

Macmillan Service Update January 2021	
BHSCT	<p>Due to the increased surge of COVID-19 in the community to ensure your safety we are only offering online and telephone services at this time. We know this is a very anxious time and want to reassure you that we are still here for you and your loved ones to help you through the times ahead.</p> <p>Available services are:</p> <ul style="list-style-type: none"> • Complementary therapy • Support and information • Counselling • Facebook live classes • Fatigue Workshop • Wig fitting • Financial/Welfare Advice • Look Good Feel Better - Classes include relaxation sessions, Pilates, Yoga and Tai chi. • We hope to offer more online workshops soon. Keep an eye on your social media. <p>For more information, please contact us on Telephone – 028 96150077 Email – cancer.info@belfasttrust.hscni.net</p>
NHSCT	<p>We work hard at keeping up to date with the different services available throughout the Northern Trust and work particularly closely with Charis Cancer Care who provide many services including counselling, befriending, complementary therapy. Services currently available:</p> <ul style="list-style-type: none"> • Fatigue management virtual workshops • Look Good Feel Better sessions every two months • Move More • Benefits advice <p>For more information, please contact us on Telephone – 028 94424000 ext 333079/334046 (Mon-Fri 9-5) Mobile: 077 9584 5435 Email - CancerInformation@northerntrust.hscni.net</p>
SET	<p>Supports still available are :</p> <ul style="list-style-type: none"> • Listening Ear • Work Support Conversations • Macmillan CAB • Move More • Macmillan Telephone Buddies • Counselling • Clinical Psychology • Complementary Therapies • Laundry Pick up/Drop Off • Befriending Support • Dog Walking Services • Bereavement Support • Family Support (Cancer Focus) • Support for Children and Young People (Cancer Fund for Children)

	<p>For more information, please contact us on Telephone – 028 90553246 Email – macmillan.informationandsupport@setrust.hscni.net</p>
SHSCT	<p>Macmillan Information & Support Service via telephone/email/zoom if requested</p> <ul style="list-style-type: none"> • Cancer Focus Counselling • Benefits Advice • Move More (online/virtually) • Wig fitting • Hospice Counselling only • Action cancer Mount Zion House Complementary therapy • Macmillan Benefits Advice • Macmillan Cruse Bereavement Support. <p>Patients are also referred to Charis For more information, please contact us on Telephone – 028 37561001 Email – macmillaninfo&support@southerntrust.hscni.net</p>
WHSCT	<p>We are here for you if you are feeling anxious about having your cancer surgery postponed or treatment delayed.</p> <p>The Macmillan Information and Support Service will respond to emails or provide a listening ear for anyone affected by cancer, their families, carers and friends. We will signpost to your local support services within the Western Trust that are available (to include virtual):</p> <ul style="list-style-type: none"> • Counselling • Relaxation therapies • Wig fitting • Benefits advice • Move more • Psychological services <p>*At the Macmillan Support Centre Altnagelvin- the prosthesis clinic with the breast care nurse continues at this time.</p> <p>For more information, please contact us on Telephone – 07342075636 or 028 7161 1272 Monday to Friday 9-5 Email: macmillan.information@westerntrust.hscni.net</p>
	<p>Other services – Charities</p>
Action Cancer	<p>Throughout the pandemic we have been adapting our Therapeutic Services and continuing to safely deliver the best possible range of support to clients. Services include:</p> <ul style="list-style-type: none"> • Counselling (online or via telephone) • Complementary therapies (online) • Take Care – Online educational workshops help clients to take care of themselves, or a loved one, at home when dealing with a cancer diagnosis • Peer mentoring • Positive living programme • Life coaching • Scar therapy

	<ul style="list-style-type: none"> • Pilates <p>Telephone: 028 9080 3344 or Ruth Fleming – 02890803375 or Leigh White - 07580133757 Email: info@actioncancer.org or rfleming@actioncancer.org (all therapeutic services) or lwhite@actioncancer.org (peer mentoring only)</p>
Cancer Focus	<p>The following services are currently available:</p> <ul style="list-style-type: none"> • Bra and swimming fitting – reduced F2F service and online consultations available <p>Operating remotely:</p> <ul style="list-style-type: none"> • Art Therapy • Counselling • Family support • Sing for Life <p>Telephone: 02890663281 Email: care@cancerfocusni.org (checked on a weekly basis)</p>
Charis	<p>We have adapted our services in response to COVID-19 so that we can still be here for you and your loved ones. Available services include:</p> <ul style="list-style-type: none"> • Mindfulness Meditation • Hand Reflexology advice • Befriending service providing emotional support • Colour Breathing Techniques • Relaxation breathing including Emotional Freedom Techniques • Scar Therapy advice and support • Counselling • Yoga <p>For info and appointment booking: Telephone: 02886769217 Email: administrator@chariscancercare.org</p>