



University Hospitals Birmingham  
NHS Foundation Trust

# Support Groups for Cancer Patients at University Hospitals Birmingham NHS Foundation Trust



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## Introduction

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This resource is a guide for all members of staff working in cancer care at University Hospitals Birmingham (UHB) and provides a list of support Groups and centres that are available for people affected by cancer (patients and carers) within the Birmingham and Solihull area. For patients who are treated at UHB but live outside of the Birmingham and Solihull area, the Cancer Information Support Services Team are available to help you search and identify resources closer to the patient's home, if that is their preferred choice.

This resource guide is regularly updated. If patients share information about any other support services they have accessed and found helpful, please pass the details on to the Cancer Information and Support Team, so this can be added to this guide. Furthermore, if you become aware of any additional support services and would like these included, please get in touch ([cancerinfo@uhb.nhs.uk](mailto:cancerinfo@uhb.nhs.uk)).

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## Adrenal Gland Cancer

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### **Adrenocortical Cancer Information and Support**

[www.accsupport.org.uk](http://www.accsupport.org.uk)

[info@amend.org.uk](mailto:info@amend.org.uk)

Telephone: 0800 434 6476

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## Anal Cancer

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### **Anal Cancer Foundation (ACF)**

Charity for people living with anal cancer and their loved ones and carers. It offers support, information and advice including peer support to match you with someone with lived experience of anal cancer.

[www.analcancerfoundation.org](http://www.analcancerfoundation.org)

[info@analcancerfoundation.org](mailto:info@analcancerfoundation.org)

Telephone: 0203 488 6567

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## Appendix Cancer

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### **Pseudomyxoma Survivor**

Charity for people living with cancer of the appendix and pseudomyxoma peritonei. It raises awareness and funds research into the condition. As well as having online support groups.

[www.pseudomyxomasurvivor.org](http://www.pseudomyxomasurvivor.org)

[hello@pseudomyxomasurvivor.org](mailto:hello@pseudomyxomasurvivor.org)

Telephone: 0300 302 0050

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## **Bladder Cancer**

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### **Fight Bladder Cancer Support Service**

Charity for people living with bladder cancer and their carers. It offers information, advice and support including a private Facebook forum. Additionally, the charity holds online support meetings, local support groups and a monthly newsletter and magazine.

[www.Fightbladdercancer.co.uk](http://www.Fightbladdercancer.co.uk)

[info@fightbladdercancer.co.uk](mailto:info@fightbladdercancer.co.uk)

Telephone: 0184 495 1621

### **Action Bladder Cancer UK**

Support group for people living with or beyond bladder cancer and carers. It offers the chance to meet others with shared experiences. Meeting in person two to three times a year.

[www.actionbladdercanceruk.org](http://www.actionbladdercanceruk.org)

[jackieaskew@nhs.net](mailto:jackieaskew@nhs.net)

### **Wolverhampton Bladder Cancer Support Group**

Support group for people living with bladder cancer and carers. Meet others with shared experiences. Specialist nurses and guest speakers attend meetings to offer expertise and general advice.

[secretary@wolverhamptonbcsg.org](mailto:secretary@wolverhamptonbcsg.org)

[www.actionbladdercanceruk.org](http://www.actionbladdercanceruk.org)

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## Bowel Cancer

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### **Bowel Cancer Support Group**

Online peer support group providing help to people affected by bowel cancer. It offers the chance to meet others with shared experiences. Currently operating as a closed Facebook group. There are also weekly online support groups via Zoom.

[www.bowelcancersupportgroupuk.org](http://www.bowelcancersupportgroupuk.org)

[enquiries@bowelcancersupportgroupuk.org](mailto:enquiries@bowelcancersupportgroupuk.org)

### **Colorectal Cancer Support Group**

Sutton Coldfield Local Support Group open to all patients.

[colorectalcnsghh@uhb.nhs.uk](mailto:colorectalcnsghh@uhb.nhs.uk)

Telephone: 0121 424 7429

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## Brain Cancer

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### **Brain Tumour Support – Warwickshire/Coventry Group**

Support group for anyone affected by a brain tumour. Offers one-to-one, group, online and phone support, and counselling. Support sessions are available via live zoom online meet-ups. See website or contact organisation for more.

[www.braintumoursupport.co.uk](http://www.braintumoursupport.co.uk)

[support@braintumoursupport.co.uk](mailto:support@braintumoursupport.co.uk)

Telephone: 0145 442 2701 (Support line)

### **Berti Brain Tumour Support Group, Birmingham**

A group set up for patients and relatives/carers. Joint group set up between University Hospitals Birmingham and University of Birmingham. Contact for this group is through the Clinical Nurse Specialists in the neuro-oncology team.

[Braintumourspecialistnurses@uhb.nhs.uk](mailto:braintumourspecialistnurses@uhb.nhs.uk)

### **International Brain Tumour Alliance**

Organisation for brain tumour groups and others involved in the field of neuro-oncology. People can find links to other support organisations on the website and information on clinical trials, conferences and events. There are also podcasts featuring the real-life stories of people working in the brain tumour field and those with the condition.

[www.theibta.org](http://www.theibta.org)

[kathy@theibta.org](mailto:kathy@theibta.org)

### **Brain Tumour Support Member Forum**

Charity for people living with a brain tumour and their carers. Offers online support sessions to connect, gain support and information and share experiences via Zoom.

[www.braintumoursupport.co.uk](http://www.braintumoursupport.co.uk)

[info@braintumoursupport.co.uk](mailto:info@braintumoursupport.co.uk)

Telephone: 0145 442 2701

### **Astro Brain Tumour Fund**

Offers information, advice, signposting and a closed Facebook support group to help people living with low grade gliomas, and carers through the challenges of living with a slow-growing brain tumour.

[www.astrofund.org.uk](http://www.astrofund.org.uk)

[treasurer@astrofund.org.uk](mailto:treasurer@astrofund.org.uk)

Telephone: 0208 405 8853 / 0145 852 5279

**The Brain Charity** (*not specific to cancer alone*)

If you're affected by brain tumour, The Brain Charity can support you. We are the only charity in the UK to be here for every one of the more than 600 different neurological conditions in existence. We provide practical help on all aspects of living with a brain tumour. Contact directly using links below.

[www.thebraincharity.org.uk](http://www.thebraincharity.org.uk)

[hello@thebraincharity.org.uk](mailto:hello@thebraincharity.org.uk)

Telephone: 0151 298 2999

**Brain Tumour Support Group Online**

Online support sessions offering help and advice for anyone affected by a brain tumour. The charity provides one-to-one and group support, online and telephone support and specialist counselling.

[www.braintumoursupport.co.uk](http://www.braintumoursupport.co.uk)

[support@braintumoursupport.co.uk](mailto:support@braintumoursupport.co.uk)

**Brain Tumour Support – Walsall Group**

Support group run by the charity Brain Tumour Support for anyone affected by a brain tumour. Call for more details on the support available.

[www.braintumoursupport.co.uk](http://www.braintumoursupport.co.uk)

[support@braintumoursupport.co.uk](mailto:support@braintumoursupport.co.uk)

**Brain Tumour Support – Birmingham Group**

Support group run by the charity Brain Tumour Support for anyone affected by a brain tumour. The charity provides one-to-one, face to face groups, online and telephone support, and specialist counselling. Support and topic sessions are available online via zoom.

[www.braintumoursupport.co.uk](http://www.braintumoursupport.co.uk)

## **Brainstrust Midlands**

Charity for people living with a brain tumour in the Midlands. Its Midlands regional support specialist provides one-to-one support, specialist referrals, tailored resources, signposting and works with clinical teams across the landscape.

[brainstrust.org.uk](http://brainstrust.org.uk)

[hello@brainstrust.org.uk](mailto:hello@brainstrust.org.uk)

Telephone: 0198 329 2405

## **Headway Birmingham and Solihull**

Support for brain patients, families and carers at any time in their diagnosis and pathway.

[www.headway-bs.org.uk](http://www.headway-bs.org.uk)

[enquiries@headway-bs.org.uk](mailto:enquiries@headway-bs.org.uk)

Telephone: 0121 457 7541

## **The Giles Trust Brain Tumour Fund**

Charity set up to raise money to fund vital research and patients at University Hospitals Birmingham.

[www.gilestrust.org](http://www.gilestrust.org)

[stine.giles@uhb.nhs.uk](mailto:stine.giles@uhb.nhs.uk)

Telephone: 0121 371 4852

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## Breast Cancer

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### **Breast Cancer Now**

Charity offering information and support to people living with breast cancer. Its services include a helpline run by breast care nurses, online information, advice and information about local and online support groups and events.

[breastcancernow.org](http://breastcancernow.org)

[hello@breastcancernow.org](mailto:hello@breastcancernow.org)

Telephone: 0808 800 6000

### **Breast Cancer Now - Living with Secondary Breast Cancer**

Breast cancer charity for people with secondary breast cancer. It offers information and support including in person meet ups, online sessions attended by expert speakers, online videos presented by experts on topics relevant to secondary breast cancer, and more.

[hello@breastcancernow.org](mailto:hello@breastcancernow.org)

Telephone: 0333 207 0300

### **Lobular Breast Cancer UK**

Charity offering information and practical and emotional support to people with lobular breast cancer. Services include online resources, videos, private Facebook group and signposting to further support.

[lobularbreastcancer.org.uk](http://lobularbreastcancer.org.uk)

[info@lobularbreastcancer.org.uk](mailto:info@lobularbreastcancer.org.uk)

### **Keeping Abreast Support Group**

Charity supporting women who are considering, or undergoing, breast reconstruction surgery due to breast cancer or discovery of the BRCA

gene. It aims to help people make an informed choice about their treatment by putting them in touch with others who have gone through reconstructive surgery. People can use its online map to find their local face to face support group.

[www.keepingabreast.org.uk](http://www.keepingabreast.org.uk)

[info@keepingabreast.org.uk](mailto:info@keepingabreast.org.uk)

### **Ladies Fighting Breast Cancer (LFBC)**

Charity for people living with and beyond breast cancer. It offers advice, friendship and support including social meet ups, a community choir, financial help and information about the condition. It has virtual meet ups via Zoom and face to face meet ups.

[lfbc.org.uk](http://lfbc.org.uk)

[info@lfbc.org.uk](mailto:info@lfbc.org.uk)

### **Breast Friends**

Support group providing help to women living with breast cancer offering friendship, support, and emotional and practical help. Run by volunteers affected by breast cancer in the Birmingham and Solihull area.

[www.breastfriends-solihull.org.uk](http://www.breastfriends-solihull.org.uk)

Telephone: 0800 131 3500

### **Walk the Walk - Virtual meet up**

Monthly virtual meet up run by the charity Walk the Walk for men living with and beyond breast cancer. It offers men the chance to meet others with shared experiences.

[www.walkthewalk.org](http://www.walkthewalk.org)

[doug.harper@themensvmu.org](mailto:doug.harper@themensvmu.org)

Telephone: 0148 374 1430

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## GIST Cancer

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### **GIST Cancer UK**

Charitable trust providing support and information to people living with a gastrointestinal stromal tumour (GIST). Services include online discussion groups, a private online individual and carer discussion/question and answer group, phone helpline and support groups.

[www.gistcancer.org.uk](http://www.gistcancer.org.uk)

[admin@gistcancer.org.uk](mailto:admin@gistcancer.org.uk)

Telephone: 0300 400 0000

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## Gynaecological Cancer

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### **Go Girls Support**

National charity supporting people with gynaecological cancer and raising awareness of all five gynaecological cancers. It offers information about symptoms, diagnosis, and treatment of gynaecological cancer, online peer support group and signposting to events and fundraising support.

[www.gogirlssupport.org](http://www.gogirlssupport.org)

[hello@gogirlssupport.org](mailto:hello@gogirlssupport.org)

### **Ovarian Cancer UK Private Facebook group**

Facebook support group offering a place online for people affected by ovarian cancer to meet others with shared experiences. People need to request to join.

[www.facebook.com](http://www.facebook.com)

## **Peaches Womb Cancer Trust**

Charity providing information and support to people living with womb cancer and their loved ones. It offers information and support through its website and expert-led talks, and hosts webinars and workshops. It also holds private virtual coffee mornings run by cancer nurse specialists and can put people in touch with womb cancer researchers.

[www.peachestrust.org](http://www.peachestrust.org)

[admin@peachestrust.org](mailto:admin@peachestrust.org)

## **Eve Appeal**

This website is online resource covering all aspects of gynaecological cancer and looks at genetic risks related to gynaecological cancers.

[www.eveappeal.org.uk/information-and-advice/](http://www.eveappeal.org.uk/information-and-advice/)

[office@eveappeal.org.uk](mailto:office@eveappeal.org.uk)

Telephone: 0207 7605 0100

## **British Gynaecological Cancer Society**

A resource which looks at health and support for people with Gynaecological cancer. Large section on charities and support groups for people with these cancers and their carers.

[www.bgcs.org.uk/public-information/charities-and-supporting-patients/](http://www.bgcs.org.uk/public-information/charities-and-supporting-patients/)

## **Ovacome Ovarian Cancer Charity**

Ovarian charity offering personalised support to patients or carers with an ovarian cancer.

[www.ovacome.org.uk](http://www.ovacome.org.uk)

Telephone Support line: 0800 008 7054

Telephone: 0207 299 6654

## **Ovarian Cancer Action**

A website for people who want to know more about ovarian cancer, symptoms, treatment and living with the disease.

[www.ovarian.org.uk](http://www.ovarian.org.uk)

[info@ovarian.org.uk](mailto:info@ovarian.org.uk)

Telephone: 0207 380 1730

## **Target Ovarian Cancer**

Charity that works across the UK improving early diagnosis, research and provide support to women with ovarian cancer. They also have a range of patient guides which are useful across the disease pathway.

<http://targetovariancancer.org.uk/guides>

<http://targetovariancancer.org.uk/supportline>

Telephone Support Line: 0207 923 5475

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## **Haematological Cancer**

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### **Leukaemia Care**

Charity for people living with blood cancer including leukaemia, lymphoma and myeloma and their loved ones. It offers advice and support including one-to-one buddy support by email or phone, a nurse helpline, support groups, webinars, downloadable publications and reports, and an online community forum. It also signposts to local support groups.

[www.leukaemiacare.org.uk](http://www.leukaemiacare.org.uk)

[support@leukaemiacare.org.uk](mailto:support@leukaemiacare.org.uk)

Telephone: 0808 8010 444

## **Myeloma UK**

Myeloma UK is the only charity that focuses on myeloma and associated conditions. It provides information, support, research and advocacy for people affected by myeloma.

[www.myeloma.org.uk](http://www.myeloma.org.uk)

[askthenurse@myeloma.org.uk](mailto:askthenurse@myeloma.org.uk)

[supportgroups@myeloma.org.uk](mailto:supportgroups@myeloma.org.uk)

Telephone Information Line: 0800 980 3332

## **CML Support Group**

Online forum for people living with chronic myeloid leukaemia (CML) where they can post, share and discuss their experiences on topics related to the condition. To interact with others on the discussion forum, people must register as a user.

[www.cmlsupport.org.uk](http://www.cmlsupport.org.uk)

## **CLL Support**

Charity providing free and up-to-date resources about chronic lymphocytic leukaemia (CLL). People can chat with others on an active online forum, attend meet ups and group activities, listen to webinars, and sign up to receive chronic lymphocytic leukaemia publications and newsletters. The charity also has a telephone helpline and signpost to other support services available.

[www.clisupport.org.uk](http://www.clisupport.org.uk)

[info@clisupport.org.uk](mailto:info@clisupport.org.uk)

Telephone: 0800 977 4396

## **MDS UK Patient Support Group**

Support group for people living with myelodysplastic syndromes and their carers. It offers lists of consultants, a phone helpline, information meetings, regional support groups, general information, online forums and peer support.

[www.mdspatientsupport.org.uk](http://www.mdspatientsupport.org.uk)

[info@mdspatientsupport.org.uk](mailto:info@mdspatientsupport.org.uk)

### **Birmingham Haematology Support Group**

Virtual support group for people living with blood cancer and their loved ones and carers. Meet others online with shared experiences.

[www.leukaemiacare.org.uk](http://www.leukaemiacare.org.uk)

[support@leukaemiacare.org.uk](mailto:support@leukaemiacare.org.uk)

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## **Head & Neck Cancer**

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### **Oracle Head and Neck Cancer UK**

Charity supporting head and neck cancer research, including cancers of the mouth, tongue, different parts of the throat, the nose or sinuses, the salivary glands and the middle ear. It provides information about signs and symptoms, real life accounts from people with the condition, regional support groups and a helpline.

[oraclehnc.org.uk](http://oraclehnc.org.uk)

[info@oraclecancertrust.org](mailto:info@oraclecancertrust.org)

Telephone: 0203 475 3471

### **Salivary Gland Cancer UK**

A website looking at the various cancer types within the salivary gland, treatment options and support resources.

[www.salivaryglandcancer.uk](http://www.salivaryglandcancer.uk)

<mailto:hello@salivaryglandcancer.uk>

## **The Swallows Head and Neck Cancer Support**

Online support group providing peer support, an opportunity for members to share experiences, advice and signposting to other services and events for young persons living with head and neck cancer. Group meets second Wednesday of the month, 6:30pm-8:30pm. The service offers a wide range of support and information.

[www.theswallows.org.uk](http://www.theswallows.org.uk)

[info@theswallows.org.uk](mailto:info@theswallows.org.uk)

## **Heads2gether**

Support groups providing help to people living with head and neck cancer. They offer a chance to share experiences and perspectives, ask advice from members of the medical team about recovery, and discuss the practical, emotional and everyday challenges that follow treatment.

[www.heads2gether.net](http://www.heads2gether.net)

Telephone Helpline: 0800 0234 550

## **The National Association of Laryngectomee Clubs**

The purpose of the charity is to support the rehabilitation of Laryngectomy patients post-operatively. It provides a variety of support for the patient and their carers/supporters.

[www.laryngectomy.org.uk](http://www.laryngectomy.org.uk)

[info@laryngectomy.org.uk](mailto:info@laryngectomy.org.uk)

Telephone: 0207 730 8585

## **Changing Faces**

There are a number of other ways we can support people living with the effects of head and neck cancer here at Changing Faces: Online Community, Peer Group Chat Service, workshops for children and young people and their parents and real stories. Please contact our Support and Information Line and if you are interested in accessing our services. Our friendly team also offer support calls for you to talk about the impact of head and neck cancer on your life.

[www.changingfaces.org.uk](http://www.changingfaces.org.uk)

Support Line: 0300 012 0275

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## **Hepatobiliary Cancer**

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### **Liver Cancer UK**

Liver Charity to support patients and relatives who have been diagnosed or living with Liver Cancer. Support line and Support groups available in an online way. Wide range of patient information covering every aspect of liver cancer.

[www.livercanceruk.org/support-for-you](http://www.livercanceruk.org/support-for-you)

Special Nurse Telephone: 0800 52 7330 9:00am-4:00pm Monday to Friday

[helpline@britishlivertrust.org.uk](mailto:helpline@britishlivertrust.org.uk)

### **Pancreatic Cancer UK**

This charity supports those who are patients and carers with pancreatic cancer. It has a wide range of patient information for all aspects of pancreatic cancer. They run have a nurse support line and community forum. There is also a family and friends' group.

[www.pancreaticcancer.org.uk](http://www.pancreaticcancer.org.uk)

Support Helpline: 0808 801 0707

### **AMMF – The Cholangiocarcinoma Charity**

A website specifically for those who have cholangiocarcinoma. It looks at all aspects of the disease and offers support by webinars, patient information and discussion groups. The charity also has links with European resources.

[www.ammf.org.uk](http://www.ammf.org.uk)

[info@ammf.org.uk](mailto:info@ammf.org.uk)

Telephone: 01279 661 479

## **Neuroendocrine Cancer UK**

Neuroendocrine Cancer UK is a non-profit organisation dedicated to supporting individuals and families affected by neuroendocrine cancer. We provide information, support services, advocacy, and resources to empower patients, caregivers, and healthcare professionals.

[www.neuroendocrinecancer.org.uk](http://www.neuroendocrinecancer.org.uk)

Telephone: 0800 434 6476

## **Birmingham Natter Group for Neuroendocrine Cancer**

[www.hello@nc-uk.org](mailto:www.hello@nc-uk.org)

Telephone: 0800 434 6476 / 01926 883487

## **National NCUK Family & Friends Natter**

[www.hello@nc-uk.org](mailto:www.hello@nc-uk.org)

Telephone: 0800 434 6476 / 01926 883487

## **Queen Elizabeth Hospital Birmingham Liver Unit Support Group**

The group aims to support, educate and encourage patients within the Liver Unit. Meetings held face to face and virtually.

[QEHLiverunitsupportgroup@uhb.nhs.uk](mailto:QEHLiverunitsupportgroup@uhb.nhs.uk)

Telephone: 0121 371 2627

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## **Kidney Cancer**

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### **Kidney Cancer UK**

Virtual support groups for people living with differing stages of kidney cancer. Provision of a counselling service for Kidney patients, financial advice and online chats are available.

[www.kcuk.org.uk](http://www.kcuk.org.uk)

Telephone: 0800 002 9002 (Freephone helpline)

Telephone: 0122 387 0008

### **Action Kidney Cancer**

This charity provides a range of support for patients from groups to information days.

[www.actionkidneycancer.org](http://www.actionkidneycancer.org)

[support@actionkidneycancer.org](mailto:support@actionkidneycancer.org)

Helpline: 0800 121 8721

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## **Lung Cancer**

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### **Roy Castle Lung Cancer Foundation**

The Roy Castle Lung Cancer Foundation is a UK charity dedicated to defeating lung cancer. It funds research into early diagnosis and provides support to patients and their families. It also helps people to stop smoking and provides anti-smoking education materials for children and young people.

People affected by lung cancer can share experiences through the foundation's network of support groups and the online discussion forum: Talk and Share.

[www.roycastle.org](http://www.roycastle.org)

Telephone: 03333237200

### **The Roy Castle Lung Cancer Foundation – Walsall Support Group**

Support group providing help to people living with lung cancer run by the Roy Castle Lung Foundation. It offers the chance to meet others with shared experiences.

[www.roycastle.org](http://www.roycastle.org)

[info@roycastle.org](mailto:info@roycastle.org)

## **Lung Cancer Support Group - Marie Curie Hospice**

2 Hour group session held at Marie Cure Hospice held by Lung Cancer Clinical Nurse Specialists to include monthly presenters on specialities linked to the group. Please contact the Clinical Nurse Specialists for dates and events.

[lungcancerCNS@uhb.nhs.uk](mailto:lungcancerCNS@uhb.nhs.uk)

## **Asthma and Lung UK**

Asthma and Lung UK (previously The British Lung Foundation) provide information on all types of lung conditions. They run support groups across the country and produce a newsletter and other publications. They raise funds for research into lung disease.

[www.asthmaandlung.org.uk](http://www.asthmaandlung.org.uk)

[helpline@asthmaandlung.org.uk](mailto:helpline@asthmaandlung.org.uk)

Helpline: 0300 222 5800

## **ALK positive Lung Cancer**

ALK Positive Lung Cancer (UK) is a charity established by a group of patients and carers. They provide support and advocacy for people affected by ALK positive non-small cell lung cancer. They have a Facebook group and organise a patient forum every few months where affected people can meet up face to face.

[www.alkpositive.org.uk](http://www.alkpositive.org.uk)

[hello@alkpositive.org.uk](mailto:hello@alkpositive.org.uk)

Helpline: 07975 623515

## **EGFR Positive UK**

EGFR Positive UK is a registered charity established by patients and their families and friends. They offer support to patients with EGFR positive lung cancer and their family and friends, via a Facebook group.

[www.egfrpositive.org.uk](http://www.egfrpositive.org.uk)

[contact@egfrpositive.org.uk](mailto:contact@egfrpositive.org.uk)

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## Neuroendocrine (NETS) Cancer

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### **Neuroendocrine Cancer UK**

Neuroendocrine Cancer UK is a non-profit organisation dedicated to supporting individuals and families affected by neuroendocrine cancer. We provide information, support services, advocacy, and resources to empower patients, caregivers, and healthcare professionals.

[www.neuroendocrinecancer.org.uk](http://www.neuroendocrinecancer.org.uk)

Telephone: 0800 434 6476

### **Birmingham Natter Group for Neuroendocrine Cancer**

[www.hello@nc-uk.org](mailto:www.hello@nc-uk.org)

Telephone: 0800 434 6476 / 0192 688 3487

### **National NCUK Family & Friends Natter**

[www.hello@nc-uk.org](mailto:www.hello@nc-uk.org)

Telephone: 0800 434 6476 / 01926 883487

### **NET Cancer Foundation**

NET Cancer Foundation is a safe community where you are able to share your thoughts and feelings about neuroendocrine cancer. Your story is invaluable to our foundation and those who read it. Share your own story with us to help spread awareness of NETs and to find a cure!

[www.netcancerfoundation.com](http://www.netcancerfoundation.com)

[contact@netcancerfoundation.com](mailto:contact@netcancerfoundation.com)

Telephone: 07796305472

## **UK & Ireland NETS**

Neuroendocrine Cancer UK (formerly NET Patient Foundation) is a UK wide charity with a purpose to provide local support and information to patients and families from diagnosis, enabling access to the best care and treatment, whilst stimulating Neuroendocrine Cancer research, increasing national awareness and influencing improvements in outcomes.

[www.ukinets.org](http://www.ukinets.org)

[enquiries@ukinets.org](mailto:enquiries@ukinets.org)

Telephone: 0145 464 2277

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## **Oesophageal Cancer**

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### **OPA cancer Charity**

This charity is to support patients, caregivers and families. It supports patients with Oesophageal and gastric tumours. The charity provides numerous resources to support patients through their diagnosis and treatment. The charity provides in-person support meetings, online meetings and a patient Buddy Service.

[www.opa.org.uk](http://www.opa.org.uk)

### **Heartburn Cancer UK**

Charity for people affected by heartburn, oesophageal cancer and other related conditions. It raises awareness of the early symptoms of Barrett's oesophagus and oesophageal cancer. It also runs in person support groups for people with Barrett's or oesophageal cancer and an online support group.

[www.heartburncanceruk.org](http://www.heartburncanceruk.org)

[info@heartburncanceruk.org](mailto:info@heartburncanceruk.org)

Telephone: 01256 338668

## **Upper GI Support Group**

The Upper GI support Group is bi-monthly and held in the education centre at the Queen Elizabeth Hospital, Birmingham. It is run by patients and supported by the Upper GI Clinical Nursing team

[UpperGI-CNS@uhb.nhs.uk](mailto:UpperGI-CNS@uhb.nhs.uk)

## **Guts UK**

This charity fund research into diseases of the oesophagus and other parts of the gut. They look at the various conditions of the digestive tract and provide information on health and lifestyle.

[www.Gutscharity.org.uk](http://www.Gutscharity.org.uk)

[helpline@gutscharity.org.uk](mailto:helpline@gutscharity.org.uk)

Helpline: 0300 102 4887 (Monday – Friday 10:00am-2:00pm).

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## **Penile Cancer**

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### **Penile Cancer Awareness and Support Group**

Closed/private Facebook group with over 200 members raising awareness and sharing personal experiences of penile cancer.

[www.facebook.com](http://www.facebook.com)

### **Orchid Fighting Male Cancer**

The orchid charity hosts a forum for people affected by men's cancers. Charity has a support line and also functions to provide support and research into the male diseases. The charity carries a range of specific information support for male cancer patients and has a helpline open Monday to Friday 9:00am-5:30pm

[www.Orchid-cancer.org.uk](http://www.Orchid-cancer.org.uk)

Confidential Male Cancer Helpline: 0808 802 0010

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## Prostate Cancer

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### **Prostate Cancer UK**

This charity looks at Information and Support for patients from the signs and symptoms through to being diagnosed and living with prostate cancer. The information can be ordered from the site or downloaded for use. There is a specific part of the website supporting Afro-Caribbean men as their risk is greater at 1 in 4 men to the white population of 1 in 8. They also have a specialist nurse support service over the phone, email or online chat. There are a range of online services for all men at differing stages in their diagnosis and treatment pathway.

[www.prostatecanceruk.org](http://www.prostatecanceruk.org)

Specialist Nurse Helpline: 0800 074 8383

[www.facebook.com](http://www.facebook.com)

### **Prostate Cancer Research**

This is a charity bridging the gap between research and development and the patient community to ensure the best treatments for the future and provide information to provide support when making informed decisions.

[www.prostate-cancer-research.org.uk](http://www.prostate-cancer-research.org.uk)

### **Tackle Prostate Cancer**

Patient led service which looks to support patients and carers, raise awareness and fight for improvement. They have a range of support groups across the country and have built a directory of local services for people to find support. Their emphasis is very much on peer support.

[www.tackleprostate.org](http://www.tackleprostate.org)

## **The Errol McKellar Foundation**

Charity offering support groups for men with prostate cancer, especially black African and Caribbean men, founded by Errol McKellar, MBE. The Sit & Talk groups meet online on the last Saturday of the month from 10:30am-12:30pm.

[www.theerrolmckellarfoundation.com](http://www.theerrolmckellarfoundation.com)

[Sit&talk@errolmckellar.com](mailto:Sit&talk@errolmckellar.com)

Telephone: 07850 317995

## **LGBTQ+ Prostate Support Group**

Support group for gay and bisexual men, trans women and non-binary people living with prostate cancer. It offers practical information and support. There are hybrid meetings, in-person in the centre of Manchester and simultaneously on Zoom, on the first Saturday of the month, 2:00-4:00pm.

[www.outwithprostatecancer.org.uk](http://www.outwithprostatecancer.org.uk)

[info@outwithprostatecancer.org.uk](mailto:info@outwithprostatecancer.org.uk)

## **Solihull Prostate Cancer Support Group**

Support group for people living with or beyond prostate cancer and their loved ones and carers. Meet others with shared experiences and get information and support. A buddy system is in place for face to face and phone support. Meetings held on the last Tuesday of the month, 6:30pm.

[www.solihullpcsg.org.uk](http://www.solihullpcsg.org.uk)

[solihull.pcs@gmail.com](mailto:solihull.pcs@gmail.com)

## **Sutton Coldfield Prostate Cancer Support Group**

Support group providing help to men diagnosed with prostate cancer and their loved ones and carers. It offers information, emotional and practical support in looking at different treatments. Meetings are on the last Wednesday of the month at 2:30pm.

[www.suttoncancersupport.org](http://www.suttoncancersupport.org)

[info@suttoncancersupport.org](mailto:info@suttoncancersupport.org)

## **Tackle Prostate - City and Sandwell Prostate and Urology Cancer Support Group**

Support group for people living with prostate cancer. It offers the chance to meet others with shared experiences and get information and advice. Meetings are held every three months.

[tackleprostate.org](http://tackleprostate.org)

[s.leahy@nhs.net](mailto:s.leahy@nhs.net)

Telephone: 0121 507 5969 / 0121 507 5242

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## **Sarcoma Cancer Specific**

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### **Sarcoma UK (Bone & Soft tissue Cancer charity)**

Sarcoma UK is a national charity that funds vital research, offers support for anyone affected by sarcoma cancer and campaigns for better treatments. It is the only cancer charity in the UK focusing on all types of sarcoma. There are many subtypes of sarcoma and your Clinical Nurse Specialist will be able to guide you to appropriate websites also.

<https://sarcoma.org.uk/>

[supportline@sarcoma.org.uk](mailto:supportline@sarcoma.org.uk)

Telephone: 0808 801 0401

Text: 07860 058830

### **GIST Cancer UK**

A national charity supporting patients with a rare type of sarcoma in the gastrointestinal area of the body. There is an online forum and also patient and carer meetings.

[www.gistcancer.org.uk](http://www.gistcancer.org.uk)

[admin@gistcancer.org.uk](mailto:admin@gistcancer.org.uk)

Telephone Helpline: 0300 400 0000

## **Bone Cancer Research Trust**

We are the leading charity dedicated to fighting primary bone cancer and are uniquely placed to make a difference through research, information, awareness and support.

[www.bcrct.org.uk](http://www.bcrct.org.uk)

[support@bcrct.org.uk](mailto:support@bcrct.org.uk) / [info@bcrct.org.uk](mailto:info@bcrct.org.uk)

Telephone: 0113 258 5934

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## **Skin and Melanoma Cancer**

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### **British Skin Foundation**

The British Skin Foundation is the only UK charity that raises money to fund research into all types of skin diseases, including skin cancer.

[www.britishskinfoundation.org.uk](http://www.britishskinfoundation.org.uk)

[admin@britishskinfoundation.org.uk](mailto:admin@britishskinfoundation.org.uk)

### **Melanoma UK**

Charity providing information and support to people living with melanoma. Services include a telephone helpline, online medical webinars, a private Facebook support group and weekly virtual meet ups. Its smart phone app is a paid service which enables people to use clinically approved technology to check their skin spots and moles for the most common types of skin cancer. The app can connect people with others who have similar symptoms or live close by.

[www.melanomauk.org.uk](http://www.melanomauk.org.uk)

[info@melanomauk.org.uk](mailto:info@melanomauk.org.uk)

Telephone: 0808 171 2455

## **OcuMel UK**

Charity offering information and support to people affected by eye cancer (ocular melanoma). Services include a helpline, online support groups, social gatherings, information direct from people with eye cancer and links to resources including factsheets.

[www.ocumeluk.org](http://www.ocumeluk.org)

[helpline@omuk.info](mailto:helpline@omuk.info)

Telephone: 0300 790 0512

## **Changing Faces**

Provide information and support for people with any form of disfigurement including those caused by cancer. They also provide a skin camouflage service in England and Scotland.

[www.changingfaces.org.uk](http://www.changingfaces.org.uk)

[info@changingfaces.org.uk](mailto:info@changingfaces.org.uk)

Telephone: 0300 0120 275

## **British Association of Dermatologists**

This is a professional body for Dermatologists in the UK. They have useful patient information leaflets that can be downloaded from the website.

[www.bad.org.uk](http://www.bad.org.uk)

Telephone: 0207 383 0266

## **Cancer Research UK**

A website specific to all cancers. Has a section on skin cancer with information around support groups and information resources to support you during a skin cancer diagnosis and its treatment.

[www.cancerresearchuk.org/about-cancer/skin-cancer](http://www.cancerresearchuk.org/about-cancer/skin-cancer)

[www.cancerresearchuk.org/about-cancer/melanoma](http://www.cancerresearchuk.org/about-cancer/melanoma)

## **Melanoma Focus**

The melanoma focus helpline is a confidential service for anyone in the UK who has questions about Melanoma. The helpline is staffed by nurses and open 1:00-2:00pm and 7:00-9:00pm Monday to Friday and 7:00-9:00pm on a Sunday.

Telephone: 0808 801 0777

## **Melanoma-Me Foundation**

Charity based in Northeast England who offer telephone counselling sessions to people in the rest of the UK.

[www.melanoma-me.org.uk](http://www.melanoma-me.org.uk)

[Melanomame17@gmail.com](mailto:Melanomame17@gmail.com)

Telephone: 0191 492 2211

## **Skin Cancer UK**

Skin cancer charity specialising in awareness, prevention and early detection of Melanoma and non-melanoma skin cancer. Information available on how to connect to useful information and emotional support.

[www.skcin.org](http://www.skcin.org)

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## **Skull Base Cancer**

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### **Skull Base Foundation**

This foundation is set up to provide education, training and research for clinicians. However, they have provided some very useful patient information that relates to rare small cancers. The information is very specific to the cancer type.

[www.skullbasefoundation.co.uk](http://www.skullbasefoundation.co.uk)

[enquiries@skullbasefoundation.co.uk](mailto:enquiries@skullbasefoundation.co.uk)

Telephone: 01625 537 486

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## Stomach Cancer

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### **OPA cancer Charity**

This charity is to support patients, caregivers and families. It supports patients with Oesophageal and gastric tumours. The charity provides numerous resources to support patients through their diagnosis and treatment. The charity provides in-person support meetings, online meetings and a patient Buddy Service.

[www.opa.org.uk](http://www.opa.org.uk)

### **Upper GI Support Group**

The Upper GI support Group is bi-monthly and held in the education centre at the Queen Elizabeth Hospital, Birmingham. It is run by patients and supported by the Upper GI Clinical Nursing team

[UpperGI-CNS@uhb.nhs.uk](mailto:UpperGI-CNS@uhb.nhs.uk)

### **Guts UK**

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[www.Gutscharity.org.uk](http://www.Gutscharity.org.uk)

[helpline@gutscharity.org.uk](mailto:helpline@gutscharity.org.uk)

Helpline: 0300 102 4887 (Monday – Friday 10:00am-2:00pm)

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## Testicular Cancer Specific

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### **Testicular Cancer UK**

Charity for people recently diagnosed with testicular cancer and their loved ones and carers. It offers information and support including an online private Facebook group and phone support.

[www.testicularcanceruk.com](http://www.testicularcanceruk.com)

[phil@testicularcanceruk.com](mailto:phil@testicularcanceruk.com)

Telephone: 07479 532146

### **Orchid Fighting Male Cancer**

The orchid charity hosts a forum for people affected by men's cancers. Charity has a support line and also functions to provide support and research into the male diseases. The charity carries a range of specific information support for male cancer patients and has a helpline open Monday to Friday 9:00am-5:30pm

[www.Orchid-cancer.org.uk](http://www.Orchid-cancer.org.uk)

Confidential Male Cancer Helpline: 0808 802 0010

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## Thyroid Cancer

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Thyroid UK Support Network is a mixture of local support groups, email and telephone support as well as Facebook support.

[www.thyroiduk.org](http://www.thyroiduk.org)

### **British Thyroid Foundation**

This foundation supports the thyroid community to live better with thyroid diseases through evidence-based information, support and research.

[www.btf-thyroid.org](http://www.btf-thyroid.org)

## **Butterfly Thyroid Cancer Trust**

The Butterfly Thyroid Cancer Trust is a UK charity dedicated to supporting individuals affected by thyroid cancer, offering vital resources information, and a helpline for patients and their families.

[www.synconaltd.com/the-foundation/butterfly-thyroid-cancer-trust/](http://www.synconaltd.com/the-foundation/butterfly-thyroid-cancer-trust/)