

# Local Services for Barnsley Cancer Patients

Reference and signposting information for Primary Care colleagues to support a meaningful conversation as part of the Cancer Care Review.

## The Well for Wellbeing: Therapeutic Support for Cancer Patients:

- Deliver beauty and complementary therapy to Barnsley residents who have or are suffering the effects of cancer.
- Based in the town centre on Regent St close to public transport links and parking.
- Team comprises of: two NHS employed Therapists, five sessional Therapists a Team Leader and volunteers.
- Part funded by the CCG but reliant on fundraising activity.
- Package of 6 free sessions for cancer patients and/or 4 free sessions for carers.
- Treatments include: Massage, Reiki, Shiatsu Massage, Hot Stones Massage, Paraffin Wax (Neuropathy), Manicure, Pedicure, Spray Tans, Colour Therapy, Make Up, Nipple Pigmentation and Acupuncture. Evidence suggests these treatments promote confidence and boost self-esteem.
- Anxiety Management Course: Pilot. Focuses on breathing and relaxation techniques.
- **Referral Form required from a Health Care Professional (see [BEST website](#)). Once completed email to: [julie.brearley@nhs.net](mailto:julie.brearley@nhs.net) For more information Tel: 01226 733019.**

## IAPT - Improving Access to Psychological Therapies:

A free and confidential NHS service, helping people (16+) access the therapy needed to support mild to moderate common mental health difficulties such as depression, anxiety and stress.

Working alongside local GP's, they have a team of experienced professionals specialising in Cognitive Behavioural Therapy (CBT) and Counselling to help people address current emotions in a non-judgemental and supportive environment and to gain a new understanding of how to manage and/or cope with them better.

**Self-referral is possible via the service website (24hrs) or contact can be made by calling 01226 644900 Monday to Friday from 9am until 5pm.**

[www.barnsleyiapt.co.uk](http://www.barnsleyiapt.co.uk)

## Live Well Barnsley:

A place where you can find information about help and support services within the borough. The site contains information and contact details about all types of services and activities that can help you look after yourself, stay independent and get involved in your community.

**Visit: [www.livewellbarnsley.co.uk](http://www.livewellbarnsley.co.uk)**

## Look Good Feel Better (LGFB):

- LGFB provides free skincare and make-up workshops when people are struggling to cope with the visible side-effects of cancer treatments.
- One off 2 hour workshop
- Held bi-monthly at ASDA superstore, Mill Lane Barnsley (free parking available)
- Men's skin fitness workshops coming soon
- **Can self-refer or referrals accepted from health care professionals, contact Alison Spencer, Cancer Services BHNFT 01226 431303 or Email: [alisonspencer@nhs.net](mailto:alisonspencer@nhs.net)**

## Macmillan HOPE Course:

- Course developed by Macmillan and Coventry University to support you after cancer treatment. It can help you rediscover your strengths and overcome the emotional and practical challenges of life after cancer. You can also share your experiences and get support from other people going through the same thing. You don't have to face it alone.
- Hope is a free 6 week course and each session runs for 2.5 hours (usually same day and time each week).
- **To book your place contact Alison Spencer, Cancer Services BHNFT 01226 431303 or Email: [alisonspencer@nhs.net](mailto:alisonspencer@nhs.net)**

## Macmillan Benefits Advice:

- A Benefits advice service for people affected by cancer in the Barnsley area. Advisers can help with: assessing your financial situation and needs, applying for benefits where applicable and tax credits, health costs such as prescriptions and travel, assessing for charitable grants and applying for disabled parking badges.
- Appointments **and home visits can be arranged for free, confidential advice.**  
**Tel: 01226 772389 or 01226 772357 or Email: [adviceservices@barnsley.gov.uk](mailto:adviceservices@barnsley.gov.uk)**

## Barnsley Hospice:

Provides specialist palliative care and support to local people and their families; aiming to achieve the best possible quality of life for patients with a life limiting illness. Bereavement support is available.

### Day Therapy Unit Services:

- Tuesday and Wednesday 'Drop In' available to people with a palliative diagnosis or those undergoing treatment. Activities will include chair exercises, yoga for relaxation, creative writing, music sessions, wellbeing treatments and 'Let's talk about...' patient education sessions. No referral required.
- Thursday Medical Support Day requires a referral from a health care professional and for people requiring help with symptom management/psychological/emotional support.
- Complementary Therapy see people with a palliative diagnosis, carers and bereaved.
- Counselling criteria is for those with a palliative diagnosis and known to the hospice.
- Carer's Group for anyone caring for someone with a life limiting illness—please call the Family Team for further information Tel: 01226 244244.

Website: [www.barnsleyhospice.org](http://www.barnsleyhospice.org)

### **'Next Steps Forward' Walking Group:**

Walks are arranged around the Barnsley District for people living with and beyond breast cancer with walks at a steady pace on good paths with no steep hills. At the end of every walk the group visit a local café for refreshments. Next Steps Forward is also a very sociable group with members forming strong friendships and enjoying theatre trips or holidays together.

For details of forthcoming walks Visit: [www.nextstepsforward.org.uk](http://www.nextstepsforward.org.uk), Email: [walk@nextstepsforward.org.uk](mailto:walk@nextstepsforward.org.uk) or Tel: 07493 817870.

### **We Can Survive Singers:**

- Fun evening of singing and socialising for people affected by cancer in Barnsley.
- Meet every Wednesday from 6pm-8pm at St.Paul's Church, Greenfoot Lane in Barnsley.
- Please note, there is a small charge of £2 per session.
- **To find out more Email: [wearecreativerecovery@gmail.com](mailto:wearecreativerecovery@gmail.com) or Tel: Cheryl on 07791 281879.**

### **Making Space, Barnsley Carers Service:**

Barnsley Carers Service is a new, free to access service, here to support you in your role as an unpaid carer, help you to stay connected in your community and give you balance in your life.

We can help you with information and advice, one-to-one support, help getting into employment, events and activities, free complimentary therapies, befriending and assistance with accessing grant funding. Our staff will be based in community venues right across Barnsley – please get in touch to find out details of support available near you.

Get in touch today to find out how we can support you, Tel: 01226 288772 or Email: [BarnsleyCarers@makingspace.co.uk](mailto:BarnsleyCarers@makingspace.co.uk)

### **The Exchange:**

- Offer a wide range of courses and one off workshops with the aim of **improving wellbeing through learning**. Our courses focus on being mentally and physically healthy, staying well and developing the knowledge and strength to overcome the challenges that we can all face at times in our lives. **Physical activity options** include a gym and walking groups 6 days of the week in different areas of Barnsley.
- You are not referred to the recovery college; simply enrol for any of the courses that are of interest to you.
- Courses are open to all adults and we welcome carers, supporters and professionals too.
- If you are new to the college we will invite you to an induction session where you will find out more about how we work, the courses on offer and we can answer any questions that you may have.
- **Please contact us on 01226 730433 or email [Barnsley.Recovery@swyt.nhs.uk](mailto:Barnsley.Recovery@swyt.nhs.uk) for course bookings and further information or visit [www.barnsleyrecoverycollege.co.uk](http://www.barnsleyrecoverycollege.co.uk)**

## **Barnsley Cancer Action Group:**

A small group of local people that have all been affected by cancer in some way and have all had different experiences. We want to use these experiences to work alongside Barnsley Hospital and the local health authorities and agencies to ensure that all care, physically, mentally, emotionally and socially are provided to a high standard and that there is equality of care throughout the whole of Barnsley.

Would you like to be part of improving cancer services in Barnsley? If you would, please contact the numbers below for further information. If you cannot physically attend the group we welcome participation by email:

- Diane Rawson 07971 188826
- Sue Crosby 07811 551122

## **We Can Survive Coffee Club:**

- Informal peer support group for people with or affected by a cancer diagnosis.
- Meet every Tuesday between 10am-1pm in the Community Room at ASDA superstore, Mill Lane, Barnsley (free parking is available).
- Free to attend.
- **Contact Cheryl Roberts for more information, Tel 07791 281879 or Email: [chezbez1@hotmail.co.uk](mailto:chezbez1@hotmail.co.uk)**

## **Mind, Body and Spirit Barnsley Ltd:**

Mind, Body and Spirit (MBS) is a private studio based in Barnsley which runs classes daytime and weekends, plus 1-2-1 sessions, massage and much much more [see website](#) for more details.

**Patients** can attend by referral only through the NHS. Some will be offered the Wednesday at 12 noon Cancer Rehab Class, others will be offered the first 8 classes free and then pay towards future classes, Some patients who require further rehab for example a Myeloma patient learning to walk again, are offered where appropriate, free home 1-2-1 rehab to support their rehabilitation. Some will be offered 1-2-1 in the studio for a set number of sessions following an assessment.

Location: The Studio, RUFC, Shaw Lane, Barnsley, S70 6HZ

**Contact: Michelle Griffiths Tel: 07769 996438 or Email: [info@mind-bodyandspirit.com](mailto:info@mind-bodyandspirit.com)**

## Weston Park Cancer Support Centre

We offer a holistic range of services, practical and emotional, run by healthcare professionals to support anyone affected by cancer; patient, family or friend.

Contact: Face to Face, Telephone, Email or private messaging via social media.

Our drop-in service is open Monday to Friday 9am to 5pm, no appointment necessary.  
Address: Weston Park Cancer Information and Support Centre, 23 Northumberland Road, Sheffield, S10 2TX

### **Psychological Support includes the following options:**

- Drop-in emotional support
- IAPT clinic
- Personalised Mindfulness one to one
- Mindfulness Group Course
- Individual Carers Support Planning
- Yoga Nidra
- Referrals to appropriate NHS or Third Sector services acting as an advocate if necessary. Social prescribing.
- Clinical Supervision

### **Practical Support:**

- Welfare advice
- Legal advice
- Individual Carers Support Planning
- Auricular Acupuncture for the alleviation of Hot Flushes due to cancer treatment
- Information on other services

### **Social/Supportive Care:**

- Patient Health and Wellbeing Course - 'Wellbeing Day' (One Day)
- Patient Health and Wellbeing Courses inc Prostate Positive About Life (3 Weeks)
- Prostate Cancer Support Group
- Haematology Support Group (Leukemia and Lymphoma)
- Lifestyle advice
- 'Look Good Feel Better' pamper workshops for women
- Men's 'Skin Fitness Workshops'
- Complementary Therapies
- Craft Afternoon
- Coffee Morning
- Host Holistic Needs Assessment clinics
- Outreach volunteers

### **Bereavement Support:**

One to one Bereavement Support  
Group Bereavement Course

Website: [www.cancersupportcentre.co.uk](http://www.cancersupportcentre.co.uk)

## **Cavendish Cancer Care:**

- Cavendish Cancer Care is a local Sheffield charity dedicated to improving the quality of life for people living with cancer in South Yorkshire, North Derbyshire and Nottinghamshire.
- We believe no one should face cancer alone, so we provide emotional support through counselling and complementary therapies to the patient, their carer and their children.
- Our services are provided free of charge.

## **Young People's Service:**

- Specialist service to children and young people up to the age of 18 whose lives have been affected by cancer. This includes those who have had cancer themselves and those who have been affected by the illness within their family. The service also works with young people who are bereaved.
- As well as offering 1:1 sessions to the young people, our therapists also offer advice to parents and guardians who are looking for guidance in supporting the young people in their family.
- Provided by a team of experienced therapists, who use a wide range of approaches including counselling, art therapy and play therapy to enable young people to explore their experiences and feelings in a safe environment.

**We're here to listen, offer therapy and practical support. And we're just a phone call away on 0114 278 4600. Alternatively Visit: [www.cavcare.org.uk](http://www.cavcare.org.uk)**

## **Macmillan National Support Line**

We recognise that many of the services highlighted aren't available on evenings or at weekends when you might need support so this option may be of help.

If you or someone you know has been diagnosed with cancer, we can help. Find out what to expect, get information, practical advice and support, hear from experts and read about other people's experiences. Whether you're worried about money or practical issues, have questions about treatment, or just want someone to listen, call our team of specialist advisers free\* on **0808 808 0000 7 days a week, 8am-8pm.**

## **Team Verricho:**

Help young families who are facing rare or hard to treat cancers fight and win tomorrows. We bring hope where there is none.

We:

- help finance second opinions for young families. We provide practical support such as childcare, cleaning and food deliveries whilst applicants are undergoing treatment.
- Support research into new treatments and ways of diagnosing responses to treatment of cancer, as well as supporting research into the challenges faced by long term survivors as a result of the physical and psychological consequences of diagnosis and treatment. Advance cancer education.
- Provide confidential counselling and support.

**For more information Visit: [www.teamverrico.org](http://www.teamverrico.org) or Email: [teamverrico@gmail.com](mailto:teamverrico@gmail.com) or [teamverricocounsellingservice@gmail.com](mailto:teamverricocounsellingservice@gmail.com) Facebook/Twitter [@teamverrico](#)**

**Please email [alison.thorp2@nhs.net](mailto:alison.thorp2@nhs.net) if you have any feedback, amendments or additions or indeed if you identify a gap in service provision for cancer patients living in Barnsley.**