

Living With & Beyond Cancer

Please find below a list of local services and groups available to support patients living with & beyond a cancer diagnosis.

Hartlepool and Stockton-on-Tees Services

<p>Cancer Information Centre – Practical Advice & Support The cancer information centres at the University Hospital of North Tees and the University Hospital of Hartlepool provide a confidential service for anyone with questions or concerns about cancer.</p> <p>Call - 01642 383041 Email - CancerInformationCentre@nth.nhs.uk Web - www.nth.nhs.uk/services/cancer-information-centre</p>	<p>West View Advice and Resource Centre – Welfare Advice Services West View Advice and Resource Centre delivers free, independent advice service from West View, Hartlepool – and also supports people across Stockton-on-Tees. This includes a cancer support group for those touched by cancer.</p> <p>Call - 01429 271294 Web - www.wvarc30.org.uk</p>
<p>Middlesbrough and Stockton Mind – Cancer & Mental Health Middlesbrough and Stockton Mind is the leading local charity that provides confidential services for people experiencing emotional or mental health problems and their families, including a research project to improve peoples’ mental health who are affected by cancer.</p> <p>Call - 01642 796630 Email - info@middlesbroughandstocktonmind.org.uk Web - www.middlesbroughandstocktonmind.org.uk</p>	<p>Talking Therapies Mental Health Support (IAPT) One in four of us will struggle with our emotional health at some time in our lives. Life has its ups and downs for all of us. But there’s help out there – you can speak directly to a local talking therapy team member. Either speak to your doctor/nurse at your GP Practice or contact the number below to seek help.</p> <p>Call - 01642 263121 Web - www.wecantalk.org/hartlepool-and-stockton-tees</p>
<p>Facing All Cancers Together (FACT) – Practical & Other Support Help, support and social opportunities for people going through the cancer journey and their families and friends.</p> <p>Call - 0191 4420833 Email - informa@fact-cancersupport.co.uk Web - www.fact-cancersupport.co.uk</p>	<p>Relate North East – Relationship Advice & Support Relate North East have been giving relationship support for 75 years. They started out with Marriage Guidance but now offer support for a varied range of relationships problems, such as work related support, same sex couples, new families and much more.</p> <p>Call - 01325 461500 Web - www.relatenortheast.org.uk</p>
<p>Shine Cancer Support – Online Information & Support Shine exists exclusively to support adults in their 20s, 30s and 40s who have experienced a cancer diagnosis. There is never a good time to have cancer, but we know that younger adults face different issues than their older or younger counterparts.</p> <p>Call - 07804 479413 Email - hi@shinecancersupport.org Web - www.shinecancersupport.org</p>	<p>Teenage Cancer Trust – Young People’s Advice & Support Around seven young people aged between 13 and 24 are diagnosed with cancer every day in the UK. They need expert treatment and support from the moment they hear the word ‘cancer.’ We’re the only charity dedicated to making this happen.</p> <p>Call - 0207 6120370 Email - www.teenagecancertrust.org Web - hello@teenagecancertrust.org</p>
<p>Clc Sargent – Young People’s Online Support CLIC Sargent fights tirelessly to stop cancer destroying young lives. Their website has plenty of online information, articles and resources to support young people affected by cancer.</p> <p>Call - 0300 3300803 Web - www.clicsargent.org.uk</p>	<p>Look A Head Cancer Campaign The Look A Head Cancer Campaign in the Tees Valley, South Durham and North Yorkshire area is a charity which aims to raise awareness of head and neck cancer.</p> <p>Call - 01642 531109 Email - enquiries@headandneck.info Web - www.headandneck.info</p>

Stockton-on-Tees Services

<p>Stockton Welfare Advice Network (SWAN) – Welfare Advice Provides free information on a range of issues affecting the people living in Stockton Borough. There are 16 categories of information to choose from including benefits, housing, debt, and health. Call - 01642 626102 Email - swan@stockton-cab.co.uk Web - www.stocktonadvice.org.uk</p>	<p>Tees Active – Physical Activity & Leisure Tees Active provides affordable and accessible leisure facilities across Stockton-on-Tees including exercise classes, gyms, dancing, swimming pools, ice skating, aerobics, racket sports and more. Call - 01642 528539 Email - enquiries@teesactive.co.uk Web - www.teesactive.co.uk</p>
<p>Stockton-on-Tees Carers Support Service – Adult Carers Support This service is open to all carers who are 18+ in Stockton-on-Tees and provides information, advice & support services; peer support groups and ‘Time Out’ respite opportunities for carers. Call - 01642 524494 Email - carerssupport@stockton.gov.uk Web - www.stockton.gov.uk/adult-services/support-for-carers</p>	<p>Eastern Ravens Trust – Young Carers Support Support the informal education of children and young people experiencing social exclusion and/or disadvantage; alongside providing a range of support, information and advice opportunities for young carers. Call - 01642 678454 Email - info@easternravenstrust.org Web - www.easternravenstrust.org</p>
<p>Butterwick Hospice The Hospice offers a wide range of supportive day services for people suffering life limiting illnesses including complimentary therapies, family support, pre-bereavement services and children support. Call - 01642 607742 Email - info@butterwick.org.uk Web - www.butterwick.org.uk</p>	<p>Stockton Service Navigation Project (SSNP) - Signposting The service offers client’s up to four appointments providing one to one support, enabling them to access a range of activities and support that will help them to improve their health and wellbeing and develop emotional resilience. Call - 01642 688312 Email - healthwatchstockton@pcp.uk.net Web - www.healthwatchstocktonontees.co.uk</p>
<p>NHS Specialist Stop Smoking Service Call - 01642 383819 Web - www.nth.nhs/stopsmoking</p>	<p>Stockton Information Directory – Information on local services Are you looking for an activity, event, club or service within the Stockton area? Visit www.stocktoninformationdirectory.org</p>

Hartlepool Services

<p>Alice House Hospice Alice House Hospice exists to ensure people affected by a life limiting illness have the care, comfort and support they need. Their unique range of services make a vital difference to the lives of thousands of families each year. Call - 01429 855555 Web - www.alicehousehospice.co.uk</p>	<p>Healthwatch Hartlepool Healthwatch will work to help people get the best out of services. Whether it is improving them today or help shaping them for tomorrow, it’s about local voices being able to influence the delivery and design of local services. Call - 01429 288146 Web - www.healthwatchhartlepool.co.uk</p>
<p>Hartlepool Now – Information on local services Hartlepool Now provides information for local help and support including socialising, keeping healthy and money matters. Web - www.hartlepoolnow.co.uk</p>	<p>Hartlepool Community Connectors – Buddying Community Connectors help people to access the support they need to improve physical and mental wellbeing, live more independently and get involved in the community. Call - 01429 402815</p>
<p>Pansies Breast Cancer Support Group This group meets in The Grand Hotel in Hartlepool every Monday from 10am till noon. Web - www.facebook.com/pansiesbreastcancersupportgroup</p>	<p>Hartlepool Carers – Carers Support Hartlepool Carers exists to improve the quality of lives of Carers throughout Hartlepool and the surrounding villages. Call - 01429 283095 Email - staff@hartlepoolcarers.org.uk Web - www.hartlepoolcarers.org.uk</p>

For more information on local services please contact Catalyst:
Call: 01642 733906
E-mail: enquiries@catalyststockton.org
Web: www.catalyststockton.org

