

Macmillan Community Cancer Navigators

We

can

help

you

to

live

with

and

beyond

cancer



Who are we?

Macmillan Community Cancer Navigators support people living with and beyond cancer following the completion of active treatment. We also support their family members or carers.



What we do

The Macmillan Community Cancer Navigators:

- Provide general information and support about cancer and cancer services, to enable people to navigate the health and social care system and make informed choices about their cancer and their life.
- Provide signposting, advice and guidance (including self-care information), access to education and appropriate resources such as financial, emotional, relationship or health advice.
- Deliver community based initiatives to improve the wellbeing of the living with and beyond cancer community.
- Organise a rolling programme of Health and Wellbeing events. These events will cover, for example, managing fatigue, promoting health and wellbeing, mindfulness and other topics.
- Work with health, social care and voluntary services to ensure up to date and relevant information is available for people who contact the service.

How do you contact us?

The Macmillan Community Cancer Navigators cover the Farnham, North East Hampshire and Surrey Heath areas.

You can contact us on the telephone number below or via email. We aim to respond within 48 hours.



01483 782056

(8.30am- 4.30pm Monday to Friday)



vcl.macmillancancernavigator@nhs.net

Introducing the Macmillan Community Cancer Navigators



Tamsin Millray



Fred Fisher

Other useful contacts

Macmillan Cancer Support

We provide physical, financial and emotional support to people living with cancer to live life as fully as they can. Whatever cancer may throw at you, we are right there with you.

For further information visit the Macmillan website or to talk to someone call the Macmillan Support Line Service which is open 7 days a week 8am – 8pm.

w: www.macmillan.org.uk

t: 0808 808 00 00

**MACMILLAN
CANCER SUPPORT
RIGHT THERE WITH YOU**

This service has been funded by Macmillan Cancer Support and is a collaboration between Macmillan, Virgin Care and NE Hants & Farnham and Surrey Heath Clinical Commissioning groups.