

Local Services for Barnsley Cancer Patients

Reference and signposting information for Primary Care colleagues to support a meaningful conversation as part of the Cancer Care Review.

Updated
August 2021

Live Well Barnsley:

Live Well Barnsley is an online directory of services, social groups, activities and events that support the health and wellbeing of the people of Barnsley, all together in one place.

Live Well is available for the public, professionals and first contact staff as one trusted source used by all.

Being part of the Live Well directory is free to all service providers and groups. It is easy to register and is a great way to promote your service or group for free.

www.livewellbarnsley.co.uk

Barnsley Hospital:

BHNFT offer a wide range of health and well being opportunities to cancer patients in their care, coordinated by Health and Well Being Coordinator Alison Spencer and managed by Trust Lead Cancer Nurse Sara Andrews.

The Well for Wellbeing: Therapeutic Support for Cancer Patients:

- Deliver beauty and complementary therapy to Barnsley residents who have or are suffering the effects of cancer.
- Based in the town centre on Regent St close to public transport links and parking.
- Team comprises of: 3 NHS employed Therapists, five sessional Therapists a Team Leader and volunteers.
- Partly funded by the CCG but reliant on fundraising activity.
- Package of 6 free sessions for cancer patients and/or 4 free sessions for carers.
- Treatments include: Massage, Reiki, Shiatsu Massage, Hot Stones Massage, Paraffin Wax (Neuropathy), Manicure, Pedicure, Spray Tans, Colour Therapy, Make Up and Acupuncture. Evidence suggests these treatments promote confidence and boost self-esteem.
- Art Classes available during term time and Yoga Classes every Monday lunch time. Along with weekly coffee mornings to support clients.
- **Referral Form required from a Health Care Professional (see [BEST website](#)).** Once completed email to: julie.brearley@nhs.net or l.turton1@nhs.net For more information Tel: 01226 733019.

We Can Survive Singers:

- Fun evening of singing and socialising for people affected by cancer in Barnsley.
- Meet every Wednesday from 6pm-8pm at St.Paul's Church, Greenfoot Lane in Barnsley.
- Please note, there is a small charge of £3 per session.
- **To find out more Email: wecansurvivesingers@outlook.com or Tel: Cheryl on 07791 281879.**

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Barnsley Hospital HWB Offer Continued:

We Can Survive Coffee Club:

- Informal peer support group for people with or affected by a cancer diagnosis.
- Meet every week face to face at the Well, Regent Street, Barnsley, S70 2EG.
- Free to attend.
- **Contact Cheryl Roberts for more information, Tel 07791 281879 or Email: chezbez1@hotmail.co.uk**

Look Good Feel Better (LGFB):

- LGFB provides free skincare and make-up workshops when people are struggling to cope with the visible side-effects of cancer treatments.
- One off 2 hour workshop for men and women online and face to face for ladies in Aug 21.
- Held at The Well, Queens Building, Regent Street, Barnsley, S70 2EG
- The Charity also offer help and support for young adults, hand and nail care, hair loss, chair yoga and body confident.
- **Please self-refer and book date that suits at www.lookgoodfeelbetter.co.uk or referrals accepted by Alison Spencer, Cancer Health & Wellbeing Facilitator at BHNFT on 01226 431303 or email: alisonspencer@nhs.net**

Macmillan HOPE Course:

- Course developed by Macmillan and Coventry University to support people after cancer treatment. Can help you rediscover your strengths and overcome the emotional and practical challenges of life after cancer. You can also share your experiences and get support from other people in a safe environment.
- Hope is a free 6 week course and each session runs for 2.5 hours (usually same day and time each week).
- Stress, sleeping better, diet and fitness, body changes and coping with uncertainty all discussed.
- **To book your place contact Alison Spencer, Cancer Services BHNFT 01226 431303 or Email: alisonspencer@nhs.net**

Barnsley Cancer Action Group:

A small group of local people that have all been affected by cancer in some way and have all had different experiences. We want to use these experiences to work alongside Barnsley Hospital and the local health authorities and agencies to ensure that all care, physically, mentally, emotionally and socially are provided to a high standard and that there is equality of care throughout the whole of Barnsley.

Would you like to be part of improving cancer services in Barnsley? If you would, please contact the numbers below for further information. If you cannot physically attend the group we welcome participation by email:

- Sara Andrews, Cancer Trust Lead Nurse 01226 431388
- Alison Spencer, Cancer Health & Wellbeing Facilitator 01226 431303.

PTO for details of more community services

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Macmillan Benefits Advice:

A Benefits advice service for people affected by cancer in the Barnsley area. Advisers can help with considering your current situation and needs, applying for benefits where applicable, assessing for Macmillan and other grants and signposting to other relevant services.

Free, confidential advice is given over the phone but appointments and home visits can be arranged where necessary.

Also based in the Well every Tuesday morning and Wednesday afternoon.

Contact: Julie Horsfield 07741168743 or Julie Coles 07809103254

Email: juliehorsfield@barnsley.gov.uk or juliecoles@barnsley.gov.uk

Or adviceservices@barnsley.gov.uk

Barnsley Hospice:

Provides specialist palliative care and support to local people, registered with a Barnsley GP, and their families; aiming to achieve the best possible quality of life for patients with a life limiting illness.

Services include:

- Inpatient care
- Outpatient appointments with both medical and therapy staff
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- Bereavement Support and Counselling (for anyone known to a Specialist Palliative Care professional)
- A Carers Group

Please contact Barnsley Hospice on 01226 244244

Website: www.barnsleyhospice.org

‘Next Steps Forward’ Walking Group:

Walks are arranged around the Barnsley District for people living with and beyond breast cancer with walks at a steady pace on good paths with no steep hills. At the end of every walk the group visit a local café for refreshments. Next Steps Forward is also a very sociable group with members forming strong friendships and enjoying theatre trips or holidays together.

For details of forthcoming walks visit: www.nextstepsforward.org.uk, Email: walk@nextstepsforward.org.uk or Tel: 07493 817870.

IAPT - Improving Access to Psychological Therapies: helping people get quick and easy access to the best type of therapy for their individual needs::

Barnsley IAPT is a free service, we're part of the NHS and have a team of qualified and experienced professionals specially chosen to work alongside your local GP. We can help you:

- Address current problems
- Gain a new understanding of your difficulties and develop new ways of coping
- Make changes in your life
- Talk about your difficulties in a non-judgemental and supportive environment

We offer individual appointments and courses across the locality of Barnsley.

Access to our services is free to anyone that is over 16 and registered with a GP in Barnsley.

If you are a professional or GP and you would like to refer a service user to our service, you can do so with the service user's consent.

You can book your patient directly onto our 6-week stress pac course or choose a workshop which both you and the patient feel would best meet their needs.

To view the range of workshops we currently offer and to book a place please click [HERE](#). To book a place on our 6-week stress pac course please click [HERE](#).

If you and the patient feel that a one to one initial assessment with a therapist is required please make an online referral by clicking [HERE](#).

Or, if you would like to speak to one of our admin staff to book an appointment please contact the team on **01226 644900 Monday to Friday 9-5**.

For more information, visit: <https://www.barnsleyiapt.co.uk/information-for-professionals/>

Barnsley Recovery and Well Being College:

Offer a wide range of courses and one off workshops with the aim of improving wellbeing through learning. Our courses focus on being mentally and physically healthy, staying well and developing the knowledge and strength to overcome the challenges that we can all face at times in our lives. We focus on building our personal resilience and developing the confidence and self-esteem to be able to make decisions and believe in ourselves.

Courses include: Feel the Fear: Exploring Anxiety and Helpful Habits for Sleep. There's a fully equipped gym on site, together with lots of community sports groups and active sessions such as Walking for Health, football, netball and cycling. For more details visit: <https://www.barnsleyrecoverycollege.nhs.uk/>

UMBRELLA Early Intervention and Prevention Support Service:

Umbrella offers wellbeing and mental health support to people in Barnsley, suffering with low level mental health issues. We have a range of support available depending on your needs including counselling, wellbeing groups and self-help sessions. To make a referral please contact us on the below number or email address. The service will take your details and offer you an assessment to establish if we are the best service to fit your needs.

Barnsley: 01226 704090 - Monday to Friday 9.00am-5.00pm.

Email: referrals.eipssbarnsley@nhs.net

Mind, Body and Spirit Barnsley Ltd:

Mind, Body and Spirit (MBS) is a private studio based in Barnsley which runs classes daytime, evenings and weekends, plus 1-2-1 and workshops, massage and much much more [see website](#) for more details.

Patients can attend by referral only through the NHS. Some will be offered the Wednesday at 12 noon Cancer Rehab Class for a fee of £2.50, or others will be offered, the first 6 classes for a reduced cost of £3.50 and then pay as normal for future classes.

Location: The Studio, 110 Dodworth rd Barnsley S70 6HL with parking and easy access into the studio.

Contact: Michelle Griffiths Tel: 07769996438 or Email: info@mind-bodyandspirit.com

Making Space, Barnsley Carers Service:

Barnsley Carers Service is a new, free to access service, here to support you in your role as an unpaid carer, help you to stay connected in your community and give you balance in your life.

We can help you with information and advice, one-to-one support, help getting into employment, events and activities, free complimentary therapies, befriending and assistance with accessing grant funding. Our staff will be based in community venues right across Barnsley – please get in touch to find out details of support available near you.

Get in touch today to find out how we can support you, Tel: 01226 288772 or Email: BarnsleyCarers@makingspace.co.uk

BEACON South Yorkshire Carers Support:

Carers/family members can refer themselves or an organisation can refer by phone 01226 814012 Mon-Thurs 9am-3pm. Based on Old Doncaster Road, above Parkgate Mobility. We are available out of these hours and will do our best to accommodate carers that work for example. We aim to get back to everyone within 48 hours to arrange an initial assessment which can be done over the phone or face to face then a support worker will be allocated. Carers are supported weekly, fortnightly or monthly, again this is down to the individual's needs and voluntary support worker availability.

Service offer: Face to face/telephone/zoom support/Drop in sessions/Therapies/Mindfulness/Yoga/Counselling

Website: www.beaconsy.org.uk

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My Best Life Social Prescribing Service:

South Yorkshire Housing Association provide **Barnsley's Social Prescribing Services (My Best Life)** for those aged 18+ and registered with a Barnsley GP Practice.

We are commissioned to accept referrals from Primary Healthcare Professionals, in particular GP Practice staff.

Recognising that people's health is determined primarily by a range of social, economic and environmental factors, Social Prescribing seeks to address people's needs in a holistic way.

Our Social Prescribing Advisors can support you to unpick matters affecting your wellbeing and achieve personal goals. With links to the local community and resources, and time to spend with you building an action plan which asks '*what matters to you?*', our advisors can support you to lead a healthy and fulfilling life.

We support people to: regain confidence and resilience, connect to work, training and volunteering, increase community connections, improve emotional wellbeing, improve the home environment, address money management and welfare issues, lead healthier lifestyles, consider life changing events, achieve your own personal goals.

Ask your GP Practice about a referral to My Best Life - Social Prescribing. <https://www.livewellbarnsley.co.uk/directory/syha-my-best-life-social-prescribing-service/>

CAVENDISH Cancer Care:

Cavendish Cancer Care services are available to anyone affected by a diagnosis of cancer; whether a patient or supporting a member of the family or someone close to you. Support is confidential, tailored to individual need and is provided free of charge. Cavendish provide:

- Support, Counselling and Complementary Therapies
- Specialist Services for Children and Young people
- Courses and Classes to introduce simple, effective techniques to help people feel calmer, more relaxed and in control

Therapies can help to promote wellbeing and build resilience and help with low mood and anxiety. Therapies offered include aromatherapy, massage, reflexology, reiki, shiatsu, acupuncture and hypnotherapy.

Courses and groups can introduce simple, effective techniques which can help manage stress, tension, overwhelm and anxiety and include:

Cavendish Wellbeing Course which addresses key areas including practical mindfulness, managing worry, nutrition and better sleep and is supplemented by a comprehensive online support course.

Expert Nutrition Workshops which provide practical advice informed by current scientific research on common topics that may affect someone with a diagnosis of cancer.

Moving Through Grief course which explores loss through movement, breath and sound.

Our weekly classes include online relaxation, chair yoga and traffic light tapping.

Cavendish Buddies provides a peer-to-peer telephone support service.

Specialist services for Children and Young people who have been diagnosed with cancer or affected by a cancer diagnosis, or bereavement in relation to cancer, in the family. Therapies include; Play Therapy, Art Therapy and Counselling.

Cavendish are a self-referral service and we aim to see people within 5 working days of them making contact with us. To find out more please fill out a self-referral form on the website <https://cavcare.org.uk/> or call 0114 2784600.

Support is currently available either at the Tim Pryor Centre on Wilkinson Street or by

Weston Park Cancer Charity:

Free services and support for you and the people caring for you.

We're here from the moment you're diagnosed, for you and the people around you. We fund research, enhance treatment and offer advice, support and practical help as you live with and beyond cancer, and our services are free.

Weston Park Cancer Support (located at 23 Northumberland Road, Sheffield, S10 2TX) is our frontline support service, giving patients and families emotional, practical support, help and guidance, a place to be and people to be with.

It's home to a range of services and activities, but we also work in the community, wherever possible helping people in a place most convenient to them.

You can also call our helpline Monday to Friday, 9am—5pm on 0114 553 3330 to speak to a healthcare professional. When you call, or visit us, we are here to help with:

- Advice from healthcare professionals, if you want to discuss symptoms or treatment.
- Financial advice including information about benefits which you might be eligible for
- A listening ear, if you're feeling low need emotional support or just want to talk to someone
- Bereavement support for anyone who has lost someone to cancer
- Support and advice if you are caring for someone with cancer
- Legal advice if you would like to discuss making a Will or lasting power of attorney
- Look Good Feel Better workshops
- Complementary therapies which are designed to promote relaxation, reduce anxiety and enhance wellbeing
- Mindfulness and relaxation techniques if you're feeling stressed or anxious.
- A patient wellbeing programme, with a range of activities to support you to live with and beyond cancer. This includes lifestyle coaching, yoga nidra, wellbeing days health events and opportunities for peer support.

Plus much more! For all the latest updates on our full range of services visit westonpark.org.uk

Our help is free, confidential and open to anyone living with cancer, not just Weston Park patients.

Website: www.westonpark.org.uk

Yorkshire Cancer Community: The voice of those affected by cancer in Yorkshire & the Humber:

We are an independent patient-led information and support network for people affected by cancer covering Yorkshire and the Humber.

We know that it can be lonely having a cancer diagnosis. Outside of clinical appointments, or when treatment ends, patients often don't know where to turn for further help and information.

Yorkshire Cancer Community was set up by cancer patients and carers who felt there was a gap in services and wanted to provide something that was patient friendly. Our network offers support to guide patients through this difficult time, signposting them to individuals who have been there themselves and to support groups and cancer charities.

We do this by offering information and patient stories via social media and regular newsletters; by offering opportunities for patients to get involved in research and patient panels and an informative website which lists cancer charities and support groups across the region.

We also get involved in different patient-related initiatives which include running an online cancer support group and we work in partnership with the West Yorkshire & Harrogate Cancer Alliance on the awareness raising project, Cancer SMART.

Please get in touch if you would like to find out more or want to get involved: <https://yorkshirecancercommunity.co.uk/>

Contact details:

Telephone 01924 787379

Mobile 07715 217845

Email info@yorkshirecancercommunity.co.uk

Facebook /YorkshireCancerCommunity

Team Verricho:

Help young families who are facing rare or hard to treat cancers fight and win tomorrows. We bring hope where there is none.

We:

- help finance second opinions for young families. We provide practical support such as childcare, cleaning and food deliveries whilst applicants are undergoing treatment.
- Support research into new treatments and ways of diagnosing responses to treatment of cancer, as well as supporting research into the challenges faced by long term survivors as a result of the physical and psychological consequences of diagnosis and treatment. Advance cancer education.
- Provide confidential counselling and support.

For more information Visit: www.teamverricco.org or Email: teamverricco@gmail.com or teamverricocounsellingservice@gmail.com Facebook/Twitter @teamverricco

We recognise that many of the services highlighted aren't available on evenings or at weekends when you might need support so this option may be of help.

Macmillan National Support Line

If you or someone you know has been diagnosed with cancer, we can help. Because cancer can affect your life in so many ways, we do whatever it takes to give people the support they need.

Find out what to expect, get information, practical advice and support, hear from experts and read about other people's experiences. Whether you're worried about money or practical issues, have questions about treatment, or just want someone to listen, call our team of specialist advisers on **0808 808 0000 (free) 7 days a week, 8am-8pm.**

There's also email support for newly diagnosed cancer patients if helpful. You'll receive regular emails to support you through your cancer diagnosis and beyond. Sign up [here](#).

Visit: <https://www.macmillan.org.uk/>

Please email alison.thorp2@nhs.net if you have any feedback, amendments or additions or indeed if you identify a gap in service provision for cancer patients living in Barnsley.