



Royal Berkshire
NHS Foundation Trust

Cancer Rehab Team

Helping people with cancer
live well with their diagnosis
and beyond:

Information for patients, relatives
and carers

 01344 662909  cancer.rehabilitation@nhs.net

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
- ✓ Relate counselling
- ✓ Citizens Advice
- ✓ Macmillan befriending
- ✓ Clinical health psychology
- ✓ Psycho-sexual support
- ✓ Complimentary therapies

How do you get more information?

Please email [**cancer.rehabilitation@nhs.net**](mailto:cancer.rehabilitation@nhs.net) or call **01344 662909** 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

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

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