

Macmillan Cancer Support and Shrewsbury and Telford Hospital NHS Trust have worked together to develop the information centres at the Hamar Help and Support Centre in Shrewsbury and the Princess Royal Hospital in Telford.

How we can help

We offer people affected by cancer access to high-quality, comprehensive and appropriate information and support – for all stages of the cancer journey. You may have cancer yourself, care for a friend or relative, work as a health professional, or simply want to know more about cancer.

The service is staffed by Macmillan Professionals, supported by trained volunteers, some of whom will have personal experience of living with cancer. We can also refer you to other support services if needed and offer guided internet access.

Did you know?

We can give you:

- confidential one-to-one support
- information about help with the cost of cancer, including financial support and advice on welfare benefits and grants
- information about free prescriptions
- information about diet, nutrition and exercise
- information for carers.

We can make sure you:

- have information and support on all aspects of living with cancer
- know about local and national support groups
- have information on meeting the cost of transport for hospital treatment
- have information about complementary therapy services.

What do people ask?

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?

Do you have details about local and national support groups?

I am finishing treatment – what happens now?

Drop in

If you have any concerns about cancer then please drop by for a chat; you don't need to make an appointment. We are here to help from 9am – 4pm, Monday to Friday. If you can't visit the hospitals we have a telephone information service and can arrange to call you at home.

When you have cancer, you don't just worry about what will happen to your body, you worry about what will happen to your life. At Macmillan, we know how a cancer diagnosis can affect everything and we're here to support you through. From help with money worries and advice about work, to someone who'll listen if you just want to talk, we'll be there.

We can help you make the choices you need to take back control, so you can start to feel like yourself again.

No one should face cancer alone. For support, information or if you just want to chat, call us free on **0808 808 00 00** (Monday to Friday, (9am–8pm) or visit **macmillan.org.uk**

**NEED
INFORMATION
ABOUT
CANCER?
WE'RE
HERE**

**WE ARE
MACMILLAN.
CANCER SUPPORT**

**The Macmillan Cancer
Information and Support
Service in Shrewsbury
and Telford**

**WE ARE
MACMILLAN.
CANCER SUPPORT**

Together with Macmillan

The Shrewsbury and Telford Hospital **NHS**
NHS Trust



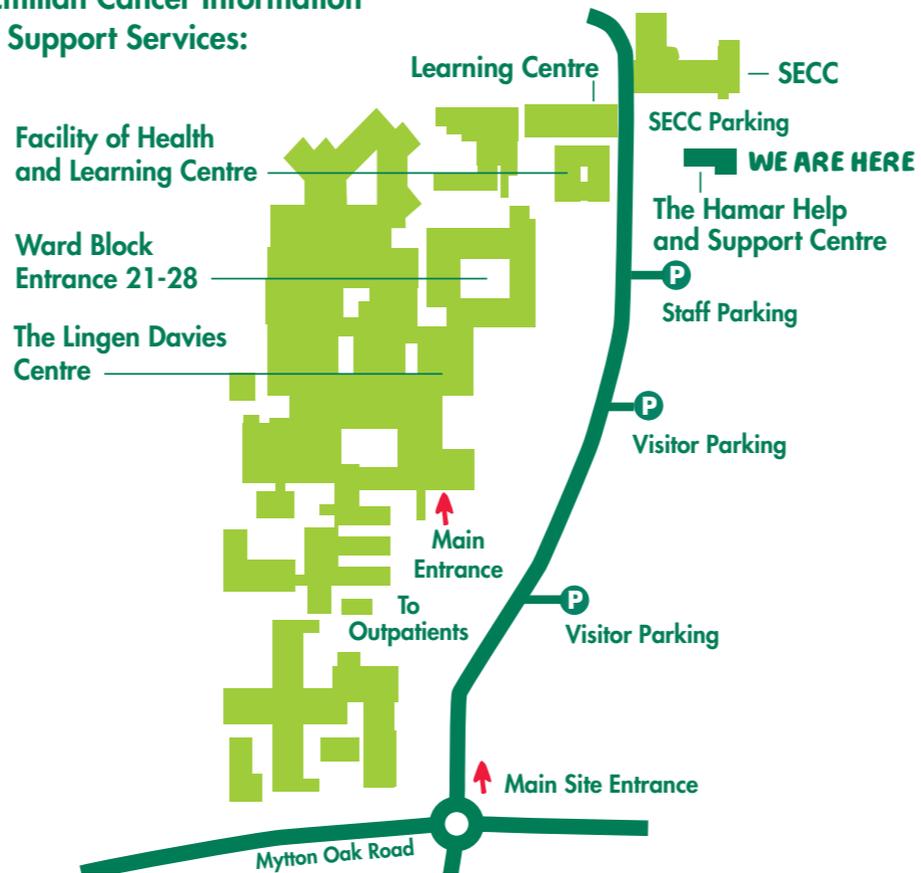
The Macmillan Cancer Information and Support Service in Shrewsbury and Telford

'I was able to talk about how I felt about cancer and helped to find the information I needed.'

Visitor to the centre

How you can find us

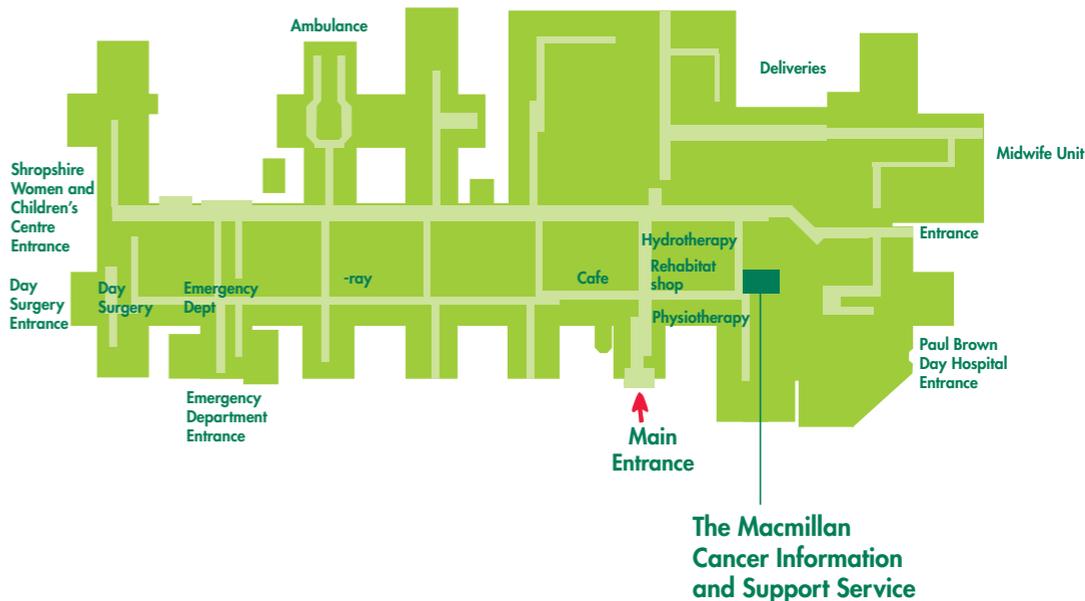
Macmillan Cancer Information and Support Services:



The Hamar Help and Support Centre,
Royal Shrewsbury Hospital,
Mytton Oak Road,
Shrewsbury
SY3 8XQ

☎ 01743 261000 Ext: 1957

The Hamar Help and Support Centre is on the site of the Royal Shrewsbury Hospital. It's approximately two miles from the town centre and is served by local buses.



Princess Royal Hospital,
Grainger Drive,
Apley Castle,
Telford
TF1 6TF

☎ 01952 565702 Ext: 5702

The Hospital is approximately one mile from Wellington and four miles from Telford town centre. There's a bus station near the main entrance. The Macmillan centre is signposted from reception.

Car parking charges apply at both sites, although some patients may be able for help with travelling expenses. For help planning a journey on public transport, call Traveline on 0871 200 22 33. More information, including driving directions, is available at the Trust website: sath.nhs.uk