

Living With and Beyond Bowel Cancer

A cancer diagnosis can affect many aspects of your life. There are, however, systems and organisations that can help you and your family cope with the problems and issues that might arise day to day. Some of these are signposted below but if you have any questions please call our **Bowel Cancer Advisory Service on freephone 0800 8 40 35 40**.

Practical Support and Advice

The organisations and helplines below may be able to provide help during this life-changing time:

- **Bowel Cancer Advisory Service** – Freephone 0800 8 40 35 40. Monday-Friday 10am-4pm. Our nurses are available to discuss, help and support you through your treatment and recovery pathway
- **Carers UK Carers Line** – Freephone 0808 808 7777. Wednesday and Thursday 10am-12pm and 2pm-4pm. www.carersuk.org
- **Macmillan CancerLine** – 0808 808 2020. Free information, practical and emotional support. Email: cancerline@macmillan.org.uk
- **NHS Carers Direct** – Freephone 0808 802 0202. Monday-Friday 8am-9am; Saturday-Sunday 11am-4pm. www.nhs.uk/carersdirect
- **Princess Royal Trust for Carers** – 0844 800 4361. www.carers.org
- **Young carers** – Email: youngcarers@carers.org. www.youngcarers.net
- **CancerHelpUK** – Part of Cancer Research UK. Freephone 0808 800 4040. www.cancerhelp.org.uk
- **Age Concern** – Freephone Advice Line 0800 00 99 66. www.ageconcern.org.uk
- **Citizens Advice Bureau** – For your local office visit www.citizensadvice.org.uk
- **The RADAR National Key scheme** – Offers access to the 6000+ locked public toilets for disabled people in the UK. Keys can be obtained from 020 7944 2046, and often from local Social Services offices, District Council offices and some branches of Age Concern. www.radar.org.uk
- **The British Red Cross** – 0844 871 11 11. www.redcross.org.uk
- **Disabled Living Foundation** – 0845 130 9177. www.dlf.org.uk
- **Dial UK** – National network of disability information and advice services. 01302 310 123. www.dialuk.org.uk



Emotional Support and Advice

The emotional impact of cancer can often be the most difficult to cope with – not just for the individual affected but also their family, carers and friends. The following organisations and helplines can provide support:

- **Bowel Cancer Advisory Service** – Freephone 0800 8 40 35 40. Monday-Friday 10am-4pm. Our nurses are available to discuss, help and support you through your treatment and recovery pathway
- **Macmillan CancerLine** – Freephone 0808 808 2020
- **Macmillan Youthline** – 0808 808 0800. Monday-Friday 9am-8pm
- **Counsel + Care Advice Line** – Help and advice for older people. 0845 300 7585. www.counselandcare.org.uk
- **Cancer Counselling Trust** – 020 7843 2292. www.cancercounselling.org.uk
- **Penny Brohn Cancer Care** – Complementary therapies, advice and counselling. 0845 123 23 10. www.pennybrohncancercare.org
- **The Samaritans** – 0845 790 9090. www.samaritans.org.uk
- **Help the Hospices** – Hospice information service in the UK. Enquiry Line: 020 7520 8222. Monday-Friday 9am-5pm. www.helpthehospices.org.uk
- **Bowel Cancer Support Groups** – For a list of groups in the UK call the Bowel Cancer Advisory Service freephone 0800 8 40 35 40 or visit our website www.bowelcanceruk.org.uk
- **healthtalkonline** – A website enabling patients and families to share in and benefit from the experiences of others via personal interviews and videos. www.healthtalkonline.org
- **Maggie's Centres** – Provide information and support to cancer patients, their families and carers. No appointments or referrals necessary. Centres currently in Edinburgh, Glasgow, Dundee, Inverness, Fife and London with interim centres in Oxford, Swansea and Wishaw. www.maggiescentres.org
- **Clan House** – For anyone affected by cancer. Based in Aberdeen but covering Grampian, Orkney and Shetland. www.clanhouse.org
- **'Tak Tent' Cancer Support Scotland** – Has groups across Scotland providing emotional support for anyone touched by cancer including 'conTAK' – a support group specifically for young people 16-25. 0141 221 3398. www.taktent.org
- **Cancer Information and Support Services (CISS) Wales** – Providing information, counselling and support in South West Wales with drop-in centres in Swansea and Neath. Cancer Helplines: 01792 655025 and 01639 642333. www.cancerinformation.org.uk
- **Cancer Support (Cynon Valley) RCT /Cymorth Cancr (Cwm Cynon) RhCT** – Provides emotional and practical support to those living in the Cynon Valley, Taf Ely and surrounding areas 01443 479369. www.cancercynon.com

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For further information contact the Bowel Cancer Advisory Service on: (Freephone) 0800 8 40 35 40

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