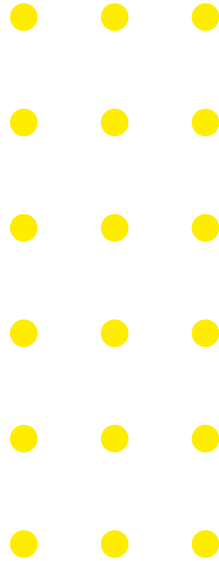




Wessex
Cancer Alliance



Cancer Support Services

About Community Action Network (CAN)

CAN supports the local voluntary and community sector to grow, develop, and help more people.

One of the things we do is to connect people with community services that can make a difference to them.

In this booklet

You'll find details of local and national support for people living with or affected by cancer. Knowing what is available can help. If you have queries, please contact hello@can100.org F.A.O Hannah Rees

Any question? Contact CAN



01202 466 130



hello@can100.org



www.can100.org

This booklet is not an exhaustive list of options, but it can support you in making an informed choice.

TOGETHER WE CAN MAKE A DIFFERENCE

Cancer A to Z Phone: 08088 080 000

Find out about different types of cancer, including their risk factors, symptoms, tests and treatments. Use a keyword search or look up conditions alphabetically. Macmillan Support Line can be contacted for additional advice and support.

www.macmillan.org.uk/cancer-information-and-support/cancer-types

Cancer Care Map

An online resource to help you find local cancer support services. You can search via keyword or postcode.

www.cancercaremap.org

Dorset Cancer Care Foundation Phone: 01202 124 690

Financial assistance to Dorset residents and their families experiencing financial hardship due to cancer. The Foundation offers awards to help with issues including (but not limited to) transport during treatment, minor household modifications and respite support. Email: hello@dccf.co.uk

www.dccf.co.uk

Dorset Menopause CIC Phone: 07484 349 743

Managing menopause after cancer can be particularly challenging. Support, guidance and information on perimenopause, menopause and the post menopausal years. One-to-one support consultations, walk and talks and a wild swimming group. Email: dorsetmenopause@gmail.com

www.dorsetmenopause.co.uk



Dorset Macmillan Welfare Advice Phone: 01305 595 971

A service focused on the financial impact of cancer for those in the Dorset Council area. Email: macmillan.dorchester@centralca.org.uk

www.centraldorsetca.org.uk/dorset-macmillan

Lymphoedema Clinic Forest Holme Hospice

Phone: 0300 019 3068

For cancer-related lymphedema. Nurses provide information to understand and self-manage symptoms. Referrals via the GP, consultant, or nurse. Email: uhd.forest.holme@nhs.net

www.forestholmehospice.org.uk

Macmillan Cancer Support Bournemouth, Christchurch and Poole

Phone: 01202 644 473

Support with the financial impact of a diagnosis for cancer patients at any stage or parents/carers.

Email: macmillan@citizensadvicebcp.org.uk

Macmillan Cancer Support Phone: 08088 080 000

If your partner, family member, friend or colleague has cancer, there can be a lot to think about. You might be a carer or just want to help. Information to help with the practical, emotional and financial impacts of supporting someone with cancer.

www.macmillan.org.uk/cancer-information-and-support/supporting-someone

The Isabel Baker Foundation Phone: 07379 808 425

For families whose child has been diagnosed with cancer. Support includes funded made-to-measure dry suits for children with central lines, helping them safely enjoy water and regain a sense of normality, alongside Essentials Packs for comfort during long ward stays and a supportive community for parents navigating childhood cancer and grief. Email: hello@theisabelbakerfoundation.com

www.theisabelbakerfoundation.com

Lewis-Manning Hospice Care and Rising Voices Wessex

Phone: 01202 708 470

A Poole-based community choir that supports people living with and beyond cancer, their families, carers and those who have experienced bereavement. Choir rehearsals Tuesdays from 6:45pm at Lewis Manning's hub on Longfleet Road. Email: enquiries@lewis-manning.org.uk

www.lewis-manning.org.uk

Shine Cancer Support

For anyone in their 20s, 30s or 40s with a cancer diagnosis. Support through local networks, a welcoming Facebook group, online programmes, and national events and workshops. Videos, blogs, personal experiences and podcasts to help you feel understood and connected. Email: hi@shinecancersupport.org

www.shinecancersupport.org

PACT – Pilates After Cancer Treatment Phone: 07970 618 121

Rebuild mobility and strength through gentle, low-impact exercise. A friendly group to help boost your confidence and well-being on Fridays at 9.30 at The Junction, Broadstone, BH18 8AX. No referral needed. Email: hellopact@yahoo.com

The Living Tree – Bridport Phone: 07341 916 976

For all people affected by cancer: patients, their families, carers and friends. Weekly activities include Friday Drop-in offering simple friendship, an allotment group, table tennis at two venues, private swimming and sauna sessions and walks for all levels of fitness. Up to six free therapy sessions per person. All services and activities are free of charge. Email: mail@thelivingtree.org.uk

www.thelivingtree.org.uk

CANCER AWARENESS: FREE TRAINING FOR CARERS

Book a presentation or find out more - hannah.rees@can100.org

Learn potentially life-saving information with discussion and Q&A afterwards. Sessions can be held online or in-person at your venue.





Wessex Cancer Alliance

Any queries? Contact us



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Cancer Support Guide