



Royal Berkshire
NHS Foundation Trust

Have you had cancer? Are you interested in more information and support to help you live well?

Cancer Rehabilitation Service

Information for patients, relatives & carers

 01344 662909  cancer.rehabilitation@nhs.net

Cancer Rehabilitation

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

It is available to anyone who has received cancer care at the Royal Berkshire Hospital and is run in conjunction with Macmillan Cancer Support and the Royal Berkshire NHS Foundation Trust.

How can it help you?

There are a range of services that can be available for you to use when you need them. They include:

Physical activity: Being more physically active can help you cope with and recover from the negative effects of cancer and treatment, such as tiredness, being less socially active, lack of stamina and confidence.

Psychological support: Living with and after a cancer diagnosis can be difficult and lead to many emotions such as sadness and depression, loneliness, worry, fear and anxiety, anger and frustration. This is perfectly normal, but if these emotions become overwhelming then support from professionals can help. This is also available to your family or those who are significant to you.

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 minimise this impact.

Self-management and education: Being informed enables you to understand your condition and empowers you to manage it more effectively. We provide educational courses to suit your needs.

Social peer support: Sharing your experience with others who have been through something similar can be really positive and uplifting. We can inform you of support groups and other activities available locally.

To help you look at moving forward, we think it's important that these services are linked between the hospital and community, so many of the activities take place in leisure or community centres, supported by trained cancer professionals.

Bespoke to you

We offer a flexible service, as we recognise there may be times when the psychological and physical effects of cancer are more prominent and times when you feel you are able to continue with little or no support. People living with cancer who have already been supported by the Cancer Rehabilitation team say about the service:



What do we offer?

We run monthly Macmillan '**Take Control**' workshops for patients and families. This is a short day self-management course and will cover topics such as:

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

Our weekly **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 cancer. We can also refer you to services such as physical activity specialists, Relate counselling, Macmillan befriending and clinical health psychology.

How do you get more information?

Please email cancer.rehabilitation@nhs.net or call [01344 662909](tel:01344662909) and leave a voicemail if you would like any more information, or to refer yourself in to the service, and one of the team will get back to you. You can also ask your consultant, GP or specialist nurse to refer you in to the service using the above contact details.



We work in partnership with the Macmillan Cancer Information Centre at the Royal Berkshire Hospital who 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

For more information about the RBH visit www.royalberkshire.nhs.uk

This document can be made available in other languages and formats upon request.