



University Hospitals Birmingham
NHS Foundation Trust

Directory of Support Services Across Birmingham and Solihull Area



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Introduction

This resource guide aims to provide a list of support groups and centres that are available to people affected by cancer, including patients, carers and their families, within the Birmingham and Solihull area.

For patients who are treated at University Hospitals Birmingham NHS Foundation Trust (UHB), but live outside of the Birmingham and Solihull area, the cancer information support services team are able to help find more suitable options.

This guide is regularly updated. To make suggestions and additions, please pass the details of the support group on to the cancer information and support team, so this can be added to this guide.

- Cancerinfo@uhb.nhs.uk

Cancer information and support services centres at University Hospitals Birmingham

The Cancer Information and Support Service is across all four sites of University Hospitals Birmingham. The service is run in conjunction with Macmillan to provide Information and Support to people under the care of UHB.

The service carries a wide range of written information and also has experienced staff who are able to signpost to charities and services in the community that can support a person or their family.

They provide information to those who are inpatients, outpatients, those who wish to know what information is available and also to staff who are supporting patients.

The centres are located on all the four hospital sites and contacts are given below:

Queen Elizabeth Hospital

The Patrick Room Cancer Information and Support Service

Cancer Centre,

Queen Elizabeth Hospital,

Edgbaston,

Birmingham,

B15 2TH

0121 371 3539

Heartlands Hospital

The Cancer Information Service

Haematology and Oncology Day Unit,

Heartlands Hospital,

Bordesley Green East,

Birmingham,

B9 5SS

0755 768 1905

Good Hope Hospital

Cancer Information and Support Service

Haematology and Oncology Day Unit,

Ground Floor,

Sheldon Unit,

Good Hope Hospital,

Sutton Coldfield,

B75 7RR

0121 424 2000 Extension 59095

Solihull Hospital

Cancer Information and Support Service

Haematology and Oncology Day Unit,

Solihull Hospital,

Solihull,

B91 2JL

0121 424 2000 Extension 54387

Generic Email Address (All Sites): cancerinfo@uhb.nhs.uk

Cancer support centres across Birmingham and Solihull

Cancer Support Centre Sutton Coldfield

This charity will support anyone who has received a diagnosis of cancer. It will also support their carers and support network. They have a wide range of therapies and groups and have benefits advisors on site on a regular basis to support people with cancer queries relating to work and benefits.

www.suttoncancersupport.org

Telephone: 0300 012 0245

Chai Cancer Care

Charity for people of the Jewish community living with cancer and their loved ones and carers. The Birmingham centre offers a support group, advisory services, complementary therapies, counselling, group activities, home support, and physiotherapy.

chaicancercare.org

Telephone: 0808 808 4567

Chinese Community Centre Birmingham

A project organised by the ICB with the Chinese community to provide information relating to cancer within their health champions groups and health and wellbeing events. Open for the Chinese community to bring equity to medical services in the city.

Telephone: 0121 685 8510

Green Lane Mosque

Cancer support for the Muslim community in the Small Heath area. A group of cancer champions work within the welfare team at the mosque and provide support. Range of support available for the brothers and sisters of the community.

Telephone: 0121 71 0080

Help Harry Help Others

Support centre offering a 'home from home' environment, social activities and workshops, advice on housing and employment, finances and benefits as well as emotional support and counselling. The centre also provides complementary therapies such as reiki, reflexology and a bra and wig fitting service.

hhho.org.uk

Telephone: 0121 783 5407

Let's Talk Hope

Part of the Yemeni Community Association in Sandwell. Provides support to people who have had cancer as well as their family and friends in a relaxed atmosphere with support given by trained staff.

Telephone: 0121 525 3909

Nishkam Centre

Cancer Support for the Sikh community within the Birmingham/Black Country area and particularly within the Handsworth area.

Telephone: 0121 515 4229

Solihull Cancer Support Group

Cancer support group for all cancer patients and their carers. Covers all cancer types and meets regularly at the Marie Curie Hospice. Very friendly group who have speakers and a programme of talks during the year.

Telephone: Patricia – 0121 711 1966

White House Cancer Support Centre Dudley

Charity providing practical and emotional support for cancer patients, their family, friends and carers, both on and off site. Services include counselling, with bereavement support, home to hospital transport service, complementary therapies, support groups, information and a range of well-being services such as yoga, choir, relaxation, peer support and befriending. See website for information.

www.support4cancer.org.uk

Telephone: 01384 231 232

Hospice support across Birmingham and Solihull

Birmingham Hospice Selly Park

Hospice for people living with life-limiting conditions. It offers specialist palliative and end of life care, supporting people in their homes, at outpatient clinics and at the hospice. Services include pain/symptom management, physiotherapy, occupational therapy, complementary therapy, family/carer support, spiritual and bereavement support.

www.birminghamhospice.org.uk

Birmingham Hospice Erdington

Hospice offering specialist palliative and end of life care for people living with life-limiting conditions. It supports people in their home and at the hospice as an inpatient or for day therapy. Services include pain/symptom management, physiotherapy, occupational therapy, complementary therapy, family/carer support, spiritual and bereavement care.

www.birminghamhospice.org.uk

Marie Curie Hospice Solihull

Hospice providing support to people living with life-limiting conditions. Services include in-patient care, emotional support, complementary therapies, at home care, occupational therapy, advice on welfare rights and group workshops.

www.mariecurie.org.uk

St Giles Hospice Sutton Coldfield and Lichfield

Hospice for people living with life-limiting conditions. It offers free specialist palliative and end of life care including pain/symptom management, a lymphoedema clinic, women's cancer support, physiotherapy, occupational therapy, complementary therapy, spiritual care and bereavement support.

www.stgileshospice.com

National Cancer Support

Below is a list of some of the bigger Cancer Support Groups who cover all aspects of cancer and cancer support. They are not about specific cancers and cover all aspects of living with cancer from a patient and carers perspective.

Macmillan Cancer Support

A website providing a wide range of support and knowledge from cancer types, treatment options, living with cancer, support groups, community forums and finances.

www.macmillan.org.uk

Telephone: 0808 808 0000

Cancer Research UK

A website written by clinical and academic teams who bring together knowledge and research to provide wide ranging patient and carer information to support all who may be living with or working with people with cancer.

www.cancerresearchuk.org

Maggie's Cancer Support

A national UK charity who has cancer support centres across the country and also an online community for people living with cancer. Cover all aspects of cancer support for the patients and the carers. They look at emotional, practical aspects of cancer and provide a personalised care service. Centres are in the West and East midlands with the closest to University Hospitals Birmingham being Cheltenham, Oxford, Northampton and Nottingham.

www.maggies.org

Penny Brohn Cancer Wellbeing for Everyone

Penny Brohn UK is a cancer health and Wellbeing charity helping people feel better in mind, body and spirit by offering everyone with cancer a choice of personalised care. Support is available online and at their centre near Bristol.

www.pennybrohn.org.uk

Odyssey – Challenging Cancer

A charity that helps make sense of living with and recovering from cancer. It is a national charity that's support people rebuilding their life, making sense of all that has happened and rebuilding self-esteem and confidence in the natural environment.

www.odyssey.org.uk

Telephone: 0345 363 2207

Shine Cancer Support

A charity specifically for those aged in the 20 -40's bracket. The charity was set up to help support those who were younger cancer patients as it affects them in different ways to those who are older. The charity offers a wide range of support from workshops to networking to online support and podcasts.

www.shinecancersupport.org

hi@shinecancersupport.org

Telephone: 07804 479413

Trekstock – Life alongside Cancer

Charity set up to navigate life through and beyond an experience when cancer treatment ends. Wide range of resources aimed at helping people in 20's and 30's connected, active and heard. Charity has a wide range of resources and events to support patients.

www.trekstock.com

Teenage Cancer Trust (TCT)

A charity set up to support young people from diagnosis to life after treatment. Build a relationship with the young person and their family to help the young person gain independence and education as well as emotional support. The team are made up of nurses, youth workers and social support staff. They work from specialist hospital units designed for the needs of the younger person.

www.teenagecancertrust.org

Telephone: 0207 612 0370

Hospital Units: Royal Orthopaedic Hospital Birmingham,
 Birmingham Children's Hospital,
 Queen Elizabeth Hospital Young Person's Unit.

Forests for wellbeing – Forestry England

Wellbeing resource for people who wish to utilise nature into their wellbeing regimes.

www.forestryengland.uk

Hope Programme for cancer

Free self-management programme providing support to people living with cancer and other long-term conditions. It offers online group sessions to help people manage their health and wellbeing and to improve their working and personal lives.

www.h4c.org.uk

contact@h4c.org.uk

Radiotherapy UK

Charity providing information and advice about radiotherapy. Information includes the different types, how it works, side effects, patient stories and details of clinical trials.

www.radiotherapy.org.uk

info@radiotherapy.org.uk

Move as One

Charity offering emotional and practical support to young people (age 18 to 30) living with cancer. Its private Facebook support group is a place to find friendship, advice, support and encouragement to move more. There is also a free 8-week online exercise programme which is supported by cancer rehabilitation specialists.

www.moveagainstcancer.org

info@movecharity.com

Yes to Life Cancer Support Group

Support groups with a focus on integrative medicine for people living with or beyond cancer and their loved ones and carers. Some groups meet in person, others online. Members discuss ways to improve mental health and wellbeing through lifestyle and complementary therapies and focus on chosen topics. There is also a members only health resource, holding regular expert led forums.

www.yestolife.org.uk

helpcentre@yestolife.org.uk

Black Women Rising

Project for women of colour living with and beyond cancer. It offers information and emotional support including monthly face to face coffee mornings and monthly online support groups. It also offers a magazine, Instagram Lives and a podcast series. Become a member to join support groups and access services.

www.blackwomenrisinguk.org

foundation@leannepero.com

Rose Thompson Foundation

Charity specialising in the support, development and delivery of Black Minority Ethnic (BME) cancer services and provision for these communities affected by cancer. It addresses cancer inequalities within BME and low-income communities through the development and delivery of relevant services including raising cancer awareness in the community and amongst health professionals.

www.rosetf.org.uk

info@rosetf.org.uk

Carers UK

Charity and community group for unpaid carers of all ages. It offers advice, support and information through its phone helpline, digital resources and signposting to carer groups. It also campaigns to make life better for carers.

www.carersuk.org

advice@carersuk.org

Telephone: 0808 808 7777

Winstons Wish

Bereavement charity that provides support to children and young people including their families. Services include a free and confidential national helpline, signposting to local organisations and online chat service and support groups.

www.winstonswish.org

ask@winstonswish.org

Telephone: 0808 802 0021

Deaf Cancer Support

Online support services for deaf people living with cancer. It offers virtual emotional and practical one to one support and signposting. It also supports the setting up of new peer support groups, so that deaf people affected by cancer can meet others with shared experiences.

deafcancersupport.org.uk

deafcancer@selfhelp.org.uk

Sophies stars

Charity providing support to families and friends of people living with cancer. It's a community of people going through similar situations that come together to provide advice, support and share experiences. Services offered include monthly events, exercise classes and support walks led by trained volunteers. It also offers online support via one-to-one support consultations, by phone or Zoom and has two online community groups.

sophiesstars.co.uk

info@sophiesstars.co.uk

We are Hope

Facebook group for young people with a loved one living with a life-limiting condition. It's a private group and all requests are dealt with by messaging and checking every new member understands what the group is all about.

www.facebook.com/groups/534350013384979

help@hopesupport.org.uk

LGBTQI+ Cancer Support Group

Online support group for anyone in the LGBTIQ+ community affected by cancer, including loved ones and carers. Meet others with shared experiences.

contact@livethroughthis.co.uk

Telephone: 0203 904 3448

Look Good Feel Better

Charity for people living with and beyond cancer. It offers online and face-to-face beauty, grooming and health and wellbeing workshops, and advice and tutorials to boost confidence and deal with physical changes following treatment or surgery. Separate groups for men and women and there are also online group sessions for young adults.

www.lookgoodfeelbetter.co.uk

info@lgfb.co.uk

Move against cancer

Monthly exercise group for people living with or beyond cancer, their loved ones and carers, healthcare professionals, and those who have lost a loved one to cancer. Local venues are Cannon Hill Park and Walsall Arboretum, they meet to take part in a 5k Your Way event - this can be by walking, jogging, running, cheering or volunteering. Everyone tends to go for a coffee and catch up after.

www.moveagaincancer.org

cannonhillgroup@5kyourway.org

walsallarboretumgroup@5kyourway.org

The Cancer Care Map

National directory that researches and lists all sorts of support that is available within a chosen post code. Useful to review when patients are outside of region.

www.cancercaremap.org

Menopause and Cancer

Menopause and Cancer is a charity dedicated to supporting individuals navigating menopause as a result of cancer treatment, offering resources, advocacy, and community support.

www.menopauseandcancer.org

Cinnamon Trust

The Cinnamon Trust is a UK charity providing support for elderly and terminally ill people with pets.

www.cinnamon.org.uk