Your guide to cancer services in the Central South Coast area
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 Central South Coast area on pages 5 to 8.

**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 Central South Coast area on pages 8 to 9.
Local services

Cancer information and support centres

Services developed in partnership with Macmillan

Health Information Point (HiP) Basingstoke and North Hampshire Hospital, Aldermaston Road, Basingstoke, Hampshire RG24 9NA
01256 313969 Monday–Friday, 10am–4pm

Our confidential health information service is for anyone with a query about health, including patients, their friends, families and carers. There’s no need to make an appointment, just drop in and see us.

Macmillan Jersey Cancer Information and Support Centre
The Lido Medical Centre, St Saviour’s Road, St Saviour, Jersey JE2 7LA
0800 735 0275 Monday–Friday, 10am–4pm
If you’re affected by cancer, we can help. We offer confidential information, support and practical advice.

Macmillan Cancer Information and Support Centre (Southampton)
Queen Alexandra Hospital, Level B, Southwick Hill Road, Cosham, Portsmouth, Hampshire PO6 3LY
02392 283323 Monday–Friday, 10am–4pm
www.porthosp.nhs.uk/macmillan/macmillan.html
We offer information and support to people affected by cancer. We’re here to listen and discuss how cancer is affecting your life. Our range of support services includes complementary therapies, benefits advice, counselling and a hair loss clinic.

Macmillan Cancer Information and Support Centre (Southampton)
Southampton General Hospital, B Level, East Wing, Tremona Road, Southampton, Hampshire SO16 6YD
02380 796037 Monday–Friday, 10am–4pm
We offer good quality, comprehensive information and support to people affected by cancer. Our service is run by specialist staff and trained volunteers, some of whom have personal experience of living with cancer. They’re here to help you find the information and support that you need.

The Portsmouth Macmillan Library Service
Central Library, Ground Floor, Guildhall Square, Portsmouth, Hampshire PO1 2DX
02392 688259
If you’re affected by cancer, or would just like some information about cancer, we can help. We provide a range of books, leaflets and CDs, including resources in large print and other languages. And if you need someone to talk to, we’re here for you.

Macmillan Information and Support Service (St Richard’s Hospital)
Fernhurst Centre, St Richard’s Hospital, Spitalfield Lane, Chichester, West Sussex PO19 6SE
01243 788122 Monday–Friday, 8.30am–4.30pm
Our services for people affected by cancer include information and support, benefits advice and counselling. We also offer a range of complementary therapies, such as aromatherapy massage, Indian head massage, reflexology and Reiki.
Macmillan Library Partnership Project (Southampton)
Southampton Central Library, Civic Centre, Southampton, Hampshire SO14 7LY

02380 832460
Monday–Friday, 9.30am–3.30pm
www.southampton.gov.uk/s-leisure/libraries/macmillan

We provide cancer information including books, leaflets, CDs, DVDs and information to help children affected by cancer. We can arrange confidential appointments with someone who can help you find and understand cancer information and signpost you to other services. There are Pilates classes and reading groups too.

Other cancer information and support services

CancerWise (Chichester)
Tavern House, 4 City Business Centre, Basin Road, Chichester, West Sussex PO19 8DU

01243 778516
Monday–Wednesday, 9.30am–4.30pm,
Thursday–Friday, 9.30am–1pm
www.cancerwise.org.uk

CancerWise provides support and information to anyone concerned about cancer. There’s a range of counselling and complementary therapies on offer, as well as self-help and support groups and yoga classes.

Harbour Cancer Support Centre (Gosport)
The Bus Station, South Street, Gosport, Hampshire PO12 1EP

023 9250 1503
Monday–Friday, 10am–4pm
and Saturday, 10am–12.30pm
www.harbourcancer.org.uk

We offer practical and emotional support to anyone living with cancer, their family, friends and carers. We offer counselling, befriending, complementary therapies and support for children.

Health Information Exchange (Guernsey)
Beau Sejour, Amherst, St Peter Port, Guernsey GY1 2DH

01481 707470
Monday–Friday, 10am–4pm
www.healthtravel.org

The Health Information Exchange provides confidential and impartial information and support to people affected by cancer. They also signpost to other organisations and support groups.

Wessex Cancer Trust (Southampton)
Bellis House, 11 Westwood Road, Southampton, Hampshire SO17 1DL

023 8067 2200
Monday–Friday, 9am–5pm
www.wessexcancer.org

The Wessex Cancer Trust offers a range of information and support to anyone living with cancer, their friends, families and carers. They also offer weekly physical activity classes as well as a bibliotherapy reading group.

Wessex Cancer Trust (Romsey)
Jane Scarth House, 39 The Hundred, Romsey, Hampshire SO51 8GE

01794 830 374
Monday–Friday, 10am–4.30pm
www.wessexcancer.org

Along with information and support, the Wessex Cancer Trust offers confidential counselling and complementary therapies for people living with cancer and their families.
Wessex Cancer Trust (Waterside Cancer Support Centre)
The Grove, 25 St Johns Street,
Hythe, Hampshire SO45 6BZ
023 8178 0409
Monday–Friday, 10am–4pm
www.watersidecancersupport.co.uk
Drop in for up-to-date information and emotional support to help you cope with cancer.

Financial support services

Hampshire Macmillan Citizens Advice Bureau Service
0844 847 7727
Monday–Friday, 9am–2.30pm
We provide benefits advice, help with benefits appeals and grant applications, and advise on a range of issues including employment, housing and debt. Our service is available over the phone, at your home, or in local hospitals, hospices, and Citizens Advice Bureaux as well as home visits for anyone affected by cancer living, or being treated in, Hampshire. Call to make an appointment.

Macmillan Welfare Benefits Advice Service (Isle of Wight)
Exchange House, St Cross Lane,
Newport, Isle of Wight PO30 5BZ
01983 520594
Monday–Wednesday 8.30am–4pm
We provide confidential advice and practical help with welfare benefits, hospital travel costs, debt and other issues for people affected by cancer, their families and carers. Home and hospital visits are offered as well as on the phone or email.

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](http://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](http://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.