



**Royal Berkshire**  
NHS Foundation Trust

# Useful apps for people with cancer

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To help with self-support and your recovery this leaflet has a list of apps, from external organisation, that you and your family may find helpful. The Trust is not responsible for the contents of these apps and any queries will need to be directed to the relevant app producer.

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## Apps to help you organise:

**MacMillan – My Organiser** [www.macmillan.org.uk/yourmacnews/archives/winter2014/features/myorganiser.aspx](http://www.macmillan.org.uk/yourmacnews/archives/winter2014/features/myorganiser.aspx)

Helps you record everything from appointment times and contact details, to when to take your medication.

**Echo** <https://apps.beta.nhs.uk/echo/>

Helps you order and manage your NHS repeat prescriptions and reminds you when and how to take your medicines.



**Rally Round** <https://rallyroundme.com/>

Secure online tool that allows family, friends and carers to organise support for an older person and keep everyone in the loop.

## Apps to support you after cancer treatment:

**Active 10 Walking Tracker** [www.nhs.uk/oneyou/active10/home](http://www.nhs.uk/oneyou/active10/home)

Just 10 minutes of brisk walking every day can benefit your health; this shows how many 10 minute walks you're doing and how to fit more in.

**Easy Meals** [www.nhs.uk/oneyou/apps/#one-you-easy-meals](http://www.nhs.uk/oneyou/apps/#one-you-easy-meals)

Plan and eat healthier meals – choose from over 150 easy, calorie-counted recipes.

**iPrescribe Exercise** <https://apps.beta.nhs.uk/iprescribe-exercise/>

Creates a 12-week exercise plan based on health information entered by you. It can be used to manage some long-term health conditions.



**Safefit** <https://www.macmillan.org.uk/cancer-information-and-support/get-help/physical-help/safefit>

Cancer exercise specialists offer you advice, support and resources to maintain and improve physical and mental well-being.

**Smart recipes** <https://mealmixer.change4life.co.uk/>

Search over 160 easy, calorie-counted recipes – with the click of a button you can plan all your day's meals and create a shopping list.

## Apps to help you cope and relax:

**Catch It** <https://apps.beta.nhs.uk/catch-it/>

Records and rates your mood and prompts you to reflect and think about a better way of dealing with a problem, using CBT techniques.

**Chill Panda** <https://apps.beta.nhs.uk/chill-panda/>

Measures your heart rate to work out your current emotional state and suggests activities to take your mind off worries.



**Cove** <https://apps.beta.nhs.uk/cove/>

Helps you to create music to capture your mood and express your feelings.

**Headspace** [www.headspace.com/headspace-meditation-app](http://www.headspace.com/headspace-meditation-app)

10 free introductory sessions on the basics of meditation and mindfulness. Subscription required to access full content.

**In Hand** [www.inhand.org.uk/](http://www.inhand.org.uk/)

A digital friend to help you in times of stress or low mood with fun simple activities to restore your balance

**Pzizz** <https://apps.beta.nhs.uk/pzizz/>

Helps you to quiet your mind, fall asleep fast, stay asleep, and wake up refreshed. Basic content free, but subscription required to access full content.

**SilverCloud** <https://apps.beta.nhs.uk/silvercloud/>

Online course to help you manage stress, anxiety and depression. Free via NHS referral.



**Stop, Breathe & Think** [www.stopbreathethink.org/](http://www.stopbreathethink.org/)

Helps you to apply kindness and compassion in your daily life through meditation, using the process of Stop, Breathe, Think. Some activities free, but subscription required to access full content.

**Stress & Anxiety Companion** <https://apps.beta.nhs.uk/stress-anxiety-companion/>

Helps you to handle stress and anxiety on the go, with breathing exercises, relaxing music and games. Small charge to access.

**Apps to find support from other cancer patients:**

**Cypher** <https://apps.beta.nhs.uk/cypher/>

Anonymous peer-to-peer social network to share your feelings and secrets, give and receive support, and connect to other support organisations.



**HealthUnlocked** <https://apps.beta.nhs.uk/healthunlocked/>

Find and connect with people with a similar health condition.

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If you require further information on self-support and well-being when living with a cancer diagnosis and beyond, please contact the **Cancer Rehab Team** [Tel: 01344 662909] [cancer.rehabilitation@nhs.net](mailto:cancer.rehabilitation@nhs.net)

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If you require this document in another language or in large print, please call: 0118 322 8338 / 0118 982 2875.