

# Cancer information and support in North Devon



active life  
active mind

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When you, a family member or friend, is diagnosed with cancer, you are likely to have many questions.

There are a number of people who can help answer these questions in a variety of ways.

- How can I learn more about the type of cancer I have?
- Who can I speak to about financial advice?
- How can I help someone who has cancer?
- How can I find out about local and national support groups?
- I am finishing treatment – what happens now?

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## Cancer IT support at your local library

If you are not sure about visiting the information prescription site at NHS Choices [www.nhs.uk/ipg](http://www.nhs.uk/ipg) yourself, then library staff in Barnstaple, Bideford, Ilfracombe and Holsworthy libraries have been trained in how to give internet support and will be willing to assist when available. Computers are available for your use in your local library.

## Books about cancer at your local library

Barnstaple, Bideford, Ilfracombe and Holsworthy libraries have a range of books about cancer – some written by people with cancer themselves, others with more technical information – that are available to borrow. Other libraries across Devon also hold books about cancer.

We are very keen to seek your views on any cancer books you have read.

## Macmillan/Citizens Advice Bureau sessions at your local library

Barnstaple, Bideford, Ilfracombe and Tiverton libraries hold monthly Macmillan/CAB advice and guidance sessions where you can get benefits and financial advice supporting people with cancer and other life limiting illnesses. The service is also available to carers and relatives. For more information contact your local library.

## Call the Macmillan support line

The Macmillan Support Line can provide information, emotional support and benefits advice. It is open Monday-Friday 9am-8pm and is free to call from all landlines and most mobile networks.

Call **0808 808 00 00** for cancer support at home, over the phone.

## Visit the Macmillan website

There is a wealth of information about all aspects of cancer, its treatment and how to manage the way it impacts upon every day life.

**[www.macmillan.org.uk](http://www.macmillan.org.uk)**

## Join the Macmillan online community

Do you wake up at 3am and wonder who you can talk to? So do lots of other people with cancer, and many of them can be found chatting at Macmillan's online community forums on **[www.macmillan.org.uk/community](http://www.macmillan.org.uk/community)** on facebook

**[www.facebook.com/macmillancancer](http://www.facebook.com/macmillancancer)** and on twitter **<http://twitter.com/macmillancancer>**

Whatever you are experiencing, it is likely that someone else can empathise and will be happy to talk to you about it.



## Your local Hospital

If you are referred to either North Devon District Hospital or Royal Devon and Exeter Hospital with a suspected or confirmed cancer diagnosis it is likely that you will be referred to a Consultant or Clinical Nurse Specialist (CNS). The CNS is an experienced nurse who specialises in a particular illness or condition.

At North Devon District Hospital there is an information centre in the main foyer on level 2 and an information area in the chemotherapy unit. You will find that most wards and clinics have a good selection of relevant information leaflets. If you don't find what you want, please always ask a member of staff.

## FORCE

FORCE Cancer Charity believes that anyone diagnosed with cancer deserves the best possible treatment and professional support close to home. The FORCE Support and Information Centre is open weekdays and located in the grounds of the Royal Devon and Exeter Hospital. You do not need a referral, which means you can call in when it's convenient to you. All services within the Centre are funded by FORCE, so there is no charge to you.

**[www.forcecancercharity.co.uk](http://www.forcecancercharity.co.uk)**  
**01392 406151**

For more information contact **FORCE** on **01392 406151**.

## North Devon Hospice – services available to local people

North Devon Hospice provides care and support to local people affected by cancer and other life-limiting illnesses. This support is available to the patient and their loved ones.

A team of Community Nurse Specialists visit patients and families at home to offer their expertise on anything from symptom management to benefits advice.

A Hospice to Home team can provide care in people's homes around the clock for anywhere up to 72 hours at a time. This support can be offered at a time of crisis, when symptoms are becoming severe, or it is difficult for the main carer to cope for whatever reason.

All of this care is underpinned by Emotional and Spiritual Support offered to patients and their whole family, including children.

All services are provided completely free of charge, and referrals can come from a GP or any healthcare professional. To find out more talk to your GP or call **01271 344248**. Alternatively visit **[www.northdevonhospice.org.uk](http://www.northdevonhospice.org.uk)**.

## Devon Community Directory

If you want to find the nearest support group, charity service or outreach service, the Devon Community Directory is a one-stop information shop allowing the people of Devon access to thousands of services, community groups and information across Devon in a single online search.

All of this can be found at **[www.directory.devon.gov.uk](http://www.directory.devon.gov.uk)**

## Your GP surgery

Rather than just giving a prescription for medicine, GPs will provide information and discuss what support may be suitable and available to you. It might be a leaflet about your specific cancer, or information about the effects of treatment. They may download an information prescription for you from NHS Choices. You can do this yourself by visiting **[www.nhs.uk/ipg](http://www.nhs.uk/ipg)**

If you are concerned about your cancer or think you may be suffering from cancer please consult your appropriate healthcare professional or GP at the earliest opportunity.