

Macmillan Information and Support Centre, Ulster Hospital

How to find us

The Macmillan Information and Support Centre, Breast and Endocrine Unit
Ulster Hospital, Upper Newtownards Road, Dundonald BT16 1RH

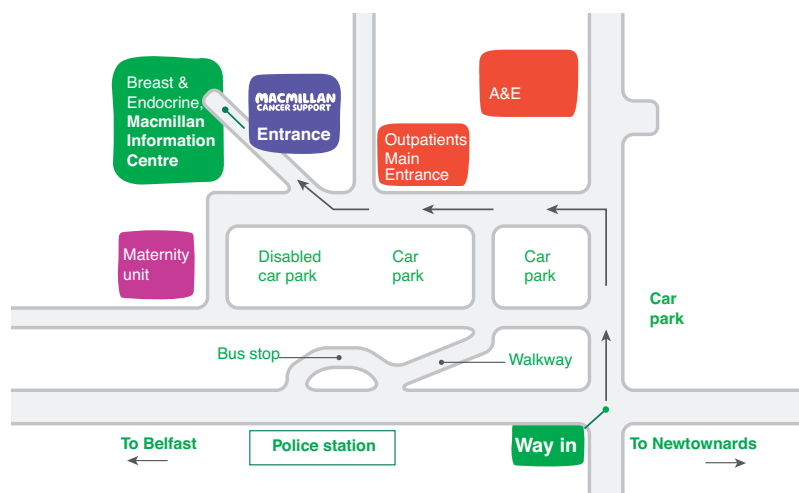
Telephone: 028 9055 3246 (answer phone available)

Email: Macmillan.InformationandSupport@setrust.hscni.net

No appointment is necessary.
Our services are free and confidential.

Centre opening hours

Tuesday and Thursday 2.00pm to 4.00pm
Wednesday 9.30am to 12.00pm



For information, support or just someone to talk to,
call **0808 808 00 00** or visit macmillan.org.uk



Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604).
Also operating in Northern Ireland.

QUESTIONS
ABOUT
CANCER?
WE CAN
HELP

In partnership with



MACMILLAN
CANCER SUPPORT
RIGHT THERE WITH YOU

Finding out that you or someone close to you has cancer can be a difficult and confusing time. The Macmillan Information and Support Service at the Ulster Hospital is here to help you find your best way through – whether you’ve been diagnosed with cancer, or you’re a family member, carer or friend.

We take the time to understand you and all that matters to you, so that we can help you to get the information and support you need.



How we can help

The service is available to anyone within the South Eastern Trust. Our highly trained staff and volunteers will listen to your worries and concerns and offer free, confidential support and advice.



We are able to provide:

- A drop in service – no appointment needed
- Free leaflets, booklets and resources on all aspects of living with and beyond cancer
- Access to benefits advice and other sources of financial help
- An opportunity to discuss work related issues such as finding the words to speak to your employer, understanding your rights at work and what reasonable adjustments may enable you to remain in or return to work
- Access to practical help such as transport, help at home and travel insurance
- Signposting to local services such as counselling, complementary therapies, physical activity programmes and more
- Access to support programmes to help you cope with the effects of cancer both during and after treatment e.g fatigue management workshops
- Signposting to family support services

The service provides information and support over the phone or by email for those not able to access the service in person.

Some of our resources are available in different languages and other formats.



What people ask us

‘How can I find out more about the type of cancer I have?
Who can I speak to about benefits and money worries?
Where can I go for support?
What do I say to someone who has cancer?
How do I talk to my children about my diagnosis?’

Judith, a Macmillan professional providing support.