



**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.



# What's included?

[East Surrey Macmillan Cancer Support Centre](#)

[The Fountain Centre](#)

[Macmillan Horizon Centre](#)

[Other Local Resources](#)

[Emotional Wellbeing Support – Surrey](#)

[Emotional Wellbeing Support - Sussex](#)

[National Resources](#)

[Videos](#)

[NHS Hospital Websites](#)

[Social Media](#)

# 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:

- |  |  |  |   |   |
|--|--|--|---|---|
| <b>Counselling</b><br>1-1<br>Zoom &<br>Telephone   | <b>Wig Service</b><br>1-1<br>FaceTime &<br>Telephone | <b>Journalling Workshop</b><br>2-3 People<br>Zoom &<br>Telephone | <b>Pranic Healing</b><br>1-1<br>Zoom &<br>Telephone | <b>Relaxation</b><br>1-1<br>Zoom &<br>Telephone |
| <b>Yoga</b><br>8-10 People<br>Zoom   | <b>Distant Reiki</b><br>1-1<br>Telephone             | <b>NLP/<br/>Relaxation</b><br>1-1<br>Zoom                        | <b>Life Coaching</b><br>1-1<br>Zoom                 | <b>Financial Advice</b><br>1-1<br>Telephone     |
| <b>Contact the centre for further information on:</b><br><b>01737 304176</b><br><a href="mailto:informationcentre.sash@nhs.net">informationcentre.sash@nhs.net</a> |  |  |   | <b>Head Wrappers</b><br>1-1<br>Telephone        |

# 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](mailto:rsc-tr.FountainCentre@nhs.net)

[www.fountaincentre.org](http://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:

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

Contact the centre for further information on:  
**01273 468770**  
[horizoncentre@macmillan.org.uk](mailto: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](mailto:office@olivetrecancersupport.org.uk)

[www.olivetrecancersupport.org.uk](http://www.olivetrecancersupport.org.uk)

## Macmillan Butterfly Centre

Psychological Support  
Welfare Benefits Support  
1-1  
Telephone

**01372 735456**

## West Sussex Citizens Advice Bureau

Welfare Benefits Advice  
1-1  
Telephone

[macmillanbenefits@westsussexcab.org.uk](mailto:macmillanbenefits@westsussexcab.org.uk)

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

1-1

Telephone

01483 230849

[macmillan@guildfordcab.org.uk](mailto:macmillan@guildfordcab.org.uk)

# Other local resources

## Macmillan Community Cancer Navigator (Surrey Heath)

07880 502267

[Shcp.cancernavigator@nhs.net](mailto:Shcp.cancernavigator@nhs.net)

[www.surreyheathcommunityproviders.co.uk/services/cancer-services/](http://www.surreyheathcommunityproviders.co.uk/services/cancer-services/)

## Queen Victoria Hospital Macmillan Information Centre

Information & Support

1-1

Telephone

01342-414369

[qvh.cancerinformation@nhs.net](mailto: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](mailto:fhft.macmillan.information@nhs.net)

## Cancerwise (West Sussex)

01243 778516

[enquiries@cancerwise.org.uk](mailto:enquiries@cancerwise.org.uk)

[www.cancerwise.org.uk](http://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](http://www.centreforpsychology.co.uk)

**DHC Talking Therapies**

**01483 906392**

[www.dhctalkingtherapies.co.uk](http://www.dhctalkingtherapies.co.uk)

**We Are With You**

**03000 120012**

[www.thinkaction.org.uk](http://www.thinkaction.org.uk)

**IESO Digital Health**

**08000745560**

[www.iesohealth.com/surrey](http://www.iesohealth.com/surrey)

**Mind matters**

**03003304550**

[www.mindmattersnhs.co.uk](http://www.mindmattersnhs.co.uk)

**Talking Therapies Surrey Online**

**0300 3652000**

[www.berkshirehealthcare.nhs.uk/surreyonline](http://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](http://www.healthinmind.org.uk)

**Time to Talk**

**01903 703540**

[www.sussexcommunity.nhs.uk/ttt](http://www.sussexcommunity.nhs.uk/ttt)

**Brighton & Hove Wellbeing Service**

**0300 0020060**

[www.brightonandhovewellbeing.org](http://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](http://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](http://www.safefit.nhs.uk)

## Look Good Feel Better

Virtual Workshop

8-10 People

Various

**07545551531**

[info@lgfb.co.uk](mailto: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](#)

# Social media

Social media can be a useful tool to promote events and online support. Posts are best accompanied by videos, images and links.

The following are some suggested accounts to follow both for yourself and your patients:



@NHSwebsite  
@macmillancancer  
@Fountaincentre  
@olivetreecancersupportcentre



@NHSuk  
@macmillancancer  
@fountaincentre  
@OliveTreeCSC



@NHSwebsite  
@macmillancancer  
@fountaincentre  
@olivetree\_cancer

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](mailto:rsch.sscaadmin@nhs.net)