

I also support your ability to manage any anxiety or sleep difficulties yourself, by teaching methods of:

- stress management
- mindfulness
- relaxation.

## Contact details

Monday to Friday, 09:00–17:00

### Teenager and Young Adult Cancer Service

St Luke's, Royal Surrey County Hospital, Guildford, Surrey, GU2 7XX

**Telephone:** 01483 571122 Ext 2596

**Fax:** 01483 408303

**Email:** rsc-trTYAMacMillan@nhs.net

You will be given a separate sheet of other current telephone numbers.

**Website:** [www.royal-surrey.net](http://www.royal-surrey.net)

Please let us know if you change your contact details or GP by calling the Teenage and Young Adult service on the above number.

## Useful links

- Macmillan Cancer Support website: [www.macmillan.org.uk](http://www.macmillan.org.uk)
- Teenage Cancer Trust website: [www.teenagecancertrust.org](http://www.teenagecancertrust.org)

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

Royal Surrey County Hospital (RSCH) NHS Foundation Trust fully subscribes to the National Patient Safety Agency (NPSA) *Being Open* best practice framework, November 2010.

### PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located in far left corner as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

**Telephone:** 01483 402757

**Email:** [rsc-tr.pals@nhs.net](mailto:rsc-tr.pals@nhs.net)

**Opening hours:** 9.00am–4.00pm  
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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## Macmillan Outreach Team



## Cancer Network

## **What is the Macmillan Outreach Team?**

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We aim to provide information and care to teenagers and young adults with cancer, after the end of treatment. By offering an outreach service we can make sure you are offered help and support where you feel most comfortable. We hope to enable you to achieve your potential in all aspects of life following your cancer diagnosis and treatment.

## **How will this service help me?**

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The end of treatment is often when you begin to think about the future. It can be a time of worry and anxiety as you think about the new challenges you may face. It's important to take time to work out what's best for you. The team can help support you through this time of change by offering advice and support on the physical, emotional and practical issues you may face.

Cancer treatment, including chemotherapy, radiotherapy and surgery can sometimes lead to other health problems known as late effects. These can be worrying but they affect people in different ways. Some people find these don't affect them while others find them difficult to live with. It's important to remember that there are lots that can be done to help manage them. The team will be on hand to offer you this support and advice.

## **What does the team offer?**

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At the end of your treatment you will be given an appointment with a member of the team. This will be a time to discuss any concerns or questions you have following treatment. These can be anything from:

- concerns about side effects,
- social concerns,
- benefits advice or
- emotional concerns, you may have.

We can also refer you to other services such as physiotherapy or dieticians.

We run regular 'focus on you' health and wellbeing events. These aim at providing you with the advice and information you need to get back to work or education following your cancer treatment.

We will offer more regular workshops which will have a different topic each time on subjects such as how to 'have difficult conversations' or 'fertility and relationships'.

## **An introduction to the team**

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### **Outreach Clinical Nurse Specialist**

This role is to offer outreach support for you and your family following the end of your cancer treatment. I am able to provide:

- Specialist clinical advice,
- information
- support
- Referrals to other services such as physiotherapist or dietitian

This can be at home, hospital or anywhere else suitable.

### **Care Co-ordinator**

This role is to support the clinical team in co-ordinating outreach support for you following the end of your treatment. I can provide:

- Self-management advice
- Support about cancer services.

I also offer help in understanding the health and social care systems. I am also the point of contact if you need to re-access specialist cancer services.

### **Youth Worker**

This role includes being available to listen and provide advice and support with social, emotional and practical issues. This can include:

- Referrals to the counsellor or
- Signposting to local support agencies.
- Liaising with school, college or university to support you getting back to education
- Liaising with employers to support you in getting back work.
- Help with any other issues being faced.

### **Wellbeing Specialist and Counsellor**

My role is to provide support and guidance for you concerning any challenges, difficulties or issues you may be experiencing. The impact of this could include:

- physical
- practical
- emotional
- psychological

This could be something affecting your life generally, your relationships or you as a person. I offer a safe, friendly, non-judgemental space where you can share and discuss things freely and confidentially.

Through counselling or wellbeing support you can gain a deeper understanding of your experience and increase your inner-strength. I can help you recognise other alternatives or choices available to you so as you can take back some control.