

Your guide to cancer services
in the Humber and Yorkshire Coast area

**CANCER
SUPPORT
ON
YOUR
DOORSTEP**

**WE ARE
MACMILLAN.
CANCER SUPPORT**

We're here for you

Cancer is the toughest fight most of us will ever face. But you don't have to go through it alone. The Macmillan team is in your corner. We are the nurses helping you through treatment. The experts on the end of the phone who can answer your questions. The advisers telling you which benefits you're entitled to.

We are Macmillan Cancer Support and we'll be with you every step of the way.

High-quality information and support

Visit one of our many information and support centres in your area for clear information about cancer and face-to-face support. Our team of trained staff and volunteers are there to talk about your issues and concerns.

You'll find details of the cancer information and support centres in the Humber and Yorkshire Coast area on page 4.

Financial support

The costs of cancer can stack up, and money worries are the last thing you need when you're facing the toughest fight of your life. But we can help with a wide range of financial issues. We can let you know how to apply for a Macmillan Grant. We can help you understand which benefits you're entitled to. We can even offer you straightforward financial guidance over the phone on matters including pensions, mortgages, insurance and savings.

You'll find details of financial support services in the Humber and Yorkshire Coast area on page 5.



Local services

Cancer information and support centres

Services developed in partnership with Macmillan

The Scarborough, Whitby and Ryedale Macmillan Cancer Information and Support Service

Scarborough Hospital,
Main Entrance, Woodlands Drive,
Scarborough YO12 6QL

01723 342606

Monday–Wednesday, 9am–3pm
and one Thursday each month

We provide information and support to people living with cancer, their families, carers and friends. We offer regular drop in groups run by a Macmillan Cancer information nurse and supported by trained volunteers giving you the opportunity to meet people in similar situations.

Macmillan Cancer Information Centre (Castle Hill Hospital)

Queen's Centre for Oncology and Haematology, Castle Hill Hospital, Castle Road, Cottingham, East Yorkshire HU16 5JQ

01482 461154

www.hey.nhs.uk/content/services/macmillan.aspx

Monday–Friday, 9am–5pm

We can give you information on all aspects of living with cancer – from treatments and symptoms, to relationships and exercise. We offer counselling and complementary therapies and can signpost you to benefits advice and self-help and support groups. Drop in and talk to a friendly face in a private and comfortable environment.

Grimsby Library Drop In Service

Grimsby Library, Town Hall Square, Grimsby DN31 1HG

01472 313131

10am–1pm every second
Friday of each month.

We offer information and support to people living with cancer, their carers and family.

Goole District Hospital Drop In Service

Out Patient Department,
Goole and District Hospital,
Woodland Avenue,
Goole DN14 6RX

01405 720720

10am–1pm Fridays

We offer information and support to people living with cancer, their carers and family.

Financial services

Macmillan Palliative Care Welfare Benefits Advice (Grimsby)

c/o St Andrews Hospice,
Peaks Lane,
Grimsby DN32 9RP

01472 250623

Monday–Friday, 8.30am–4.30pm

We provide benefits advice, grants and financial assistance to people living with cancer.

Support on the high street

For more information about sources of cancer support, pop into your local Boots store or to find your nearest Boots visit boots.com.

Someone to talk to

You don't have to go through cancer alone. Whether you want support and information or you'd just like to talk, our team of cancer support specialists at the Macmillan Support Line are only a phone call away. From answering questions about cancer types and treatments to helping you find out what benefits you're entitled to, they're here to talk about whatever's on your mind. Call them on **0808 808 00 00** any time from Monday to Friday, 9am–8pm. It's free, even from mobile phones.

What's more, our website is packed with high-quality cancer information that covers everything from symptoms and screening to treatment types and sources of health. All information is written and reviewed by specialists. We've also worked closely with people affected by cancer to develop our booklets, online courses and face-to-face training. To find out more, head to **macmillan.org.uk** or call **0808 808 00 00**.

You can also access our online community. It's a place where thousands of people affected by cancer go to share their stories and get vital support. Five minutes after logging on, you can be chatting to someone who's going through the same things as you. Visit us at **community.macmillan.org.uk**



We're here for everyone affected by cancer, whatever you need. For support every step of the way, call the Macmillan Support Line free on **0808 808 00 00**.

And, when the time is right, you can join our team. Whether you hold a coffee morning, make a donation or help us campaign for change, you can make a vital difference. Call us today on **0300 1000 200**, and help make sure millions of people don't face cancer alone.

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). MAC14121_humber

Information was correct at the time of going to print but we advise you to check that the service is currently available before visiting.

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