Macmillan Berkshire Cancer Rehabilitation web copy:

**Macmillan Berkshire Cancer Rehabilitation Programme**

The Macmillan Berkshire Cancer Rehabilitation provides practical, emotional and psychological support to people affected by cancer and their families. The service aims to empower you to move forward positively in your life, to provide you with the tools and support to take back control, boost your confidence and enhance your overall recovery.

**The service is available to people who have completed or are coming to the end of their cancer treatment, on longer term cancer treatment and are registered with a GP in Berkshire.**

**How does it work?**

Firstly, you will be invited to take part in a ‘Take Control’ health and wellbeing group workshop. The 3-hour session will assess your needs including common issues such as

* Fatigue/feeling tired
* Worries and anxiety
* Physical activity and diet
* Looking ahead and setting goals

Following your health and wellbeing assessment you can choose from a range of services tailored to support your individual wellbeing as and when you need them. These include:

**Physical Activity options** – activities run by cancer rehabilitation specialists, which will help you to become more active, reconnect with your body, improve both energy and confidence levels.

**HOPE course** (Helping Overcome Problems Effectively) - a two-day self-management course which will help you to take control, address any side-effects may be experiencing and live well after cancer.

**Cancer specialist** – if you have questions or need support from a cancer specialist following your treatment we can arrange a follow up appointment for you.

**Psychological support and relationship counselling** – you may be experiencing strong emotions such as sadness, low self-esteem, loneliness, fear, anxiety, anger and frustration during and following cancer treatment. These emotions are all perfectly normal but if you find these feelings overwhelming we can offer professional support for you and those close to you.

**Support volunteers** - our team of friendly volunteers offer a ‘befriending’ service to help you with practical things like ironing or grocery shopping, or simply to be there and listen if you need someone talk to.

**Support Groups** – sharing your experiences with others who are going through similar challenges can be extremely positive and uplifting. We can help you find a support group near you.

**Benefits advice** – cancer can affect your work, income and increase your costs. We can put you in touch with a Macmillan Benefits Adviser who help with money worries and give advice on benefits you may be entitled to.

The services are run in local leisure centres and community centres rather than in hospital, but they are all supported by trained cancer specialists.

**Find out more…**

If you would like more information about the Macmillan Berkshire Cancer Rehabilitation programme and how it can help you contact the team on **01344 662 909** or
**fph-tr.BerkshireCancerRehab@nhs.net**

Or follow the service on Facebook and Twitter

Macmillan Berkshire Cancer Rehabilitation <link to https://www.facebook.com/BerkshireCancerRehab/>

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