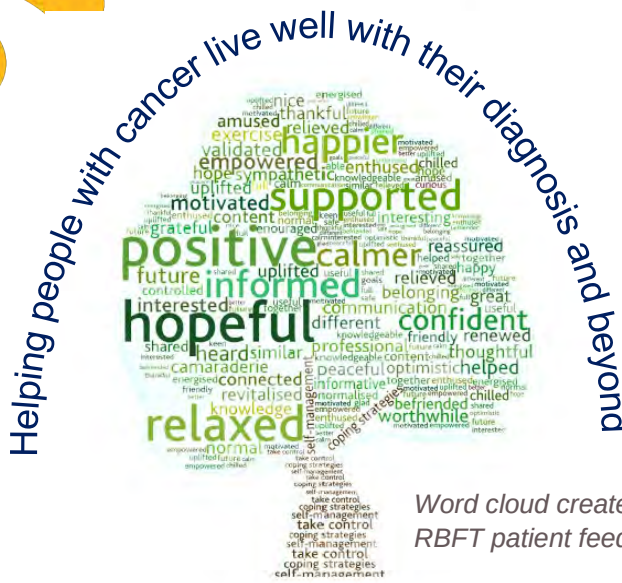
NHS
Royal Berkshire
NHS Foundation Trust



Word cloud created from RBFT patient feedback

Cancer Rehab Team

Information for patients, relatives and carers

☎ 0118 322 6940 / 07392 861323

cancer.rehabilitation@nhs.net

This leaflet explains how the Cancer Rehab Team can help you live well following a diagnosis of cancer.

Cancer rehabilitation

Cancer rehabilitation supports people to live well with and beyond cancer, using a range of tools and opportunities that can enhance your recovery and improve your ability to 'tackle tomorrow'.

It is available to people who have received cancer care at the Royal Berkshire NHS Foundation Trust.

Designed for you

We offer a flexible service, as we recognise there may be times when the psychological and physical effects of cancer are having a bigger impact on you, and other times when you feel you are able to continue with little or no support. There are a number of different services we can provide to support you in the present, while giving you some self-help tools as you step back into your own life again after treatment.

How can it help you?

Being informed and looking at what matters to you enables you to understand your condition and empowers you to manage it more effectively. There are a range of services that are available for you to use when you need them. They include:

Signposting to appropriate services:

- Physical activity specialists (for physical treatment side effects, as well as tiredness, lack of stamina and confidence)
- Talking Therapies
- Citizens Advice
- Macmillan befriending

- Clinical health psychology
- Psycho-sexual support
- Complementary therapies

‘Take Control’ workshops: We run monthly one-day workshops in the form of a self-management course. The session covers topics such as:

- Sleep problems
- Healthy eating and diet
- Physical activity and exercise
- Stress
- Fatigue
- Fear of the future
- Goal setting

Health and well-being events: Sessions, presented by health professionals, are run virtually throughout the year on a wide range of cancer related topics.

Practical issues: Cancer can impact on many practical issues, such as the caring responsibilities you may have, work or education, as well as having a huge impact on finances. Advice from professionals can help support you and minimise this impact.

Psychological support: Living with and after a cancer diagnosis can lead to many emotions, such as sadness, depression, loneliness, worry, fear, anxiety, anger and frustration. These feelings are perfectly normal and we can refer you to appropriate support if required.

Enhanced Supportive Care Clinic: Our Enhanced Supportive Care Clinic runs in partnership with the Palliative Care Team. We offer a face-to-face meeting to assess and plan additional support and help to manage the physical, emotional, psychological and practical aspects of a non-curative cancer prognosis.

How do you get more information?

Please email cancer.rehabilitation@nhs.net or call 07392 861323 and leave a voicemail if you would like any more information, or to refer yourself to the service. One of the team will get back to you.

What happens next?

Once we receive your referral we will contact you via email or phone (please be aware our call may appear as 'caller unknown') to discuss your concerns and assess how we can best advise and support you.

We will make recommendations and suggestions specific to you, with the aim of improving your ability to 'tackle tomorrow'.

We work in partnership with the **Macmillan Cancer Information Centre** at the Royal Berkshire Hospital, which provides free information and support services for anyone affected by cancer.

To contact them directly telephone: **0118 322 8700** or email: **macmillan.information@royalberkshire.nhs.uk**

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Cancer Rehab Team, October 2026

Next review due: October 2028