

**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 Support and Information 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 online forum at [www.beatingbowelcancer.org/forum](http://www.beatingbowelcancer.org/forum)

#### **Nurse Helpline:**

T: 020 8973 0011

E: [nurse@beatingbowelcancer.org](mailto:nurse@beatingbowelcancer.org)

Our specialist Nurse Advisors are available by phone from 9.00 – 5.30 Monday – Thursday and from 9.00 – 4.00 on Fridays.

We 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 need.

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 020 8973 0011

[patients@beatingbowelcancer.org](mailto:patients@beatingbowelcancer.org) [www.beatingbowelcancer.org](http://www.beatingbowelcancer.org)

Registered Charity No. 1063614 (England & Wales) SC043340 (Scotland)

Registered Company No: 3377182 (England & Wales)

© Beating Bowel Cancer V5.0 Published Mar 2016 Schedule Review date Mar 2018

**Age UK**

T: 0800 169 2081 (Advice line)

W: [www.ageuk.org.uk](http://www.ageuk.org.uk)

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

**Bladder & Bowel Foundation**

Information and support for individuals affected by difficulties or changes in bowel and bladder function.

T: 0845 345 0165 (medical advice)

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

W: [www.bladderandbowelfoundation.org](http://www.bladderandbowelfoundation.org)

**British Association for Counselling & Psychotherapy**

T: 0145 588 3300

W: [www.bacp.co.uk](http://www.bacp.co.uk)

E: [bacp@bacp.co.uk](mailto:bacp@bacp.co.uk)

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

**Cancer Buddies Network**

W: [www.cancerbuddiesnetwork.org.uk](http://www.cancerbuddiesnetwork.org.uk)

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

**Carers Trust**

Hosts online communities

W: [babble.carers.org](http://babble.carers.org) (for carers under 18)

W: [matter.carers.org](http://matter.carers.org) (for carers 16 - 25)

W: [www.carers.org/carers-space](http://www.carers.org/carers-space) (for adult carers)

Information, advice and support to adult and young carers.

**Carers UK**

T: 0808 808 7777

W: [www.carersuk.org](http://www.carersuk.org)

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

**Citizens Advice Bureau**

T: See Yellow Pages for local office

W: [www.citizensadvice.org.uk](http://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](http://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.

**Cruse Bereavement Care**

T: 0844 477 9400 (Helpline)

W: [www.cruse.org.uk](http://www.cruse.org.uk)

E: [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)

For young people:

T: 0808 808 1677

W: <http://hopeagain.org.uk>

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

**Disabled Living Foundation**

T: 0300 999 0004

E: [advice@dlf.org.uk](mailto:advice@dlf.org.uk)

W: [www.dlf.org.uk](http://www.dlf.org.uk)

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

**Hospice Information**

T: 020 7520 8200

E: [info@helpthehospices.org.uk](mailto:info@helpthehospices.org.uk)

W: [www.helpthehospices.org.uk](http://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: [iasupport.org](http://iasupport.org)

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.

**Job Centre Plus**

T: 0800 882 200 (Benefits Enquiries)

W: [www.direct.gov.uk](http://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

Interpreter service available.

W: [www.macmillan.org.uk](http://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](mailto:enquiries@maggiescentres.org)

W: [www.maggiescentres.org](http://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.

**Marie Curie Cancer Care**

T: 0800 090 2309

W: [www.mariecurie.org.uk](http://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: 111

W: [www.nhs.uk](http://www.nhs.uk)

111 is the NHS non-emergency number where you can speak to a highly trained adviser, supported by healthcare professionals. They will ask you a series of questions to assess your symptoms and direct you to the best medical care for you.

NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Odyssey**

T: 0845 363 2207

W: [www.odyssey.org.uk](http://www.odyssey.org.uk)

Offers cancer patients a 5 day residential journey aimed at combating the psychological and emotional devastation caused by their illness.

**Patient UK**

W: [www.patient.co.uk](http://www.patient.co.uk)

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

**Penny Brohn Cancer Care**

W: [www.pennybrohncancercare.org](http://www.pennybrohncancercare.org)

T: 0845 123 2310

Residential courses and individual appointments offering an holistic approach to help cancer patients live well.

### **RADAR**

T: 020 7250 3222

W: [www.disabilityrightsuk.org](http://www.disabilityrightsuk.org)

E: [enquiries@disabilityrightsuk.org](mailto:enquiries@disabilityrightsuk.org)

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](http://www.relate.org.uk)

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

### **Rip Rap**

W: [www.riprap.org.uk](http://www.riprap.org.uk)

Support for 12 - 16 year olds who have a parent with cancer.

### **Samaritans**

T: 116 123 (free to call from all phones)

W: [www.samaritans.org](http://www.samaritans.org)

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

### **Sexual Advice Association**

T: 020 7486 7262

W: [www.sexualadviceassociation.co.uk](http://www.sexualadviceassociation.co.uk)

Advice for patients with sexual health problems following cancer treatment.

### **Sue Ryder Care**

T: 0845 050 1953

W: [www.sueryder.org](http://www.sueryder.org)

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

### **Tenovus Cancer Information Centre**

T: Helpline: 0808 808 1010

W: [www.tenovus.com](http://www.tenovus.com)

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

### **World Cancer Research Fund**

Supporting people to make healthy choices about diet, exercise and cancer

W: [www.wcrf-uk.org](http://www.wcrf-uk.org)

T: 020 7343 4200

### **UK Government**

W: [www.direct.gov.uk](http://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](mailto:info@beatingbowelcancer.org).

