

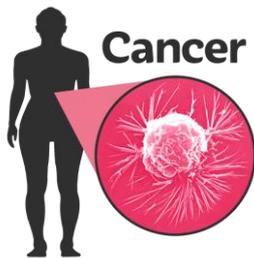


Belfast Health and Social Care Trust

Cancer Support Service



Supporting



people living with cancer



their families



their carers



Belfast Trust Cancer Support Service



When you are told you have cancer it can make a big difference to your life and the lives of people close to you.

This leaflet tells you about information and support services that can help you.

Information and Support



Our Cancer Support Service gives support and information on living with cancer for patients, family and carers.

This includes giving information and support about



- how cancer effects your body and how it makes you feel
- work, money and cancer
- how to get Macmillan **benefits** advice
Benefits are payments from the government that some people can get.
- looking after someone with cancer
- support services near you.



We have some information in different languages. Please ask if you would like more information.



For Macmillan Cancer Support videos In British Sign Language go to www.macmillan.org.uk/british-sign-language Or scan the QR code.



Work support chats



This is a chance to

- talk about any worries you have about going back to work
- find out what support, information and services you can get to help you and
- understand your rights as a worker.



Complimentary Therapy Service



Complementary Therapy helps your mind and body. They are used alongside medical treatment to help support your wellbeing and get you to relax.

The service is for patients, family members and carers.



Aromatherapy

Nice smelling oils are put on your skin.

Oils are made from flowers, herbs, fruits and plants.



Massage

Gentle pressure is put on parts of your body to help your mind and body relax.



Reflexology

Gentle pressure is put on parts of your feet and hands.



To book scan the QR code or contact us.

Group activities



Cancer Related Fatigue Programme

This online programme gives advice to people with cancer who feel tired and weak.

To book scan the QR code or contact us.



Look Good Feel Better Workshops

These workshops offer skin care and beauty advice for people with cancer.



These 2 hour workshops can be done online or in person.

To book scan the QR code or go to www.lookgoodfeelbetter.co.uk/workshops

Exercise Class Programme

This small group exercise programme is for patients, family members and carers.

You will move your body slowly and breathe deeply. This will help make your body stronger and more flexible.

Classes include

- **Pilates**
- **Yoga**
- **Tai Chi**



You can go to each class 12 times. Each class is 1 hour long and must be booked.

To book scan the QR code or contact us.

Other help and support near you



Action Cancer
028 9080 3344
www.actioncancer.org



Cancer Focus
028 9066 3281
www.cancerfocusni.org



Cancer Lifeline
028 9035 1999
www.cancerlifeline.info



Cancer Connect NI
028 6634 0102
www.cancerconnectni.org



Charis Cancer Care
028 8676 9217
www.chariscancercare.org



Care for Cancer
028 8224 6599
www.careforcancer.co.uk



Cruse
028 9043 4600
www.cruse.org.uk



Derry Well Women
028 7136 0777
www.derrywellwoman.org



Southern Area Hospice Services

028 3026 7711

www.southernareahospiceservices.org



Lilac

028 8676 6866

www.lilaccancer.org



Marie Curie

0800 304 7404

www.mariecurie.org.uk



Macmillan

0808 808 0000

www.macmillan.org.uk



NI Hospice

028 9078 1836

www.nihospice.org



Pretty n Pink

028 9034 7780

www.prettynpink.org



Red Cross

028 9073 5351

www.redcross.org.uk



Rosie's Trust

028 9164 1340

www.rosiestrust.org

Useful websites



Cancer Research UK
www.cancerresearchuk.org



Cancer Caring Coping
www.qub.ac.uk/sites/CancerCaringCoping/



Cancer Care Map
www.cancercaremap.org



Carers UK
www.carersuk.org



Hope House
www.hopehouseireland.org



Bringing Hope
www.bringinghopeni.org



Family Support NI
www.familysupportni.gov.uk

How we keep your information safe



Your information will be kept safe.

We follow

- Trust policies and
- the law.



We will only share your information if you tell us we can.



For more information

- go to the Belfast Trust [website](#) or
- ask us for our Protecting and Using Your Information leaflet.

Cancer Information and Support Services



The Macmillan Cancer Information and Support Services are here to help you.

You can get help all over Northern Ireland.



To find out more about our services scan the QR code.

Contact us for more information



Belfast Trust Cancer Support Service
Macmillan Support and Information Centre
Belfast City Hospital
77-81 Lisburn Road
Belfast, BT9 7AB



Monday to Friday
9am – 4pm



028 9615 0077



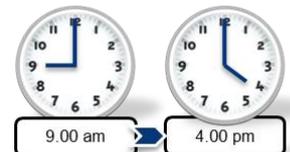
cancer.info@belfasttrust.hscni.net



Macmillan Information Centre
Main Corridor Level 2
Royal Victoria Hospital
Grosvenor Road
Belfast, BT12 6BA



Monday, Wednesday and Thursday
9am – 4pm



Tel: 028 9615 1751

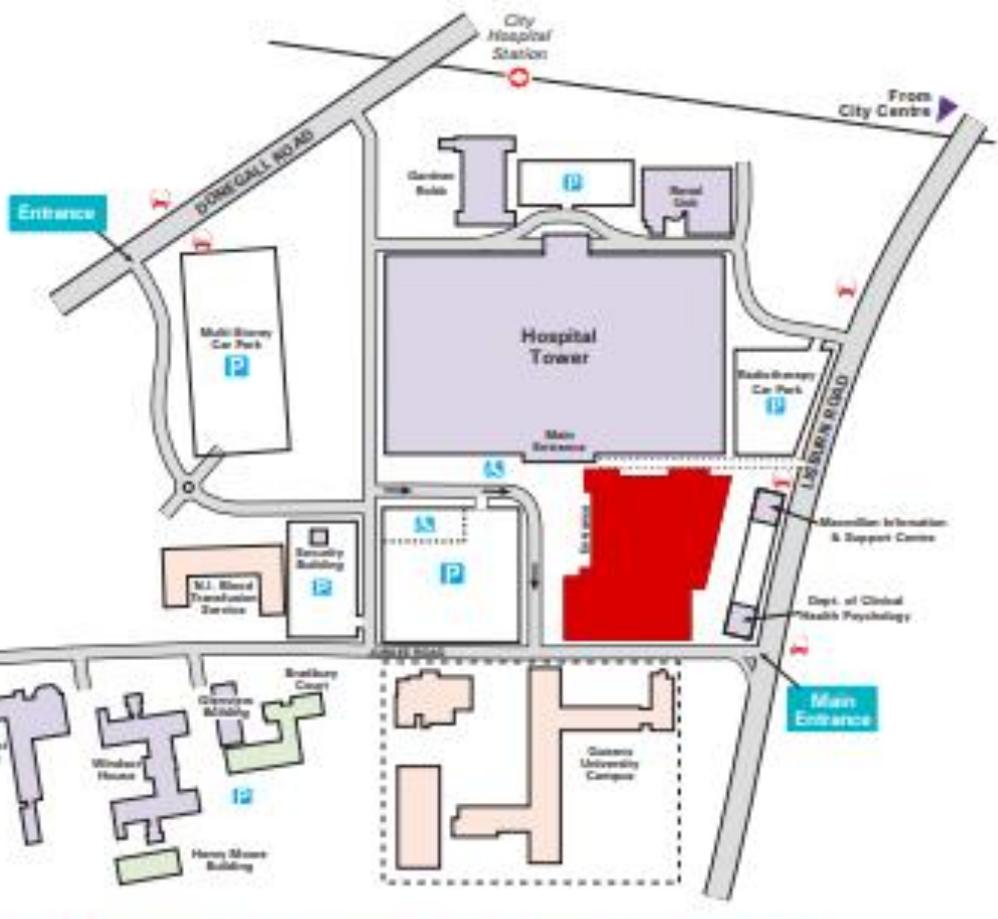


cancer.info@belfasttrust.hscni.netspecialist

Belfast City Hospital
51 Lisburn Road
Belfast
BT9 7AB

Legend:

Parking	No Entry
Disabled Parking	Railway station/line
Bus stops	Public buildings
Building sites	Private-administrative buildings
Pedestrian path	Buildings not owned/occupied by Belfast Trust



Location of the Macmillan Support & Information Centre at Belfast City Hospital shown in red on the map.



Follow us on Social Media



Belfast Trust Cancer Support