

Living with and beyond cancer in Birmingham

Date	What's happening?	Venue	Contact	Details
Last Thursday of each month Between 1:30-3:00pm	Ideal for all Cancer Support Group	Independent Living Centre, 100 Oldbury Road, Smethwick, B66 1JE	Veena Devi on Doreen Veale- 0121 556 7888 (0121 558 5555). www.idealforall.co.uk v.devi@idealforall.co.uk	The support group is about meeting people, share experiences on topics you wish to talk about, treatment, families, work, benefits, transport, and relationships. We also invite Health Professionals to the group for talks and information sharing depending on the Support Groups request.
Opening hours are now Monday to Friday 9.30 - 4.30 pm except Tuesday late closing at 7.45pm	The Cancer Support Centre, Sutton Coldfield	Lindridge Road, Sutton Coldfield Birmingham, B75 6JB	Telephone: 0300 012 0245 or http://www.suttoncancersupport.org	Offer support to anyone affected by cancer. That could mean you have a diagnosis or you are supporting someone with a diagnosis. We believe that the impact of cancer is not just physical, and that recovery is assisted by attending to the needs of the whole person, mind, body, spirit and emotions. We provide this support in a variety of ways which will work alongside conventional medical intervention.
This service offers support between 09.00 - 19.00 Monday to Friday	Macmillan Birmingham Direct Volunteer Support Scheme	N/A	Hayley Wright, Direct Volunteering Service Co-ordinator on 07473613712 (09.00 - 17.00 Monday to Friday) hawright@macmillan.org.uk	Volunteers provide practical & emotional support to people over the age of 18 living with or affected by cancer, including family and carers. The type of support volunteers provide could be: shopping, housework, respite support, helping somebody get to an appointment or having a cup of tea and a chat.
There are appointments on Mon – am & pm, Tues, Thurs & Fri am	Relate Macmillan Counselling Service, Birmingham	Birmingham Relate, 111 Bishopsgate Street, Birmingham B15 1ET	Macmillan Relate 0121 643 1638. Contact Eileen Clews Eileen.clews@relatebirmingham.co.uk	Cancer and its treatment can have a big impact on your relationships with your partner, family, and on your sexual relationship too. Free counselling sessions to people with cancer, their family or carers.
This service offers support between 9.00am and 5.00pm Monday to Friday	Citizens Advice Macmillan Benefits, Birmingham	Appointments available at QE, City, Heartlands, Good Hope, Royal Orthopedic & Sutton Cancer Support Centre, John Taylor Hospice, Spires Little Aston, Help Harry Help Others, Breast Cancer Haven West Midlands & Chelmsley Wood Citizens Advice	Macmillan Helpline 0121 683 5601	When you or someone close to you has been diagnosed with cancer, money might not be one the first things you think about. But having cancer can be expensive. Free, confidential benefit advice service. Advice on what benefits you could claim, help with application forms and assist with appealing decisions.

This service offers support on Mon – Fri 9am -5pm and anyone no appointment or a referral necessary	Help Harry Help Others Drop in Cancer Support Centre. Supporting families throughout Solihull and Birmingham	HHHO Drop in Cancer Support Centre, 8 Midland Croft, Birmingham, B33 0AW	Georgie Moseley 0121 783 5407	This is a free service to patients, family & friends. We help adults and children affected by any type of Cancer. On site we offer every inch of support outside of treatment that you may need due to Cancer diagnosis. Emotional support, Counselling, benefits advice, financial & debt advice, Support Groups, bra fitting, wig fitting, a range of holistic therapies, workshops, coffee mornings & lots social activities too
Meets on the 1 st Thursday of each month from 2.30pm-4.30pm	Lotus Group (Support to patients with secondary cancer)	St Giles Centre, Lindridge Road, Sutton Coldfield B75 6JB	0300 012 0245	Offering information and support to patients with secondary cancers.
Available from 9.30am to 4.30pm on Tuesdays, Thursdays and Fridays	Enhanced Supportive Care Service	St Giles Supportive Care Centre, Lindridge Road, Sutton Coldfield, B75 6JB.	Self-refer by calling one of our nurses on: 0300 330 1297 (calls charged at a local rate). A referral can be made by any healthcare professional in our catchment area via a referral form or by contacting our advice and support line on 0300 330 9410. You can also email us at ensc@stgileshospice.com or www.stgileshospice.com	The service is available to women living with the effects of any cancer and the impact of its treatments, within the catchment area of St Giles and Breast Friends. The clinic is there to provide a place where women can talk in confidence about issues affecting them and to be supported in a relaxed environment.

Other help:

[Boots Macmillan Information Pharmacists](#) - Specially trained to advise on living with cancer and provide support to patients, carers, family and friends.

Opportunity to ask questions about medication or side-effects of treatment, or just want someone to talk to. Check nearest store for details: www.boots.com/store-locator

[Boots Macmillan Beauty Advisors](#) - Specially trained to provide support for people living with cancer. Advisors can give face-to-face beauty advice about caring for your skin, nails and hair – from defining sparse brows and lashes to minimising dark circles around the eyes. They can also show how to use products to disguise any changes or enhance facial features to help you look and feel good. Check nearest store for details: www.boots.com/store-locator