

A bowel cancer diagnosis can have a wide reaching and unexpected impact, both physically and emotionally. It can take time and some support to come to terms with it, not only for the individual with cancer, but also for their family, carers, colleagues and friends.

Beating Bowel Cancer is a leading UK charity providing clear information, support and guidance for anyone affected by bowel cancer. Our Patient Services team includes specialist nurse advisors and staff dedicated to patient & relative support. We offer a free, friendly service by telephone and email during office hours, and monitor the growing community on our Facebook page and forum at www.beatingbowelcancer.org daily.

Nurse Helpline:

T: 08450 719 301 (lo-call rate)

E: nurse@beatingbowelcancer.org

Patient & Relative Voices Coordinator:

T: 020 8973 0014

E: patients@beatingbowelcancer.org

Our specialist Nurse Advisors are available by phone from 9.00 – 6.00 Monday – Thursday and from 9.00 – 4.00 on Fridays.

Our Patient & Relative Voices Coordinator can help to match up individuals affected by bowel cancer with other volunteers who are supporters of the charity and have been through a bowel cancer journey themselves. This peer to peer support network is a unique and invaluable part of the work that we do, and can provide additional insight and friendship for people affected by bowel cancer.

Many UK hospitals have support groups and rehabilitation projects being run by individual colorectal and stoma specialist nurses, which focus on helping you to develop coping skills and confidence in managing your symptoms and any side-effects you may experience following treatment.

If you are on a palliative care pathway, living with bowel cancer and having treatment to manage symptoms as they arise, then you will have the added support of your Macmillan specialist nurse in the community. He/she will help you to access the services and support you and your family will need to remain as independent and active as possible.

In addition, your GP and Community Healthcare team should be your first source of support and advice if you are concerned about coping with the practicalities of living with or beyond a bowel cancer diagnosis or treatment, once you have been discharged from hospital.

We signpost below a number of other organisations, who recognise that this kind of support is essential, not only for patients but for their families and carers, following a diagnosis of cancer.

Timely information, support to cope with changes and access to services can make a real, positive difference during this difficult time.



Beating Bowel Cancer

Harlequin House | 7 High Street | Teddington | Middlesex | TW11 8EE

T 08450 719 300 Nurse Helpline T 08450 719301

patients@beatingbowelcancer.org

Registered Charity No: 1063614

www.beatingbowelcancer.org

Registered Company No: 3377182 (England & Wales)

Age UK

T: 0800 169 6565 (Advice line)

Support and advice on a wide range of subjects, local support networks for the over 55s.

W: www.ageuk.org.uk

Bladder & Bowel Foundation

Information and support for individuals affected by difficulties or changes in bowel and bladder function. Answer facility for specialist nurse service.

T: 0845 345 0165

info@bladderandbowelfoundation.org

www.bladderandbowelfoundation.org

Bowel & Cancer Research

Dedicated to conducting medical research into the causes of cancer and other bowel related diseases.

T: 020 7882 8749

E: mail@bowelcancerresearch.org

W: www.bowelcancerresearch.org.uk

British Association for Counselling & Psychotherapy

T: 0145 588 3300

W: www.bacp.co.uk

The primary professional body for counsellors and psychotherapists in the UK.

Cancer Aid & Listening Line (CALL)

T: 0845 123 2329

Mon/Fri: 9am - 4pm, weekend and Bank Hols:
7.30pm - 10.30pm

W: www.canceraid.co.uk

Emotional support and home-based practical help for people living with cancer, their carers and families.

Cancer Buddies Network

www.cancerbuddiesnetwork.org.uk

A charity enabling patients, carers, family and friends affected by cancer to make contact and support each other.

Cancer Counselling Trust

W: www.cancercounselling.org.uk

Offering signposting to specialist counsellors and psychotherapists who have experience of working with cancer issues, both face to face and over the phone

CancerHelp UK

T: 0808 800 4040

W: www.cancerhelp.org.uk

Part of Cancer Research UK, provides a free information service about cancer care for patients and their families.

Carers UK

T: 0808 808 7777

(10 – 12 am, 2 – 4 pm Wed and Thurs)

E: advice@carersuk.org

W: www.carersuk.org

Advice and information to carers, through website, helpline, booklets.

Citizens Advice Bureau

T: See Yellow Pages for local office

W: www.citizensadvice.org.uk

The service helps people resolve their legal, financial and other problems by providing free, independent and confidential advice.

Colostomy Association

T: 0800 328 4257 (24hr helpline)

W: www.colostomyassociation.org.uk

Support, reassurance and practical information to anyone who is about to have, or already has, a colostomy, before and after surgery.

CORE

T: 020 7486 0341

E: info@corecharity.org.uk

W: www.corecharity.org.uk

Support and information covering the entire range of digestive disorders, including bowel cancer.



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Crossroads

T: 0845 450 0350

W: www.carers.org.uk

Practical support for carers and the people they care for.

Cruse Bereavement Care

T: 0844 477 9400 (Helpline)

W: www.cruse.org.uk

For young people:

T: 0808 808 1677

W: www.RD4U.org.uk

Promotes the well-being of bereaved people and helps them to understand their grief and cope with their loss.

CYANA

Includes details of local support groups.

www.canceractive.com

Disabled Living Foundation

T: 0845 130 9177

10 am - 4 pm, Mon-Fri

E: advice@dlf.org.uk

W: www.dlf.org.uk

Aims to make everyday life easier for disabled people, older people and their carers.

Hospice Information

T: 020 7520 8222

E: info@helpthehospices.org.uk

W: www.helpthehospices.org.uk

Provides information to the public and professionals on hospice and palliative care.

IA – The Ileostomy Association

T: 0800 0184 724 (Helpline)

W: www.the-ia.org.uk

This support group helps people who have to undergo surgery involving the removal of their colon (known as a colectomy) and the creation of either an ileostomy or an ileo-anal pouch.

Institute for Complementary Medicine

T: 020 7922 7980

E: info@icnm.org.uk

W: www.i-c-m.org.uk

Supplies names of practitioners of various kinds of complementary medicine.

Job Centre Plus

T: 0800 055 6688 (Benefits Enquiries)

W: www.direct.gov.uk

Supports people looking for work and gives people of working age the help and support they are entitled to if they cannot work.

Macmillan Cancer Support

T: 0808 808 0000 (CancerLine)

T: 0808 808 0800 (Youthline)

T: 0808 808 0100 (Hindi)

T: 0808 808 0101 (Punjabi)

T: 0808 808 0102 (Urdu)

W: www.macmillan.org.uk

Provides practical, emotional and financial support for anyone affected by cancer. Open to patients, their families and carers. Plus information on self-help and support groups.

Maggie's

T: 0300 123 1801

E: enquiries@maggiescentres.org

W: www.maggiescentres.org

Provides a local source of information and support for people affected by cancer, their families, carers and friends to empower them to live with, through and beyond cancer.



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Marie Curie Cancer Care

T: 0800 716 146

Careline – open Monday to Friday,
9.00 am to 5.30 pm

W: www.mariecurie.org.uk

Provides care to terminally ill patients in the community and in Marie Curie hospices, and support for families.

NHS Direct

T: 0845 4647

W: www.nhsdirect.nhs.uk

If you feel unwell, NHS Direct offers health information 24 hours a day.

Ostomy Lifestyle

T: 0800 731 4264 / 0118 324

W: www.ostomylifestyle.org.uk

Ostomy Lifestyle provides support, advice and information to anyone affected by stoma surgery on their bowel or bladder.

Patient UK

W: www.patient.co.uk

Comprehensive health information as provided by GPs and nurses to patients during consultations.

Princess Royal Trust for Carers

T: 0844 800 4361 (General enquiries)

W: www.carers.org

T: 0844 800 4361 (Young carers)

W: www.youngcarers.net

Information, advice and support to adult and young carers, through a network of Carers' Centres.

RADAR

T: 020 7250 3222

W: www.radar.org.uk

E: radar@radar.org.uk

RADAR operates the National Key Scheme which offers disabled people access to around 7,000 locked public toilets around the country. Keys can be obtained for a small charge.

Relate

T: 0300 100 1234

W: www.relate.org.uk

Relationship counselling, sex therapy, workshops, mediation, consultations and support, face to face, by phone and through their website.

Samaritans

T: 08457 90 90

W: www.samaritans.org

Confidential support service for people experiencing feelings of distress or despair, provided via phone, email or face to face.

Sue Ryder Care

T: 0845 050 1953

W: www.suerydercare.org

Cares for people with life-shortening illnesses through specialist hospice care services.

Tenovus Cancer Information Centre (WALES)

T: Helpline: 0808 808 1010

W: www.tenovus.com

Funds support and counselling services for cancer patients and their families through a team of nurses, counsellors and social workers.

UK Government

W: www.direct.gov.uk

Information on all public services, including health, financial assistance, benefits and housing.

If you have any questions or comments about this publication, or would like information on the evidence used to produce it, please write to us or email info@beatingbowelcancer.org.



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