunch Clubs, Pamper Days, Men's Group and regular visits from a befriender.• You can find your local scheme on their website.	<p>Telephone: 0121 561 7941 01332 296200</p> <p>Email: blackheath.liveathome@mha.org.uk</p> <p>Address: Blackheath Live at Home Scheme Office 134 High Street Rowley Regis B65 0EE</p> <p>Selly Oak Live At Home Chatham Place 100 Chatham Road Northfield Birmingham B31 2JW</p> <p>Website: www.mha.org.uk</p> <p>Charity No: 1083995</p>

Bridges



What can they do for you?	Contact details
<ul style="list-style-type: none"> Bridges can support anyone who is 25 years or older, unemployed, economically inactive, has complex needs/multiple barriers which are impacting on being able to enter paid employment, requires support to fully and independently engage in existing services. The Bridges project can help you with any of the following: confidence and motivation, one to one mentoring, information, advice and guidance, CV and application form support, job search support, arts and crafts and volunteering opportunities. This service is available to people in Dudley, Sandwell and Walsall. 	<p>Telephone: 01922627555</p> <p>Email:</p> <p>Address: Floor 9 Townend House Park St Walsall WS1 1NS</p> <p>Website: www.stepstowork.co.uk/bridges-about</p> <p>Charity No: 1100403</p>

Cancer Research UK



What can they do for you?	Contact details
<ul style="list-style-type: none"> Cancer Research is the world's largest charity dedicated to saving lives through research. A Cancer Chat page is an online forum where patients are able to communicate with other people affected by cancer. There are plenty of online resources that can also be ordered for free. If there are any questions for a nurse CRUK can help - click here to contact them. 	<p>Telephone: 02072420200</p> <p>Email: supporter.services@cancer.org.uk</p> <p>Website: www.cancerresearchuk.org</p> <p>Charity No: 1089464</p>

Community Transport



What can they do for you?	Contact details
<ul style="list-style-type: none"> This is a van hire company who are used to dealing patients. They have expressed competitive rates. Wheelchair accessible vehicles and standard minibuses operating in Sandwell, providing group travel services and transport for a range of organisations including day centres, statutory sector, organisations and young people's groups. 	<p>Telephone: 01484 977226</p> <p>Email: info@communitytransport.org</p> <p>Address: 216 Great Bridge, West Bromwich, B70 0DE Unit 17 & 18 Barton Park Ind Est, Etruria Way, Bilston, WV14 7LH</p> <p>Website: www.communitytransport.org</p> <p>Charity No: 247331</p>

What can they do for you?	Contact details
<ul style="list-style-type: none"> Patients should be advised to apply for Attendance Allowance straight away if they meet the eligibility criteria. The DS1500 is issues to patients with terminal illnesses. It is a quick application process and once applied it will take two weeks for a response. The highest rate is £86.65 if the claim is successful. Citizens Advice will be able to help with DS1500 forms. Ask your GP or Macmillan Nurse for more advice. 	<p>Telephone: 03444111444</p> <p>Addresses: Sandwell Citizens Advice 22 Lombard Street West Bromwich B70 8RT Oldbury Citizens Advice Municipal Buildings Halesowen Street Oldbury B69 2AB</p> <p>Tipton St Pauls Community Centre Brick Kiln Street Tipton DY4 9BP</p> <p>Smethwick 370-372 High Street Smethwick B66 3PJ</p> <p>Website: www.citizensadviceandwell.org.uk</p>

Penny Brohn UK



What can they do for you?	Contact details
<ul style="list-style-type: none"> Learning to Live Well is a programme run by Penny Brohn, available to anyone living with and beyond cancer and their close supporter. The programme is designed to show people how they can take simple steps to live well. They offer several services across the Midlands including health and wellbeing events, two day Living Well courses and a multilingual half day Introduction to Living Well Mornings for the Asian Community. They are working in partnership with Help Harry Help others and the Cancer Support Centre in Sutton Coldfield. You can access their website for wellbeing resources. 	<p>Telephone: 0303 3000 118</p> <p>Email: bookings@pennybrohn.org.uk helpline@pennybrohn.org.uk</p> <p>Address: Cancer Support Centre Linridge Road Sutton Coldfield B75 6JB Monthly programme</p> <p>Website: www.pennybrohn.org.uk</p> <p>Charity No: 284881</p>

The Macmillan Benefits Advice Service



What can they do for you?	Contact details
<ul style="list-style-type: none">The Macmillan Benefits advice service is based in Sandwell Hospital and City Hospital where you can seek advice based on money and financial concerns.Benefit checks can be conducted to check whether you have everything you are entitled to.They can give you advice on how to claim benefits.Macmillan Grant applications and representation at benefit appeal hearings.Advisors are currently available on Mondays at Sandwell and Fridays at City Hospital.The Benefits Calculator online will give you a better understanding of what you are entitled to: <u>Macmillan Benefit Calculator</u>.Your Cancer Nurse Specialist or Cancer Support Worker can refer you to this service; just ask if you have any money worries.	<p>Telephone: 01384 817721</p> <p>Email: advice@dudleycabx.org macmillan@bcabs.org.uk</p> <p>Address: Sandwell Hospital Lyndon West Bromwich B71 4HJ</p> <p>City Hospital Dudley Road Birmingham, West Midlands B18 7QH</p> <p>Tipton St Pauls Community Centre Brick Kiln Street Tipton DY4 9BP</p> <p>Smethwick 370-372 High Street Smethwick B66 3PJ</p> <p>Website: www.citizensadviceandwell.org.uk</p>

Physical Worries

Crossroads



What can they do for you?	Contact details
<ul style="list-style-type: none">Provide care and support services for people and their families who wish to remain living in their own home for as long as possible.Their mission is to support and provide information, advice and services to local people caring at home for a family member or friend.Carers' needs, choices and voices are at the heart of everything they do.Referrals for care can be made via your GP or through the District Nursing Team.	<p>Telephone: 0121 553 6483</p> <p>Out of hours emergency number: 07968219850</p> <p>Email: chris.christie@sandwellcrossroads.org</p> <p>Website: www.sandwellcrossroads.org</p> <p>Address: Sandwell Crossroads Care 494 Wolverhampton Road Oldbury West Midlands B68 8DG</p>

Creative Active Lives



What can they do for you?	Contact details
<ul style="list-style-type: none">Creative Active Lives is a not for profit enterprise based in the West Midlands.Sessions are centred around; developing life skills, promoting relaxation and wellbeing, personal development, encouraging social interaction, physical activity and mental health stimulation.	<p>Telephone: Rachel on 07790443007</p> <p>Email: hello@creativeactivelives.org.uk</p> <p>Website: www.creativeactivelives.org.uk</p> <p>Charity No: 11800342</p>

Sexual Advice Association



What can they do for you?	Contact details
<ul style="list-style-type: none">The association provide a range of factsheets and resources written by expert sexual health professionals.They have an App available on Android and Apple mobile phones. This app provides professional, comprehensive, private and secure information that covers sexual management, advice, resources and tips.Sex and cancer is often seen as a taboo subject but his service could give you the advice you may be seeking.	<p>Website: www.sexualadviceassociation.co.uk</p> <p>Charity No: 1104691</p>

Emotional Help

Health for Living



What can they do for you?	Contact details
<ul style="list-style-type: none">Health for Living is a partnership between the Accord Group, Black Country Housing Group, Murray Hall Community Trust and The Kaleidoscope Plus Group.The Confidence and Wellbeing service is based at Hawthorn House in West Bromwich, with classes and sessions taking place across Sandwell.They offer health improvement programmes, positive mental training CDs, breathing techniques.They also offer a range of wellbeing programmes specifically catering for young people and those with long term health conditions.To be referred to the Confidence and Well Being programme ask your GP.	<p>Telephone: 0121 561 1969</p> <p>Email: info@healthforliving.org.uk</p> <p>Address: Health for Living 134 High Street Blackheath B65 0EE</p> <p>Website: www.confidenceandwellbeing.co.uk and www.healthforliving.org.uk</p> <p>Charity No: 07610960</p>

Get Self Help



What can they do for you?	Contact details
<ul style="list-style-type: none">Getselfhelp.co.uk is a website that provides therapy and self help resources for everyone.The website has plenty of self help sheets that can be downloaded and printed.There are MP3 recordings available in enable therapy.	<p>Website: www.getselfhelp.co.uk</p>

Relate Macmillan - Counselling Service



What can they do for you?	Contact details
<ul style="list-style-type: none">Counselling service for anyone affected with cancer, including relatives and carers.Counsellors are Relate qualified practitioners and sessions are offered from Relate centres in Oldbury, Dudley, Wolverhampton, Birmingham and Solihull.Telephone counselling is also available and they are currently working on a Skype system so people can have sessions at home.	<p>Telephone: 0121 643 1638 and ask for Macmillan Service.</p> <p>Email: macmillan@relatebirmingham.co.uk</p> <p>Address: Birmingham Relate Centre 111 Bishopsgate Street Birmingham B15 1ET</p> <p>Website: www.relatebirmingham.co.uk</p> <p>Charity No: 261017</p>

Sandwell Young Carers



What can they do for you?	Contact details
<ul style="list-style-type: none">Sandwell Young Carers is a registered charity to identify and support children and young people (aged five to 18) whose health, education and social lives are affected as a result of caring for a dependant family member.A team of staff, volunteers and board members do this by providing the following services: short breaks, promoting and supporting work with young carers and support work.	<p>Telephone: 0121 525 7667/ 0121 525 8002</p> <p>Email: contact@sandwelc.org.uk</p> <p>Address: The Old Vicarage 44 Bratt Street West Bromwich B70 8SB</p> <p>Website: www.sandwelc.org.uk</p>

Spiritual Guidance

Firm Roots Cancer Support Birmingham



What can they do for you?	Contact details
<ul style="list-style-type: none">Firm Roots is a Christian cancer support organisation which offers prayer and spiritual support to people affected by cancer.Their mission is to support people through God's love aiming to work with local churches to offer prayer and practical support.Firm Roots offer prayer groups and retreats as a time to reflect, pray and be encouraged.	<p>Telephone: 0121 355 5088</p> <p>Email: cancerprayer@scbc.org.uk</p> <p>Address: Sutton Coldfield Baptist Church Trinity Hill Sutton Coldfield B72 1TA</p> <p>Website: www.firmroots.org.uk</p>

Social & Family Support

Agewell



What can they do for you?	Contact details
<ul style="list-style-type: none">Agewell offer a variety of programmes as highlighted below.Falls Prevention at Home: A one-to-one fall prevention exercise in a persons own home for up to 12 weeks (Sandwell Only). GPs and other professionals can refer you to this service. They offer a Staying Steady, Staying Safe guide for Sandwell residents offering advice, tips and exercises.Kingfisher Buddies Project supports dementia patients at an early stage and is funded by the Big Lottery.The Sapphire Service: This is a hospital and community initiative that operates across older people wards at City and Sandwell. They offer to improve the hospital experience, befriend patients and support eating and hydration if needed, identify barriers restricting a patient from going home, and provide help to access the community.	<p>Telephone: 0121 796 9333</p> <p>Email: info@agewelluk.org.uk</p> <p>Address: Agewell Centre 3-4 Trinity Centre Halesowen Road Oldhill Agewell CIC Rounds Green Library Martley Green Oldbury B69 1DZ</p> <p>Opening times: 9am to 5pm</p> <p>Website: www.agewelluk.org.uk</p>

Buds: Better Understanding of Dementia for Sandwell



What can they do for you?	Contact details
<ul style="list-style-type: none">They offer activity sessions, befriending services, carer support services along with training and development.They aim to maintain a good quality of life for those living with Dementia and to ensure their families and carers have all the knowledge and support they need throughout the dementia journey.	<p>Telephone: 0121 565 3721</p> <p>Email: info@buds.co.uk</p> <p>Address: Great Bridge Library Sheepwash Lane Tipton DY4 7JF</p> <p>Opening times: 9am to 5pm</p> <p>Website: www.buds.co.uk</p> <p>Charity No: 1133484</p>

Eastern European Families Support



What can they do for you?	Contact details
<ul style="list-style-type: none"> This support service offers a range of support that helps with problems within the family. They have an advice, guidance and outreach service. They provide housing advice and support along with immigration and migrant support. Support is there for carers and their families as well. 	<p>Telephone: 0121 382 2568 07855 869714</p> <p>Email: alicja@polishexpats.org.uk and Erdington@polishexpats.org.uk</p> <p>Address: Polish Expats Association 109 High Street Erdington Birmingham B23 6SA</p> <p>Website: www.polishexpats.org.uk</p> <p>Opening times: 10am to 5pm</p> <p>Charity No: 1114607</p>

SAFS



What can they do for you?	Contact details
<ul style="list-style-type: none"> Their mission is to enhance the quality of life and create opportunities for South Asian children, young people and adults who have a disability, life limiting or life threatening condition. They offer a range of quality care and support services. The parents and carers support group helps to improve their physical emotional and mental health and wellbeing through social, physical and educational activities as well as reducing isolation by providing opportunities for friendship and mutual/peer support. Regular sessions are held in cooking well, walking well, confidence and wellbeing, stress management and yoga. The parents and carers group also participate in carers' forum, meetings, events, consultations and seminars and receive advice and support workshops from professionals as part of information sharing and education. 	<p>Telephone: 0121 558 2198</p> <p>Email: info@safscare.org</p> <p>Address: Windmill Community Centre Messenger Road Smethwick B66 3DX</p> <p>Opening times: Tuesday - 10am to 1pm Thursday - 10am to 1pm</p> <p>Website: www.safscare.org</p> <p>Charity No: 4258543</p>

What can they do for you?	Contact details
<ul style="list-style-type: none"> This is a daily telephone befriending service done from the comfort of a user's home. Vetted staff can provide dementia care, holiday cover and medication management to loved ones in the comfort of their own home. Home-to-Home Calls is part of Community in Mind. The befriending calls are used to check the welfare and wellbeing. The service benefits people with social anxiety, dementia and those who may require reminder or assisted medication management. Please note this is a paid-for service. For more information visit their website. 	<p>Telephone: 0121 208 2911</p> <p>Email: j.lewis@hometohomecalls.com</p> <p>Website: www.scvo.info</p> <p>Charity No: 1071514</p>

The Kaleidoscope Group



What can they do for you?	Contact details
<ul style="list-style-type: none"> A leading health and wellbeing charity in the Midlands, the Kaleidoscope Plus Group exists to help people achieve health and wellbeing. The aim is to deliver this in a way that users will appreciate and value. They deliver a high quality of services for people who are experiencing or have experienced ill health, promoting recovery, independence and integration at all times. They have an extensive self-help tool box you can access via their website: Toolbox 	<p>Telephone: 0121 565 5605</p> <p>Email: info@kaleidoscopeplus.org.uk</p> <p>Website: www.kaleidoscopeplus.org.uk</p> <p>Address: 321 High Street West Bromwich West Midlands B70 8LU</p> <p>Charity No: 1096473</p>

BAME Communities

Bangladeshi Women's Association: The Sister's Circle



What can they do for you?	Contact details
<ul style="list-style-type: none"> The Sister's Circle Group meet every two weeks at the Bangladeshi Women's Association Centre. The circle is made up of 10 to 15 ladies who meet and socialise to discuss and share their experiences around anxiety and depression. They have occasional speakers on different health-related issues. 	<p>Telephone: 0121 557 6766</p> <p>Email: Salaha@bwa-org.co.uk</p> <p>Address: Wellington Road Tipton DY4 8RS</p> <p>Website: www.bwa-org.co.uk</p> <p>Charity No: 1151816</p>

BME Cancer Communities



What can they do for you?	Contact details
<ul style="list-style-type: none"> BME Cancer Communities specialise in organising and hosting innovative BME cancer awareness events in and with local communities. They aim to provide culturally sensitive and appropriate practical advice to people with cancer. For more information you can visit their website to see what projects they are currently working on. 	<p>Telephone: 0115 8456432</p> <p>Email: Contact Form</p> <p>Address: Foxhall Lodge Foxall Road Nottingham NG7 6LH</p> <p>Charity No: www.bmecancer.com</p>

Cancer Black Care (National Charity)



What can they do for you?	Contact details
<ul style="list-style-type: none"> Cancer Black Care aims to address the cultural and emotional needs of people affected by cancer, as well as their family, friends and carers. While respecting the individual's dignity, beliefs and culture they encourage individuals to discuss and reach important decisions. There are currently no local support groups in the Midlands but from their website you can access their fact sheets around common cancer and therapies. 	<p>Telephone: 0208 9614151</p> <p>Email: Contact Form</p> <p>Address: 79 Acton Lane London NW10 8UT</p> <p>Website: www.cancerblackcare.org.uk</p>

Cancer Equality (National Charity)



What can they do for you?	Contact details
<ul style="list-style-type: none"> Cancer Equality are a national charity sharing knowledge and expertise with services so that people living with cancer within BME communities get their culturally appropriate help and support they, their families and their carers need. Their website contains an array of different topics to help and advise you. 	<p>Telephone: 07841115875</p> <p>Email: info@cancerequality.co.uk</p> <p>Website: www.cancerequality.co.uk</p> <p>Charity No: 1093135</p>

West Bromwich Afro Caribbean Resource Centre



What can they do for you?	Contact details
<ul style="list-style-type: none"> They provide advice, guidance, outreach, domiciliary care and carers support. Experience carers who are trained to the national standard and can deliver services with a range of different needs including dementia, physical disabilities, diabetes, mental health and end of life care. If you would like to drop into the centre you do not need an appointment, but it recommended you call the team first so they can prepare for your visit. 	<p>Telephone: 0121 525 9177</p> <p>Website: webenquiries@wbacrc.org.uk</p> <p>Address: West Bromwich Afro Caribbean Resource Centre Thomas Street West Bromwich B70 6LY.</p> <p>Opening times: 9am to 5pm. Service runs seven days a week, on call service after 5pm and weekends (07931343516) Advice drop in Tues, Thurs and Fri between 10am to 4pm (no appointment needed)</p> <p>Website: www.wbacrc.org.uk</p> <p>Charity No: 1091956</p>

Well Being Events

Look Good Feel Better



What can they do for you?	Contact details
<ul style="list-style-type: none">• LGFB is a worldwide cancer support charity providing practical support for women struggling with the side effects of cancer treatment.• They are dedicated to improving self-esteem, confidence and wellbeing.• You will be booked into a Monday afternoon where you can spend time with qualified makeup artists and other patients who have been affected by cancer.• The qualified make-up artist will give you advice on how to use the bag of goodies you receive on arrival.• Brands from Chanel to Mac donate their products to the service for you to take home and enjoy.• Workshops take place across the West Midlands including at City Hospital in the Postgraduate Centre. To sign up you can go to the Courtyard Centre or ring 0121 507 3792 to book a date.• This service is free of charge. You will be booked into a Monday afternoon workshop where you can spend time with qualified make-up artists and other patients who have been affected by cancer.	<p>Telephone: 0121 507 3792</p> <p>Email: info@lgfb.co.uk</p> <p>Address: Postgraduate Centre Dining Room City Hospital Dudley Road Birmingham B18 7QH</p> <p>Website: www.lookgoodfeelbetter.co.uk</p> <p>Opening Times: Every other month</p> <p>Charity No: 1031728</p>

Mytime Active Sandwell



What can they do for you?	Contact details
<ul style="list-style-type: none">• Mytime Active is a social enterprise on a mission to improve wellbeing. They make it simple for people to get more out of life by moving more, eating better, feeling positive and making new friends.• They understand what it takes to make a positive impact on everyday wellbeing and are here to make it simple, easy and more fun for everyone.• With swimming, gyms, golf, bowling, social and health programmes, their range of wellbeing service ensures they have something for everyone.	<p>Telephone: 0121 366 0966</p> <p>Email: sandwell.lifestyle@nhs.net</p> <p>Address: Hill Top Golf Course Park Lane Tipton B21 8LJ</p> <p>Website: www.mytimeactive.co.uk/sandwell</p> <p>Charity No: 1102460</p>

Something to Look Forward To



What can they do for you?	Contact details
<ul style="list-style-type: none">• Gifts are donated by individuals or companies and are then passed onto those affected by cancer through.• On the website you can access a variety of gifts, from weekend breaks, meals, beauty treatments and theatre tickets.• Please ensure you book via the website rather than going directly to the company who are donating the gift as this will void the potential opportunity.	<p>Email: amy@somethingtolookforwardto.org.uk</p> <p>Address: 84 Coleridge Road Cambridge CB1 3PJ</p> <p>Website: somethingtolookforwardto.org.uk</p> <p>Charity No: 1164960</p>

Young People

Children with Cancer UK (National Charity)



What can they do for you?	Contact details
<ul style="list-style-type: none">• Children with Cancer are the UK's leading charity dedicated to the fight against childhood cancer.• The charity holds social events for children, like trips to Alton Towers or trips to the circus.• Their website has an extensive directory with links to other relevant charities.	<p>Telephone: 02024040808</p> <p>Email: info@childrenwithcancer.org.uk</p> <p>Address: Children with Cancer UK 51 Great Ormond Street London WC1N 3JQ</p> <p>Website: www.childrenwithcancer.org.uk</p> <p>Opening Times: 9am to 5:30pm Mon to Fri</p> <p>Charity No:</p>

Little Princess Trust (National Charity)



What can they do for you?	Contact details
<ul style="list-style-type: none">• The Little Princess Trust provides real hair wigs free of charge to children and young adults up to the age of 24 who have lost their own hair due to cancer treatment and other illnesses.• The charity has a network of trusted salons where they run regular workshop days to celebrate the vital work they do.• The charity also provides vital funding for research into childhood cancer.	<p>Telephone: Wig requests 01432760060, other enquires and donations 01432352359</p> <p>Email: info@littleprincesses.org.uk wigs@littleprincesses.org.uk</p> <p>Address: Broadway House, 32-35 Broad Street, Hereford, HR4 9AR</p> <p>Website: www.littleprincesses.org.uk</p> <p>Charity No: 1176160</p>

Teenage Cancer Trust (Birmingham)



What can they do for you?	Contact details
<ul style="list-style-type: none"> The Teenage Cancer Trust aim is to make sure young people do not face cancer alone by helping them and their families. They give straightforward answers about treatment and relationships and also give specialist nursing care. There are 28 purpose built NHS wards across the UK. They are designed to make people feel more at home by creating comfortable and contemporary spaces. The QE in Birmingham has a Teenage Cancer Trust ward. 	<p>Telephone: 0121 371 2000</p> <p>Email: hello@teenagecancertrust.org</p> <p>Address: Mindelsohn Way Edgbaston Birmingham B15 2WB</p> <p>Website: www.teenagecancertrust.org</p> <p>Charity No: 106559</p>

Willow Foundation (National Charity)



What can they do for you?	Contact details
<ul style="list-style-type: none"> The Willow Foundation is a national charity working with seriously ill young adults aged 16 to 40 to fulfil uplifting and unforgettable "Special Days". Since 1999 Willow has fulfilled more than 12,500 "Special Days" for young adults living with life-threatening conditions such as cancer, motor neurone disease, cystic fibrosis, muscular dystrophy and Huntington's disease. 	<p>Telephone: 0171 725 9777</p> <p>Email: info@willowfoundation.org.uk</p> <p>Address: Gate House Fretherne Road Welwyn Garden City</p> <p>Website: www.willowfoundation.org.uk</p> <p>Charity No: 106559</p>

Support Centres

Dorothy Parkes Community Centre



What can they do for you?	Contact details
<ul style="list-style-type: none">• The Dorothy Parkes Centre is a community centre based in Smethwick. The centre opened in 2000.• The centre aims to be a place of welcome and opportunity to the local and wider community and is fully accessible, open seven days a week.• There are a variety of groups, classes and activities available at the centre which all aim to help tackle local issues such as physical and mental health, obesity, social isolation, low educational attainment, poverty and unemployment.	<p>Telephone: 0121 558 2998</p> <p>Email: admin@dorothyparkes.org</p> <p>Address: Church Road Smethwick B67 6EH</p> <p>Website: www.dorothyparkes.org</p> <p>Charity No: 1093189</p>

Edwards Trust



What can they do for you?	Contact details
<ul style="list-style-type: none">• The organisation offers bereavement support for children and adults.• Their work is around honouring remembrance, facilitating well-being and rebuilding devastated lives.• The service offers a comprehensive holistic bereavement service supports adults who have lost children and children who have lost parents.• On their website they have downloadable leaflets with support and guidance. Examples include 'Living with Grief, How Children Respond to Death' and 'Bereaved Parents is This Normal?'• Complementary Therapies are offered such as Reiki, Reflexology and Aromatherapy.	<p>Telephone: 0121 454 1705</p> <p>Email: admin@edwardstrust.org.uk</p> <p>Address: 3 Vicarage Road Edgbaston Birmingham B15 3ES</p> <p>Website: www.edwardstrust.org.uk</p> <p>Opening Times: Mon-Tues 8am until 8pm Weds-Fri 8am- 6pm</p>

Good Hope Cancer Information & Support Service

What can they do for you?	Contact details
<ul style="list-style-type: none"> This service is based at Good Hope Hospital in the Oncology and Haematology Unit. They provide information and support services with free leaflets and emotional support with volunteers who can provide a listening ear. The service also sells hats and headwear that are both reasonably priced and fashionable. The service can show ladies how to cope with hair loss by demonstrating a range of headwear, including scarves and hats. There's time for lots of trying on in private so you can relax and take time to find something that suits. They try to make sure that everyone leaves feeling more confident and pleased that they have found something that works for them. 	<p>Telephone: 0121 424 7379</p> <p>Address: Oncology and Haematology Unit Good Hope Hospital Rectory Road Sutton Coldfield Birmingham B75 7RR</p> <p>Opening Times: 9am to 5pm week days.</p> <p>Website: hgs.uhb.nhs.uk/patient-support/cancer-information-and-support-services/</p>

Help Harry Help Others



What can they do for you?	Contact details
<ul style="list-style-type: none"> Set in a home from home environment the Drop-in Cancer Support Centre offers a range of services for patients, carers, family members and friends of those affected by cancer. No appointment in required for drop in Emotional Support/ listening. The support centre also offers counselling, debt and financial advice, benefits advice, housing advice, bra & wig fitting, holistic therapies including Reiki, Indian head massage and reflexology. There are a range of informal social activities including coffee mornings, bingo and movie afternoons. The centre also offers monthly workshops and support groups on a variety of topics including nutrition advice, anxiety, stress, pain and a variety of cancer related topics. 	<p>Telephone: 0121 783 5407</p> <p>Email: enquiries@bhamcsc.org.uk</p> <p>Address: 8 Midland Croft Birmingham B33 0AW</p> <p>Website: http://bhamcsc.org.uk/</p> <p>Opening Times: Mon to Fri 9am to 5pm</p> <p>Charity No: 1147859</p>

The Courtyard Centre, Cancer Services, Sandwell Hospital

What can they do for you?	Contact details
<ul style="list-style-type: none"> In partnership with Macmillan Cancer Support, The Courtyard Centre at Sandwell Hospital offers free information and access to support anyone affected by cancer. The centre can signpost you to different services, such as Headways, a head scarves fitting service for those who have lost their hair. They can also refer you to Look Good Feel Better, a makeup workshop currently based at City Hospital. You will also find a small shop outside of the Centre where you can purchase clothes, books and much more to help fund the centre. The centre is run by a dedicated team of volunteers who are always happy to help and are a great listening ear. When you visit the centre make sure you take a look at all the leaflets and information books that are free to take. 	<p>Telephone: 0121 507 3792</p> <p>Email: cancerinformation@swbh.nhs.uk</p> <p>Address: The Courtyard Centre Sandwell Hospital Lyndon West Bromwich B71 4HJ</p>

The Patrick Room: Cancer Centre Queen Elizabeth Hospital



What can they do for you?	Contact details
<ul style="list-style-type: none"> The Patrick Room at the Cancer Centre provides information and support to people with cancer and their families in a relaxed and friendly atmosphere. They have a professional and experienced team, which is supported by trained volunteers deliver the service. The centre provides a comprehensive library with leaflets and books as well as access to the internet. 	<p>Telephone: 0121 371 3537 0121 371 3539</p> <p>Email: cancerInfo@uhb.nhs.uk</p> <p>Address: Queen Elizabeth Hospital Birmingham Mindelsohn Way Edgbaston Birmingham B15 2GW</p> <p>Website: www.uhb.nhs.uk/patrick-room</p> <p>Opening Times: Monday to Friday 10am until 4pm</p>

Whitehouse Cancer Support



What can they do for you?	Contact details
<ul style="list-style-type: none">Based close to the centre of Dudley, the Whitehouse provides weekly activities and support groups that are site specific.They also offer groups for relaxation, art therapy, craft and get cooking courses.Except for complementary therapies and counselling, there is no need to make an appointment. People are more than welcome to come and visit us and attend any of the activities we offer.	<p>Telephone: 01384 231232</p> <p>Email: info@support4cancer.org.uk</p> <p>Address: 10 Ednam Road Dudley DY1 1JX</p> <p>Website: www.support4cancer.org.uk</p> <p>Opening Times: 9am to 5pm Monday to Friday.</p>

Palliative Care

Birmingham St Mary's Hospice



What can they do for you?	Contact details
<ul style="list-style-type: none">Birmingham St. Marys provide end of life care to patients.They can provide personalised support across Birmingham and Sandwell, whether that's at home, in the community or at the hospice.They have expert teams of nurses, doctors, counsellors and more that can help patients focus on living.	<p>Telephone: 0121 472 1191</p> <p>Email: info@birminghamhospice.org.uk stmaryshospicereferrals@nhs.net</p> <p>Website: www.birminghamhospice.org.uk</p> <p>Address: 176 Raddlebarn Road Selly Park Birmingham B29 7DA</p>

Connected Palliative Care Hub Sandwell & West Birmingham NHS Trust

What can they do for you?	Contact details
<ul style="list-style-type: none"> The service is for patients in Sandwell and West Birmingham, who's GP is registered within the commissioning group. For people who are currently inpatients with palliative care needs regardless of the Clinical Commissioning Group the service will support their care and then hand over to local services on discharge. Their aim is to equip healthcare professionals with the knowledge and skills to communicate effectively with patients and families about death, and bereavement and recognise that emotional, spiritual, family and financial worries might be just as important as the physical problems. 	<p>Telephone: 0121 507 3611</p> <p>Email: swb-tr.SWBH-GM-Connected-PC-Hub@nhs.net</p> <p>Website: www.swbh.nhs.uk/services/connected-palliative-care</p> <p>Twitter: @SwbConnectedPC</p> <p>Facebook: www.facebook.com/ConnectedPalliativeCare</p> <p>Address: Sandwell and West Birmingham NHS Trust Lyndon West Bromwich B71 4HJ</p> <p>Opening Times: 0121 507 3611, between 8am to 8pm. Out of hours (8pm to 8am) 0333 999 7083.</p>

Honey Rose Foundation



What can they do for you?	Contact details
<ul style="list-style-type: none"> The Honey Rose foundation is a charity that grants wishes to those over 40 with cancer and other life threatening illnesses. They offer pampering days at home, thrilling experiences, leisure days and even the chance to meet celebrities. Anyone over 40 can apply for a wish. 	<p>Telephone: 01744 451919</p> <p>Email: chris@honeyrosefoundation.org.uk</p> <p>Address: 2-4 Cotham Street St Helens WA10 1SA</p> <p>Website: www.honeyrosefoundation.org.uk</p> <p>Charity No: 1109867</p>

John Taylor Hospice



What can they do for you?	Contact details
<ul style="list-style-type: none"> The teams at John Taylor provide specialist care for people living with terminal illness while also helping families who are affected. They strive to ensure that everyone received the very best care at home or in the hospice. A patient can speak to their GP, district nurse or hospital doctor regarding referrals. 	<p>Telephone: 0121 465 2000</p> <p>Email: enquiries@johntaylorhospice.org.uk</p> <p>Address: John Taylor Hospice 76 Grange Road Erdington Birmingham B24 0DF</p> <p>Website: www.johntaylorhospice.org.uk</p> <p>Charity No: 1156964</p>

Marie Curie



What can they do for you?	Contact details
<ul style="list-style-type: none">Marie Curie is a national service who provides care and support for people living with any terminal illness whilst also helping families affected.The hospices offer reassurance of round-the-clock, expert care and support in a friendly, welcoming environment.For support you don't have to be in one of their hospices, they also offer a range of services for people just visiting, including counselling and complementary therapies.	<p>Telephone: 0800 716146 / 0800 0902309</p> <p>Number for referrals: 0121 752 9305</p> <p>Email: aaron.coleman@mariecurie.org.uk (Sandwell Fundraising Group Oldbury) westmidlands.hospice@mariecurie.org.uk</p> <p>Address: Marie Curie Hospice West Midlands Marsh Lane Solihull B91 2PQ</p> <p>Website: www.mariecurie.org.uk</p> <p>Charity No: 207994</p>

The Harbour



What can they do for you?	Contact details
<ul style="list-style-type: none">This service offers counselling for people facing death, dying and bereavement.The service is free and based in Bristol, you don't need to live nearby to access the service.For information about their services click here.	<p>Telephone: 0117 9259348</p> <p>Email: info@the-harbour.org.uk</p> <p>Address: The Harbour 30 Frogmore Stree Bristol BS1 5NA</p> <p>Website: www.the-harbour.org.uk</p>

Support Groups

Let's Talk Hope: YCA In Sandwell



What can they do for you?	Contact details
<ul style="list-style-type: none">Let's Talk Hope provides support to people who have had cancer or survived cancer, as well as their families & friends in a relaxed & friendly atmosphere, support will be delivered by their purposely trained team.They also have a Facebook page called Let's Talk Hope Sandwell.	<p>Telephone: 0121 525 3909</p> <p>Email: ameena@yca-sandwell.org.uk or letstalkhope@yca-sandwell.org.uk</p> <p>Address: Tildasley Green West Bromwich B70 9SJ</p> <p>Website: Facebook page - Let's Talk Hope Sandwell</p>

Bowel Cancer

Bowel Cancer UK



What can they do for you?	Contact details
<ul style="list-style-type: none">• The charity is dedicated to bowel cancer providing information and support, prevention, screening and fundraising.• The charity allows patients to download free publications that can help with their diagnosis.• They have a welcoming online community for everyone affected by bowel cancer to ask questions, read about people's experiences and support each other.• The charity have nurses who can answer questions and concerns about bowel cancer.• Real life stories of people affected by the disease can be found on their website.	<p>Telephone: 0207 940 1760</p> <p>Email: admin@bowelcanceruk.org.uk nurse@bowelcanceruk.org.uk</p> <p>Website: www.bowelcanceruk.org.uk</p> <p>Address: Head Office Unit 202 Edinburgh House 170 Kennington Lane London SE11 5DP</p>

Colostomy UK



What can they do for you?	Contact details
<ul style="list-style-type: none">• Colostomy UK offers practical and emotional advice on the everyday trials of being a colostomate.• The service has a dedicated 24 hour helpline.• They publish a regular support magazine, along with support groups, Facebook support groups, films and blogs with patient stories.	<p>Telephone: 0800 328 4257</p> <p>Email: info@colostomyuk.org</p> <p>Address: Enterprise House 95 London Street Reading Berkshire RG1 4QA</p> <p>Website: www.colostomyuk.org</p> <p>Charity No: 1113471</p>

Ileostomy and Internal Pouch Association



What can they do for you?	Contact details
<ul style="list-style-type: none"> The charity supports people living with an ileostomy or internal pouch, their families, friends and carers. They aim to help anyone who has had or is about to have their colon removed to return to a fully active and normal life as soon as possible. Stourbridge, Birmingham and the North Midlands have groups who run events such as coffee mornings and open days. More can be found on their website. They have a number of helpful brochures which are downloadable. 	<p>Telephone: 0800 018 4724 01702 549859</p> <p>Email: info@iasupport.org</p> <p>Address: Danehurt Court 35-37 West Street Rochford Essex SS4 1BE</p> <p>Website: www.iasupport.org</p>

The Breakaway Foundation



What can they do for you?	Contact details
<ul style="list-style-type: none"> Breakaway is the only UK wide charity offering support to children with bladder and/or bowel diversion/dysfunction and their families. The charity offer residential activity weekends, information days, family support and strong network for families to collaborate and share information. 	<p>Telephone: 01283 240253</p> <p>Email: info@breakawayfoundation.org.uk</p> <p>Website: www.breakawayfoundation.org.uk</p> <p>Address: Breakaway PO BOX 7982 Swadlincote DE11 1FB</p>

Walsall B Friend: Bowel Cancer Support Group



What can they do for you?	Contact details
<ul style="list-style-type: none"> Walsall B Friend is a support group based at Walsall Manor Hospital. For any queries or to express your interest in attending one of their quarterly meetings please contact them via telephone or email. 	<p>Telephone: 01922 656 300</p> <p>Email: elaine.swan@walsallhealthcare.nhs.uk</p> <p>Address: Colorectal Nursing Service Walsall Manor Hospital Moat Road Walsall WS2 9PS</p>

Brain Cancer

The Brain Tumour Charity



What can they do for you?	Contact details
<ul style="list-style-type: none">• The Brain Tumour Charity is committed to improving life for everyone affected by a brain tumour.• Their dedicated support line offers a way to ask questions or raise concerns about a diagnosis, treatments, including access to clinical trials, how a brain tumour may affect daily life and how you can support a loved one.	<p>Telephone: 0808 800 0004</p> <p>Email: support@thebraintumourcharity.org</p> <p>Opening times: Phone line is open Monday to Friday</p> <p>Website: www.thebraintumourcharity.org</p> <p>Charity No: 1150054</p>

Breast Cancer

Breast Cancer Care UK & Breast Cancer Now



What can they do for you?	Contact details
<ul style="list-style-type: none">• The charity combines the personal experiences of people affected by breast cancer with clinical expertise.• They provide emotional and practical support through services and phone line.• Bring people affected by breast cancer together through our services and forum.• They campaign for improvement in standards of support and care.• Promote the importance of early detection.• Sessions in Sutton take place on a regular basis for meet ups.• Breast Cancer Care and Breast Cancer merged in October 2019.	<p>Telephone: 0808 800 6000</p> <p>Email: info@breastcancernow.org</p> <p>Address: General Office Ibex House Minorities London EC3N 1DY</p> <p>Website: https://breastcancernow.org/</p>

Breast Friends



What can they do for you?	Contact details
<ul style="list-style-type: none"> Breast Friends is a support group based at Good Hope Hospital in Sutton Coldfield. Is it run by unpaid volunteers who have all been diagnosed with breast cancer. Their aim is to help local women through a difficult time by offering friendship, support, emotional and practical help. They aim to raise awareness of breast cancer so that local people will seek diagnosis and treatment at the earliest possible stage. 	<p>Telephone: 0121 424 9054</p> <p>Email: enquiries@breastfriends.org.uk</p> <p>Address: St Giles Centre Lindridge Road Sutton Coldfield B75 6JB</p> <p>Charity No: 1059584</p>

Breast Cancer Haven



What can they do for you?	Contact details
<ul style="list-style-type: none"> Breast Cancer Haven offer complementary personalised programmes of support to anyone affected by breast cancer from their welcoming centre in Solihull. Counsellors, therapists and health professionals offer you the support you need to help with your own personal challenges of living with breast cancer. 	<p>Telephone: 0121 726 9570</p> <p>Address: 1 St. Bernard's Road Solihull B92 7AU</p> <p>Email: westmidlands@breastcancerhaven.org.uk</p> <p>Website: www.breastcancerhaven.org.uk</p> <p>Charity No: 1061726</p>

Ladies Fighting Breast Cancer



What can they do for you?	Contact details
<ul style="list-style-type: none"> For more information about the charity visit their website to donate or get involved with fundraising. 	<p>Telephone: 0121 389 8326</p> <p>Email: info@lfbc.org.uk</p> <p>Address: 1 St Pauls Square Birmingham B3 1QU</p> <p>Website: www.lfbc.org.uk</p>

Living with Secondary Breast Cancer



What can they do for you?	Contact details
<ul style="list-style-type: none"> • “Meet ups” have been designed to give patients the chance to meet and share experiences with other people living with a secondary diagnosis. • This is the place to get the information and support you need. • Meetings take place the second Thursday of every month. • If you would like to attend some of these meetings you can contact them via email or telephone. 	<p>Telephone: 0345 0771893</p> <p>Address: St Peters Centre Charles Street Coventry CV1 5NP</p> <p>Email: secondaryservices@breastcancercare.org.uk</p> <p>Charity No: 1160558</p>

Walsall Breast Cancer Care Support Group



What can they do for you?	Contact details
<ul style="list-style-type: none"> • A very successful support network for all local breast cancer patients and their families. • They receive no formal financing and are self-funding. • Their aim is to restore the patient’s confidence and show that there is life after breast cancer. The success of the group only continues as a result of the amazing support they receive from donations. • The group runs every first Wednesday of the month. Contact Jenny for more information. • The group also hold Feel-Good-Factor Nights where they offer nail treatments and there is also an opportunity to meet and talk to ladies who have undergone reconstructive surgery. Their list of events can be found here: Calendar. • For ladies undergoing chemotherapy treatment for any cancer there are makeup workshops held at the St Giles Centre. They invite you to come along and learn how to compensate for the loss of eyebrows and eyelashes. 	<p>Telephone: Jenny: 01922 634293</p> <p>Address: Priory Lounge Bescot Football Stadium Bescot Crescent Walsall</p> <p>Make up sessions: St Giles Centre Lindridge Road B75 6JB</p> <p>Website: www.wbcshg.co.uk</p> <p>Charity No: 515463</p>

Gynae-Oncology Cancer

Looking Forward Gynae-oncology Support Group



What can they do for you?	Contact details
<ul style="list-style-type: none">• This group meets on the first Monday of each month between 10am to 12pm.• They are a friendly, informal group of women living with and beyond gynaecological cancer supported by a Macmillan Nurse Specialist.• They share practical and emotional support, information and encouragement.• You will be able to befriend others, access cancer information materials, use the internet and received support from health professionals.	<p>Telephone: 0121 507 5511</p> <p>Address: City Hospital Dudley Road Birmingham B18 7QH</p> <p>Website: www.macmillan.org.uk/in-your-area/local-dashboard/</p>

Premature Menopause Support Group- Daisy Network



What can they do for you?	Contact details
<ul style="list-style-type: none">• The service offers information and advice for women undergoing early menopause and related issues.• They aim to provide a support network of people to talk to, allow members to share information about their personal experience, provide information on treatments and research and to raise awareness of the condition amongst GPs and the broader medical community.	<p>Telephone: info@daisynetwork.org</p> <p>Address: The Daisy Network PO BOX 71432 London SW6 9HJ</p> <p>Website: www.daisynetwork.org</p> <p>Charity No: 1077930</p>

What can they do for you?	Contact details
<ul style="list-style-type: none"> Ovacome is a national UK charity focused on providing support to anyone affected by ovarian cancer. A support group meeting takes place at The Whitehouse in Dudley on the fourth Wednesday of every month at 2pm. You can access people's personal stories from their website; they also have a really helpful news page based on ovarian cancer. They also provide a number of fact sheets that are downloadable from their website. They have recently been given £50,000 of funding as one of the winners in this year's People's Projects; this money is going to use to set up an Ovarian Cancer Support base in the Midlands. 	<p>Telephone: 0888 0087054 0207 2996654</p> <p>Address: 10 Edam Road Dudley West Midlands DY1 1JX (See page 17 for more information)</p> <p>Website: www.ovacome.org.uk</p> <p>Charity No: 1159682</p>

Head & Neck

Changing Faces



What can they do for you?	Contact details
<ul style="list-style-type: none"> Changing Faces is the UK's leading charity for everyone with a scar, mark or condition on their face or body that makes them look different. They provide advice, support and psychosocial services to children, young people and adults. They challenge discrimination and campaign for face equality. 	<p>Telephone: 0345 4500275 0207 3919270</p> <p>Website: www.changingfaces.org.uk</p> <p>Charity No: 1011222</p>

Mouth Cancer Foundation



What can they do for you?	Contact details
<ul style="list-style-type: none">The Mouth Cancer Foundation is a charity dedicated to helping and supporting those suffering from or at risk of mouth cancer, throat cancer and other head and neck cancers.They also provide assistance and information on living with mouth cancer for families and carers.The charity aim to inform the public about the signs, symptoms, facts and figures.	<p>Telephone: 01924 950950</p> <p>Email: info@mouthcancerfoundation.org</p> <p>Address: Larchfield Loft 2 Larchfield Close Weybridge Surrey KT13 9DD</p> <p>Website: www.mouthcancerfoundation.org</p> <p>Charity No: 109298</p>

Haematology

African Caribbean Leukaemia Trust (ACLT)



What can they do for you?	Contact details
<ul style="list-style-type: none">ACLT is an award winning charity committed to providing hope to patients living with blood cancer and illnesses where a matched donor is required to save a life.Working closely with black, mixed race, Asian and ethnic minority communities. They do this due to the severe lack of individuals signed to the registers from these communities.For more information you can visit their website.	<p>Telephone: 02037577700</p> <p>Email: info@acLT.org</p> <p>Address: 2a Garnet Road Thornton Heath Surrey CR7 8RD</p> <p>Website: www.acLT.org</p> <p>Charity No: 1119516</p>

Leukaemia Care



What can they do for you?	Contact details
<ul style="list-style-type: none">Leukaemia Care has a support team of nurses and other staff who can help those living with blood cancer. Their number is free to call and you can also chat with them over WhatsApp.Their website has an extensive range of information that would be helpful for both patients and carers. You can also order leaflets for free including easy read documents.	<p>Telephone: 0808 8010444 WhatsApp 07500068065</p> <p>Website: www.leukaemiacare.org.uk</p> <p>Charity No: 259483</p>

Lymphoma Action



What can they do for you?	Contact details
<ul style="list-style-type: none">• They aim to inform patients with trusted information, endorsed by medical experts, to help and empower people to fully understand the complexities of lymphoma.• They support patients at every step, providing advice and reassurance tailored to their individual experience.• They have extensive advice on living with and beyond Lymphoma.	<p>Telephone: 01296 872193</p> <p>Email: information@lymphoma-action.org.uk</p> <p>Address: Lymphoma Action 3 Cromwell Court New Street Aylesbury HP20 2PB</p> <p>Website: www.lymphoma-action.org.uk</p> <p>Charity No: 1068395</p>

Myeloma UK



What can they do for you?	Contact details
<ul style="list-style-type: none">• Myeloma UK offers a range of programmes and services designed specifically with myeloma patients, and their friends and family, in mind.• They are here to help you cope with everything a myeloma diagnosis brings.• They also have a phone line where specialists can help with information about myeloma, practical advice and a little extra support.	<p>Telephone: 08009803332</p> <p>Email: asknurse@myeloma.org.uk</p> <p>Address: 22 Logie Mill Beaverbank Business Park Edinburgh EH7 4HG</p> <p>Website: www.myeloma.org.uk</p> <p>Charity No: 026116</p>

Lung Cancer



British Lung Foundation

What can they do for you?	Contact details
<ul style="list-style-type: none">The British Lung Foundation offers a range of support groups in the West Midlands. They have a Breathe Easy and District Support group for the Dudley area. They also have a Breathe Easy group in Walsall that takes place the third Wednesday of every month.Their website contains a variety of reading materials about different types of lung conditions, children's lung conditions and living with a lung condition.	<p>Telephone: Helpline: 0300 0030555 Dudley: 0300 3030253 Walsall: 0300 3030253</p> <p>Addresses: Dudley: High Acres Pub Madeley Road Kingswinford DY6 8PF</p> <p>Walsall: Pelsall Community Centre Station Road Walsall WS3 4BQ</p> <p>Website: www.blf.org.uk Charity No: 326730</p>

Asbestos Support West Midlands



What can they do for you?	Contact details
<ul style="list-style-type: none">An independent charity offering free and confidential help, support and advice to people and their families who are suffering from asbestos related diseases.They provide help with welfare benefits and compensation schemes and can recommend expert legal help.They can also provide information about asbestos and campaign to end the misery it causes.Asbestos Support Groups Forum UK is supported by lottery funding.	<p>Telephone: 0121 678 8853 Email: asbestosinfor@whmt.co.uk Website: www.asbestosupportwm.org</p> <p>Address: 138 Digbeth Birmingham B5 6DR</p> <p>Charity No: 1125322</p>

What can they do for you?	Contact details
<ul style="list-style-type: none"> Roy Castle Lung Cancer Foundation is the only UK lung cancer charity dedicated to helping everyone affected by the disease. The charity supports patients at any point in their pathway. They raise awareness, prevent future generations from getting lung cancer and challenge the misconceptions of lung cancer. They believe all who are diagnosed can live well with lung cancer for as long as possible. The charity holds information days around the country on a regular basis. 	<p>Telephone: 03333 237200</p> <p>Address: Roy Castle Lung Cancer Foundation Cotton Exchange Building Old Hall Street Liverpool L3 9LQ</p> <p>Website: www.roycastle.org</p> <p>Charity No: 1046854</p>

Prostate Cancer

Prostate Cancer UK



What can they do for you?	Contact details
<ul style="list-style-type: none"> Prostate Cancer UK is investing millions to find better treatments and better tests that can spot fast-growing cancers early. The organisation has a dedicated phone line where people can talk to nurse specialists about concerns. You can email them by completing this form: Email Form. The charity has a number of helpful publications that you can download or order. Their website contains an excellent online hub where patients can learn from other people's experiences. Prostate Cancer UK provide an online self-management resource for people living with prostate cancer. You can complete this in your own home to help manage the sexual wellbeing effects of prostate cancer. Click here for more: Online Resource. 	<p>Telephone: 0800 0748383</p> <p>Email: Email Form</p> <p>Opening Times: Nursing Line Monday and Friday 9am to 6pm Wednesdays 10am to 8pm</p> <p>Website: www.prostatecanceruk.org</p> <p>Charity No: 1005541</p>

Out with Prostate Cancer



What can they do for you?	Contact details
<ul style="list-style-type: none">• This group was set up in 2013 in Manchester. Fundamentally they welcome all men, gay, bi-sexual and transsexual who have had cancer, are currently experiencing cancer or have beaten it.• In Birmingham, meetings take place the first Saturday of each month between 2pm and 4pm.• The group is facilitated by volunteers from Prostate Cancer UK, working with the T community.• All are welcome, as are partners and supporters of those impacted by prostate cancer.	<p>Telephone: 07970813599</p> <p>Email: ega.hulme@gmail.com</p> <p>Address: Birmingham LGBT Centre 38/40 Holloway Circus Birmingham B1 1EQ</p> <p>Website: www.outwithprostatecancer.org.uk</p> <p>Charity No: 1005541</p>

Sandwell Prostate Support Group



What can they do for you?	Contact details
<ul style="list-style-type: none">• This support group is run by Sandwell Hospital, where a range of speakers are invited to give talks around prostate cancer.• Hot drinks and biscuits are provided.• This is a perfect opportunity to talk about things that you may usually feel uncomfortable chatting about. There are cancer nurses on hand if you have any concerns along with doctors from the hospital.• The group is friendly and sociable making anyone who wishes to join very welcome.	<p>Telephone: 0121 507 5242 0121 507 3381</p> <p>Address: Wood Lane Community Centre 157 Wood Lane West Midlands B70 9PT</p>

Skin

British Skin Foundation



What can they do for you?	Contact details
<ul style="list-style-type: none">The British Skin Foundation is the only UK according to their website that raises money to fund research into all types of skin diseases, including skin cancer.They have an extensive range of information around skin cancer, how to prevent sunburn and other helpful information.	<p>Website: www.britishskinfoundation.org.uk</p> <p>Charity No: 1171373</p>

Melanoma UK



What can they do for you?	Contact details
<ul style="list-style-type: none">It is their challenge and desire to give patients and their families much needed support.Their vision is to increase the UK's awareness of melanoma, and its prevention through advocacy, education and research.Their website contains a variety of helpful information that can support you after diagnosis and after treatment.	<p>Telephone: 0808 1712455</p> <p>Address: 31 Market Street Shaw Oldham OL2 8NR</p> <p>Website: www.melanomauk.org.uk</p> <p>Charity No: 1157635</p>

Upper GI Cancer

The Oesophageal Patients Association (OPA)



What can they do for you?	Contact details
<ul style="list-style-type: none">The OPA is a caring cancer charity providing good quality information for patients, carers and their families affected by oesophageal or gastric cancers.The association offer a telephone helpline where friendly, fully trained staffs are here to help you however you are affected.Their website has some helpful advice including a Recipe Book and publications for carers.	<p>Telephone: 0121 7049860</p> <p>Email: enquiries@opa.org.uk</p> <p>Address: 6 and 7, Umberslade Business Centre Pound House Lane Hockley Heath Solihull B94 5DF</p> <p>Opening Times: Phone line, 9am to 5pm</p> <p>Website: www.opa.org.uk</p> <p>Charity No: 1062461</p>

Upper GI Blues

What can they do for you?	Contact details
<ul style="list-style-type: none">• Upper G.I. Blues is a charity that supports upper gastrointestinal cancer patients and their carers primarily based in the West Midlands.• Their mission is to make a positive difference in the lives of patients diagnosed with Upper GI cancers; this is done primarily through professionally supported relationships between those who have a new diagnosis of cancer and those living with cancer.• They also support research into the causes and treatment of Upper GI cancer.• The group meet every two months at alternating venues; you can give them a ring to find out where the next meeting will be.• If you would like to contact the Chairman Barry Parker for more information please call 0121 553 5204.	<p>Telephone: 01922 864404 01922 630869</p> <p>Address: 92 Brackendale Drive Walsall WS5 4BU</p> <p>Charity No: 1124418</p>

Urology Cancer

Action Bladder Cancer



What can they do for you?	Contact details
<ul style="list-style-type: none">• Action Bladder Cancer UK was set up in 2009 by a group of Urologists and patients who were committed to improving outcomes for bladder cancer patients.• The charity runs support groups across the country. Your local service is based at The White House in Dudley.• Their website has a range of helpful resources about bladder cancer. You can also read other people's experiences along with their blog.	<p>Telephone: 07794800360 0300 3020085</p> <p>Website: www.actionbladdercanceruk.org</p> <p>Email: info@actionbladdercanceruk.org</p> <p>Address: The White House Cancer Support Group Ednam Road Dudley West Midlands DY1 1JX</p> <p>Charity No: 1164374</p>

Sandwell Community Continence Service: Continence Support Group



What can they do for you?	Contact details
<ul style="list-style-type: none">• The Continence Support Group is for men and women with bladder or bowel issues.• It is open to anyone aged 18+ who is registered with a Sandwell GP.• Many in the group experience the following, leak urine when they cough or sneeze, problems with bladder or bowel, chronic constipation and a need to go to the toilet frequently.• You have the opportunity to meet and talk to other like-minded people.• External speakers attend each meeting covering topics such as diet, exercise, supportive products and health related topics.• These meetings take place four times a year.	<p>Telephone: 0121 612 1599</p> <p>Email: continence.team@nhs.net</p> <p>Address: Wood Lane Community Centre 157 Wood Lane West Bromwich B70 9PT</p> <p>Time of meeting: 10.30am to 12:30pm</p>

Travel Insurance



Please be advised:

This is an independent list that has been compiled from patient recommendations.

Sandwell and West Birmingham NHS Trust does not officially endorse any of the companies listed below and is unable to offer any opinions on their suitability or whether there have been changes to contact details or policies since being recommended.

We would recommend that further support and advice be gained from your holiday organiser. We would also recommend that the Macmillan leaflet - Travel and Cancer is read for further advice and support.

You Cancer Nurse Specialist can support you with gaining a letter to support travelling with feeds and medication as well as suitability for flying before, during and after your treatment.

The table below contains insurance companies for travel that will cover people with illnesses.

Insurance Company	Website	Telephone Number
Staysure	www.staysure.co.uk	0808 281 8315
Avanti	www.avantitravelinsurance.co.uk	0808 178 6337
All Clear	www.allcleartravel.co.uk/insurance	0808 281 1945
Insurance With	www.insurancewith.com	0203 829 3875
Insure and Go	www.insureandgo.com	0333 255 6632
Paying Too Much	www.payingtoomuch.com	0124 378 4000
Insurance Choice	www.insurancechoice.co.uk	0192 668 0120
Free Spirit	www.freespirittravelinsurance.com	0239 241 9080
Boots Travel	www.bootstravelinsurance.com	0345 125 3880
Just Travel	www.justtravelcover.com	0800 294 2969
World First	www.world-first.co.uk	0345 908 0161
Medisafe	www.medisafeinsurance.com	0330 024 9817
Get Going	www.getgoinginsurance.co.uk	0203 829 6613
Silver Surfers	www.silversurfers.com	0800 007 4552
Freedom Travel	www.freedominsure.co.uk	0122 344 6914
Nowicantravel	www.nowicantravel.co.uk	0203 829 3893
Explorer	www.explorerinsurance.co.uk	0345 373 0253
Fish Insurance	www.fishinsurance.co.uk	0333 331 3770
Good To Go	www.goodtogoinurance.com	0333 331 3969

Travel Insurance



Service	Website
Route 2 Wellbeing: Sandwell And West Birmingham Clinical Commissioning Group	https://route2wellbeing.info/
Sandwell Leisure Trust: Free Swimming	www.slt-leisure.co.uk/free-swimming-in-sandwell/
Birmingham Connect to Support	https://birmingham.connecttosupport.org
Be Active: Birmingham Community Leisure Trust	www.birminghamleisure.com
Macmillan Cancer Support	www.macmillan.org.uk/

The information within this publication was correct when printed in December 2019.

For more information please call 0121 507 3817 or email at swbh.livingwithandbeyondcancer@nhs.net



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