

This list is to help you to find further, good quality information as and when you want it. Many of the resources listed are available both as publications and as internet downloads; and some also as audio tapes. Please contact the provider directly for more information.

- ☞ Please see also the relevant cancer specific Picklist
- ☞ For a directory of local and national support groups please see the Sussex Cancer Network website ([www.sussexcancer.nhs.uk](http://www.sussexcancer.nhs.uk)), ask your Clinical Nurse Specialist for a copy, or call the Sussex Cancer Network (☎ 01273 403525).

**National helplines and websites**

NHS Direct	☎ 0845 4647 🌐 <a href="http://www.nhsdirect.nhs.uk">www.nhsdirect.nhs.uk</a>
Cancer Backup	☎ 0808 800 1234 🌐 <a href="http://www.cancerbackup.org.uk">www.cancerbackup.org.uk</a>
Cancer Help (Cancer Research UK)	☎ 0800 226 237 🌐 <a href="http://www.cancerhelp.org.uk">www.cancerhelp.org.uk</a>
Macmillan	☎ 0808 808 2020 🌐 <a href="http://www.macmillan.org.uk">www.macmillan.org.uk</a>

Resource	Source
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**Prevention**

Cancer: know the risks, choose your lifestyle	Sussex Health Promotion Ask for the Health Promotion/Development department at your local Primary Care Trust
Guide to Stopping Smoking	☎ 0800 002200 🌐 <a href="http://www.quit.org.uk">www.quit.org.uk</a>
Booklet – Giving up for life Details of local stop smoking services	☎ 020 7928 9704 🌐 <a href="http://www.givingupsmoking.co.uk">www.givingupsmoking.co.uk</a>
Body weight and cancer	Cancer Research UK 🌐 <a href="http://www.cancerresearchuk.org/healthyliving">www.cancerresearchuk.org/healthyliving</a>
Diet and cancer	Cancer Research UK 🌐 <a href="http://www.cancerresearchuk.org/healthyliving">www.cancerresearchuk.org/healthyliving</a>
Physical activity, exercise and cancer	Cancer Research UK 🌐 <a href="http://www.cancerresearchuk.org/healthyliving">www.cancerresearchuk.org/healthyliving</a>
Screening and cancer	Cancer Research UK 🌐 <a href="http://www.cancerresearchuk.org/healthyliving">www.cancerresearchuk.org/healthyliving</a>
Are you worried about...bowel cancer?	☎ 0808 800 1234 🌐 <a href="http://www.cancerbackup.org.uk">www.cancerbackup.org.uk</a>

**Referral**

Referral Guidelines for Suspected Cancer. Understanding NICE guidance- information for people with suspected cancer, their families and carers, and the public	NICE (Quote NO852) ☎ 08701 555455 ✉ <a href="mailto:nice@prolog.uk.com">nice@prolog.uk.com</a> 🌐 <a href="http://www.nice.org.uk/cg027">www.nice.org.uk/cg027</a>
Referral Guidelines for Suspected Cancer (NICE)	NICE (Quote CG27) ☎ 08701 555455

Resource	Source
	✉ nice@prolog.uk.com 📞 www.nice.org.uk/cg027
2 Week Wait Leaflet	Clinical Nurse Specialist/Key Worker 📞 www.sussexcancer.nhs.uk
<b>Diagnosis</b>	
The Cancer Guide: information for people with cancer and those who care (ISBN 0954368177)	Macmillan Cancer Support 📞 0808 808 2020 📞 www.macmillan.org.uk ✉ cancerline@macmillan.org.uk
SCN Useful websites for everyone affected by cancer	Clinical Nurse Specialist/Key Worker
The Emotional Effects of Cancer (BA65)	Cancerbackup 📞 0800 800 1234 📞 www.cancerbackup.org.uk
Talking About Your Cancer (BA35)	Cancerbackup 📞 0800 800 1234 📞 www.cancerbackup.org.uk
Work and Cancer (BA74)	Cancerbackup 📞 0800 800 1234 📞 www.cancerbackup.org.uk
Sexuality and Cancer (BA33)	Cancerbackup 📞 0800 800 1234 📞 www.cancerbackup.org.uk
Close relationships and cancer	Macmillan Cancer Support 📞 0808 808 2020 📞 www.macmillan.org.uk ✉ cancerline@macmillan.org.uk
Cancer and Older People (BA62)	Cancerbackup 📞 0800 800 1234 📞 www.cancerbackup.org.uk
Understanding Cancer Research Trials (BA49)	Cancerbackup 📞 0800 800 1234 📞 www.cancerbackup.org.uk
<b>Counselling</b>	
Might it help to talk to a counsellor?	Clinical Nurse Specialist/Key Worker 📞 www.sussexcancer.nhs.uk
<b>Family</b>	
Grandparents – A guide for the grandparents of children and young people with cancer	UK Children's Cancer Study Group 📞 0800 1970068 📞 www.ukccsg.org ✉ helpline@clicsargent.org.uk
Talking to children when an adult has cancer	Macmillan Cancer Support 📞 0808 808 2020 📞 www.macmillan.org.uk ✉ cancerline@macmillan.org.uk
Talking to a child when mum or dad has cancer	Lymphoma Association 📞 0808 808 5555 📞 www.lymphoma.org.uk

Resource	Source
	✉ information@lymphoma.org.uk
What do I tell the children? A guide for a parent with cancer	Cancerbackup ☎ 0800 800 1234 🌐 www.cancerbackup.org.uk
Cancer Genetics – How cancer sometimes runs in families	Cancerbackup ☎ 0800 800 1234 🌐 www.cancerbackup.org.uk
<b>Carers</b>	
Hello, and how are you? (ISBN 1-9049 18-06-0)	Macmillan Cancer Support ☎ 0808 808 2020 🌐 www.macmillan.org.uk ✉ cancerline@macmillan.org.uk
Caring at Home when Cancer is Advanced	Macmillan Cancer Support ☎ 0808 808 2020 🌐 www.macmillan.org.uk ✉ cancerline@macmillan.org.uk
Benefits: what's available and how to get them	Carers UK ☎ 0845 241 0963 🌐 www.carersuk.org/Home
How do I get help? Carer's assessments made clear	Carers UK ☎ 0845 241 0963 🌐 www.carersuk.org/Home
Balancing Life and Caring	Carers UK ☎ 0845 241 0963 🌐 www.carersuk.org/Home
<b>Information in other languages</b>	
Macmillan Cancer Line	☎ Freephone 0808 808 2020 ☎ Textphone 0808 808 0121 ✉ cancerline@macmillan.org.uk
Cancerbackup: Factsheets and Translation Service	☎ 0808 800 1234 🌐 www.cancerbackup.org.uk
Information and support for people with cancer and their carers from ethnic communities	Cancer Black Care ☎ 020 8961 4151 🌐 www.cancerblackcare.org/ ✉ info@cancerblackcare.org
<b>Finance</b>	
Benefits advice if you are sick, terminally ill or disabled	Clinical Nurse Specialist/Key Worker 🌐 www.sussexcancer.nhs.uk
<b>Complementary Therapies</b>	
Complementary Health Care, self care in illness – including cancer	Clinical Nurse Specialist/Key Worker 🌐 www.sussexcancer.nhs.uk
Complementary Therapies Booklet	Cancerbackup ☎ 0800 800 1234 🌐 www.cancerbackup.org.uk

Resource	Source
<b>Lymphoedema</b>	
Lymphoedema Support Network	Lymphoedema Support Network Lymphoedema Support Network St. Luke's Crypt Sydney Street London SW3 6NH 📍 <a href="http://www.lymphoedema.org">www.lymphoedema.org</a>
UK patient information guide: Lymphoedema	Cancerbackup ☎ 0800 800 1234 📍 <a href="http://www.cancerbackup.org.uk">www.cancerbackup.org.uk</a>
Consensus document on the management of Cellulitis in Lymphoedema	British Lymphology Society 📍 <a href="http://www.lymphoedema.org">www.lymphoedema.org</a> ☎ 01959 525524
<b>Diet</b>	
A Guide to Good Eating – Nutrition for cancer patients	Bexhill & Rother PCT 📍 <a href="http://www.sussexcancer.nhs.uk">www.sussexcancer.nhs.uk</a>
Diet and cancer (BA55)	Cancerbackup ☎ 0800 800 1234 📍 <a href="http://www.cancerbackup.org.uk">www.cancerbackup.org.uk</a>
<b>Continuing Care/ Follow up</b>	
Healing from Within	South Downs Health NHS Trust (May 2003) Clinical Nurse Specialist/Key Worker 📍 <a href="http://www.sussexcancer.nhs.uk">www.sussexcancer.nhs.uk</a>
Living at home when cancer is advanced	Macmillan Cancer Support ☎ 0808 808 2020 📍 <a href="http://www.macmillan.org.uk">www.macmillan.org.uk</a> ✉ <a href="mailto:cancerline@macmillan.org.uk">cancerline@macmillan.org.uk</a>
Adjusting to life after cancer treatment	Cancerbackup ☎ 0800 800 1234 📍 <a href="http://www.cancerbackup.org.uk">www.cancerbackup.org.uk</a>
After Treatment – Adjusting emotionally/Adjusting physically ( <i>downloads only</i> )	The Royal Marsden NHS Foundation Trust 📍 <a href="http://www.royalmarsden.nhs.uk">www.royalmarsden.nhs.uk</a>

<b>Network Group</b>	<b>Version</b>	<b>Review date:</b>
Lead Cancer Nurses & Allied Health Professionals SCN Palliative Care Group	1.0	January 2008