

Living With & Beyond Cancer

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

South Tees Services	
<p>AGE UK Teesside – Holistic Needs Assessments One-to-one support to understand your emotional, physical and financial concerns and linking you to other services/group to ensure your needs are met. Home visits available</p> <p>Call - 01642 805500 Email - info@ageukteesside.org.uk Web - https://www.ageuk.org.uk/</p>	<p>Carers Together Provides information and support for carers, individually or in groups at home, in local community venues, by telephone or email with any issues they may face, including benefits, health problems, housing, training, employment, taking a break from caring or concerns about the person they care for.</p> <p>Call - 01642 488977 Email - carerstgether@btconnect.com Web - http://www.carerstgether.co.uk/</p>
<p>The Trinity Holistic Centre – The James Cook University Hospital The centre is accessible for anyone affected by cancer. Services offered at the centre are complementary therapies (e.g aromatherapy, acupuncture, reflexology and reiki) to help manage the side effects of cancer treatment, as well as emotional and psychological support and a range of wellbeing projects. There are also services such as “Heads up” (headscarf service), “look good feel better” pamper session, tai chi and more. Meditation and mindfulness courses also equip patients, carers and staff with useful and enjoyable tools to calm anxieties, fears and stress . Patient support groups are also run from the centre, wig and bra fittings are also available.</p> <p>Call - 01642 834839 Email - stees.trinity.holisticcentre@nhs.net Web - https://www.southtees.nhs.uk/services/trinity-holistic-centre/</p>	<p>Macmillan Cancer Information & Support Centre – The James Cook University Hospital Provides information and support to anyone affected by cancer including emotional support and a listening ear, practical and social support, financial advice providing a dedicated Macmillan Benefits Advisor to support with patient’s entitlement to financial help. The centre can help signpost to other support within the community as well as provide a vast range of information booklets and resources that you can access and share with your patients.</p> <p>Call - 01642 835674 Email - stees.macmillaninfocentre@nhs.net Web - https://www.southtees.nhs.uk/services/cancer/macmillan-information-centre/</p>
<p>Teesside Hospice We offer a wide range of services, providing physical, emotional, social, psychological and spiritual support, ensuring we respect and encourage individuality, dignity and self-esteem.</p> <p>Call - 01642 811060 Web - https://teessidehospice.org/</p>	<p>British Red Cross You can get support and care at home when you return from a stay in hospital or to help you live independently.</p> <p>T: 0344 871 11 11 E: contactus@redcross.org.uk W: www.redcross.org.uk</p> <p>British Red Cross – Connecting Communities T: 07843501426 E: connectmiddlesbrough@redcross.org.uk</p>
<p>Shine Cancer 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 - and that many of these are not dealt with by traditional cancer support charities and services.</p> <p>T: 07804 479413 E: hi@shinecancersupport.org www.shinecancersupport.org</p>	<p>The Junction The Junction in Middlesbrough and Redcar and Cleveland works to support, young carers, young adult carers and their families through:</p> <p>One to one support, Counselling Group work and social activities to build skills, peer networks friendships, confidence and self belief Whole family support.</p> <p>Call - 01642 756000 Email - info@thejunctionfoundation.com Web - https://thejunctionfoundation.com/</p>

Middlesbrough Services

Citizen's Advice Bureau

Provides free information on a range of issues affecting the people living in Middlesbrough.

T: 0344 499 4110

Monday - Thurs 10am - 1pm

E: advicembro@gmail.com

Web: www.citizensadvice.org.uk

Middlesbrough and Stockton Mind

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 people's mental health who are affected by cancer.

T: 01642 796630

E: info@middlesbroughandstocktonmind.org.uk

Web: www.middlesbroughandstocktonmind.org.uk

Investing in People and Culture

IPC is a charity that promotes the social and economic inclusion of vulnerable migrants and allows vulnerable migrants in the Middlesbrough area to have access to a safe Community Hub that provides avenues to a wide variety of activities from cooking to horticulture.

T: 07411157589

IPC Community Hub, 49 Grange Road, Middlesbrough, Tees Valley, TS1 5AU

Healthwatch Middlesbrough

Supports people to find the right health and social care service for them by providing appropriate information, advice and signposting.

Call - 0800 989 0080

Email - general@healthwatchsouthtees.org.uk

Web - <http://www.healthwatchmiddlesbrough.co.uk/>

Relate

Relate is a relationship counselling charity with services offered such as Relationship Counselling, Sex Therapy, Children and Young People's Counselling.

T: 01325 461 500

E: rne@relate.org.uk

The Live Well Centre

Offers a wider range of services and classes than you'd find anywhere else in Middlesbrough: from healthy cooking and Tai Chi, to sexual health and breastfeeding support.

The Live Well Centre, Dundas House, Dundas Shopping Centre, Middlesbrough, TS1 1HR.

01642 727579

support@thelivewellcentre.co.uk

Redcar & Cleveland Services

Citizens Advice Bureau Redcar & Cleveland

Provides free, confidential and impartial advice and campaign on big issues affecting people's lives.

Call - 0344 411 1444

Email – admin@redcarcab.cabnet.org.uk

Web - <https://www.citizensadvice.org.uk/local/redcar-cleveland/>

Healthwatch Redcar and Cleveland

Supports people to find the right health and social care service for them by providing appropriate information, advice and signposting.

Call - 0800 989 0080

Email - general@healthwatchsouthtees.org.uk

Web - <http://www.healthwatchredcarandcleveland.co.uk/>

Zoe's Place

Provides palliative, respite and end of life care to babies and infants aged from birth to five years suffering from life-limiting or life-threatening conditions.

Call - 01642 457985

Web - www.zoes-place.org.uk

Redcar & Cleveland Mind

Redcar & Cleveland Mind provide practical and emotional help to people experiencing a period of mild to moderate mental distress.

Call - 01642 296052

Email - info@rcmind.org

Web - <http://rcmind.org/>

The Saltburn Well Being Centre

Offers a host of services all linked to Well-being including, Counselling, Podiatry, Acupuncture, Workshops, Yoga, Meditation, Complementary Therapies, Stress Relief, Confidence Building and Self Development.

Call - 01287 204400

Email - info@saltburnwellbeingcentre.co.uk

Web - <https://www.saltburnwellbeingcentre.co.uk/>

SpeakEasy (men-only peer support group)

The monthly group is free to attend and allows men to come together to talk about their problems.

Groups take place in safe, comfortable environments that try to remove as many barriers to engaging and talking about how you feel.

Call - 07986 260249

Email: gary.pollard@me.com