

AURORA
Wellbeing Services



The ELPIS PROJECT

Doncaster and Mexborough

Support Services Directory





The Aurora Centre
Doncaster Royal Infirmary
01302 644662

The Aurora Centre
Mexborough Montagu Hospital
01709 649122

Aurora Wellbeing and The Elpis Project Support Summary

Aurora Wellbeing offers a variety of free wellbeing treatments and therapies to all patients who have had a cancer diagnosis. People who don't have a cancer diagnosis are able to access these as paying clients which contributes towards the free provision for our patients with cancer. We call this 'feel good fund raising'. Phone the centres to book an appointment or a pamper party.

The Elpis Project grew from Aurora's pandemic helpline which was in great demand, by all...not just patients with a cancer diagnosis. The Elpis Project is part of Aurora Wellbeing but accesses separate funding awards in response to and evolving from the community's changing needs. The Elpis Project's provision is free of charge to all people who need it.

Aurora Wellbeing Support

- **Treatment Package.** Patients who have had a cancer diagnosis are offered a package of 6 free beauty treatments and / or complementary therapies AND 2 scalp care or hair appointments from our specially trained therapists and stylists. A carer or special person to the patient is also offered 2 free treatments as part of this patient package. Patients are advised as to the best options for their specific needs.
- **Fund Raising events.** These are held throughout the year, a big one being the fashion show which is at Doncaster Dome. Raffles are always ongoing in our centres and we always welcome initiatives / donations from the public.

The Elpis Project Support

- **Support Services Directory.** The Elpis Project have produced this directory of local and some national support agencies. It has already proven to be a really useful signposting tool and we are happy to make it available to other agencies free of charge. A free e-copy of the updated directory can be requested by emailing elpis2@aurorawellbeing.org.uk. Any support agencies not in the directory who would like to be included in the next updated edition (no cost) can let us know via the same email.
- **Coping with Anxiety Workshops.** Exploring the triggers and symptoms of anxiety/overwhelm and some practical techniques to spot it and take control. This workshop is available to anyone in need of this. Held at Cantley Library 4.30pm and Mexborough

Montagu 2pm each month. Places are limited and must be booked by phone 07591 954601 or email: elpis2@aurorawellbeing.org.uk Transport can be provided free if this is an issue.

- **Wig Library.** Patients undergoing treatment for cancer are entitled to loan a wig, free of charge. They enjoy a supportive consultation to help them choose the best wig and are shown how to keep it in tip top condition. They are given a goodie bag with wig care products and a pamper treat donated by local retailers. Ring our Centres to book an appointment.
- **MND Support.** We have recently been funded by the MND society to provide emotional support and relaxation therapies for people with MND and their carers. We can do this both at our centres and in the patient's home. Referrals have been directly from the neurological team but we are able to take direct referrals to 07591 954601 or email: elpis2@aurorawellbeing.org.uk
- **Weird4Wigs** is a fun fund raising campaign to fund our wig library. Donations are made to wear wacky hair for an amount of time. Contact us 07591 954601 or email: support@aurorawellbeing.org.uk for campaign posters and sponsor sheets etc if any person or workplace wishes to support the wig library.
As part of Aurora, The Elpis team are also involved with fund raising events for Aurora Wellbeing services.



Our services and provision are constantly reviewed, updated and adapted in response to the changing needs of the people we support, local demand and available funding.

Contents

[Mental, Social and Emotional Support](#)Page 4

[Benefits and Finance Support](#)Page 16

[Support for people with a cancer diagnosis](#)..... Page 22

[Doncaster and Bassetlaw Teaching Hospitals NHS Foundation Trust](#)
.....Page 35

[Index of agencies and issues supported](#) Page 41

**Agencies to support
people with mental, social
and emotional issues**

<p>Age UK Doncaster 01302 812345</p>	<p>Opening Hours: Monday – Friday 9:00am – 5:00pm. admin@ageukdoncaster.org.uk https://www.ageuk.org.uk/doncaster/ Unit 1, Ten Pound Walk, Doncaster. DN4 5HX. Support services for Doncaster residents aged 50+. Services include cleaning, shopping, homecare support as well as day centre sessions for social interaction. They also offer information and advice on a range of issues including money and benefits, care support, health and wellbeing. Patient can self-refer.</p>
<p>b:friend 07523 698530</p>	<p>Opening hours Monday - Friday, 8.30am - 17.30pm Referrals via website: letsbfriend.org.uk Email: info@letsbfriend.org.uk</p> <p>b:friend matches isolated older people with a volunteer befriender in their local area. Our bendifenders visit their neighbour once a week for a cuppa and a natter, providing social interaction and community connection.</p> <p>b:friend also hosts 6 weekly social clubs across the Doncaster area - Thorne, Rossington, Askern, Balby, Wheatley Hills & Mexborough.</p> <p>1:1 befriending is available for anyone aged 65+ who lives alone, is at risk of loneliness and/or social isolation and does not have a diagnosis which requires specialist support. For example, someone living with a diagnosis of dementia.</p> <p>Our befriending is free of charge and we ask that all referrals are made via our website. We accept self referrals along with referrals from friends & family, professional bodies and other organisations.</p>
<p>Be Well Doncaster</p> <p>Website showing group venues and the dates. https://welldoncaster.uk/peer-support</p>	<p>Peer support is when people use their own personal experience and knowledge to help others who experiencing the same or similar.</p> <p>Below are a list of our peer groups who meet at various community venues once a month around Doncaster:</p> <ul style="list-style-type: none"> • Fibromyalgia and Chronic Pain • Chronic Obstructive Pulmonary Disease (COPD) • Pre Diabetes • Diabetes • Be Well, Feel Good (Healthy Weight Management) • Wellbeing (based on the Five ways to wellbeing, https://bit.ly/3PE1Wwc) • Bereavement <p>All our groups are free to attend.</p> <p>One week the group might decide to have a guest speaker such as a local GP or pharmacist, another week they might have an introductory session to Yoga, Tai Chi or Mindfulness or organise an Art Therapy or Aromatherapy session. Some weeks the group might fancy just having a cup of tea and a catch up with each other.</p>

<p>Bewell 1 to 1 health coach</p> <p>Send a text See right for details.</p>	<p>Over a series of free, 1:1 sessions tailored to suit you, A Health Coach can help you to plan small steps that make a big and lasting difference. All so that you can live a happier day-to-day life.</p> <p>A health coach is just like a sports coach. But instead of cheering you on towards scoring a goal or winning a game, they inspire and motivate you to make changes in your everyday life. They won't push you to do things you're uncomfortable with, or make you feel bad if something doesn't go to plan. It's up to you what you do — and they're here to guide, support, and advise you along the way.</p> <p>To speak to a coach simply text Bewell (all one word) followed by your full name and the area where you live to 82228. Your coach will be in touch to arrange an appointment between 9am-7pm, Monday to Friday at a community venue near you.</p>
<p>BME Doncaster United</p> <p>07791 914997</p> <p>01302 265454</p>	<p>Opening Hours: 24 hours a day - Mon - Fri.</p> <p>bmeunitedoncaster@mail.com http://bmeunited.co.uk/</p> <p>1st floor 94 -95 Spring Gardens Doncaster DN1 3DJ</p> <p>Food bank: 56-58 Beckett Road, Doncaster, DN2 4AJ.</p> <p>Local organisation advocating and supporting the rights of the black and ethnic minority community in Doncaster. They run a food bank, as well as offering support and advice regarding benefits, mental health, and health and wellbeing. Members of the BME community can self-refer.</p>
<p>British Nutrition Foundation</p>	<p>postbox@nutrition.org.uk https://www.nutrition.org.uk/</p> <p>The British Nutrition Foundation is a registered charity providing impartial, evidence-based information, resources and training on food and nutrition. The Foundation's vision is that everyone can access healthy and sustainable diets. Online resources only.</p>
<p>CAMHS</p> <p>01302 796191</p> <p>Out of hours is after 5 pm and at weekends – for a mental health crisis access to support, call our Single Point of Access on 0800 804 8999</p>	<p>Opening hours 9am – 5pm you can contact the CAMHS team</p> <p>Doncaster Child and Adolescent Mental Health Service (CAMHS) provides mental health assessments, therapy and interventions for children, young people up to the age of 18 years and their families or identified carers when the child and young person is experiencing emotional or mental health difficulties.</p> <p>The mental health conditions we typically see are:</p> <ul style="list-style-type: none"> • Anxiety disorders • Depression/low mood • Bipolar disorder • Psychosis • Obsessive-compulsive disorders • Eating disorders • Self-harm / suicidal thoughts • Neurological-developmental disorders where an assessment is required for Attention Deficit Hyperactivity Disorder (ADHD) • Learning disabilities (with mental health presentation).

<p>Carers Altogether</p> <p>carersaltogether@rethink.org</p>	<p>A friendly group that meet once a month in Doncaster. Offering a safe relaxed space for people caring for someone living with mental illness the opportunity to share what sort of month they've had and do so freely and without judgement. We provide information, share knowledge, skills and offer support and encouragement to one and another. New members are always welcome.</p>
<p>CarersUK</p> <p>0808 808 7777</p>	<p>Opening Hours Monday – Friday 9:00am – 5:00pm</p> <p>info@carersuk.org https://www.carersuk.org/ facebook.com/carersuk</p> <p>Carers UK can provide expert information and advice that is tailored to individual situations, to make sure that no matter how complicated your query or your experience, you don't have to care alone. Provides online resources. They offer a listening support service but carers need to register online or by emailing listeningsupport@carersuk.org for this phone support.</p>
<p>Changing Lives</p> <p>01302 309800</p>	<p>Opening Hours Monday – Thursday 9:30am – 3:00pm</p> <p>https://www.changing-lives.org.uk/ carmelle.harold@changing-lives.org.uk</p> <p>2-5 Prince's Street, Doncaster DN1 3NJ</p> <p>Free 1 to 1 counselling for mental health support and for people bereaved by suicide. Also offer a signposting and advising service.</p> <p>Patients can self-refer.</p> <p>Changing Lives' BANE project offers 1 to 1 support for women of this community.</p> <p>Entry efol courses, arts & crafts, maths, IT and they have a free crèche for ladies taking up this provision.</p>
<p>Community Wellbeing Therapies</p> <p>01709 863268</p> <p>Press 0 after the message to be put through to Helping Hands.</p>	<p>A free counselling service based at Helping Hands Community Centre, Edlington Lane Doncaster DN12 1PL but therapies are available at other venues across Doncaster.</p> <p>communitytherapies@hilltopcentre.org.uk</p> <p>For adults not currently receiving counselling, therapy or psychiatric treatment but who are struggling with low to moderate mental health concerns or other issues. Offer talking therapies, hypnotherapy and relaxation techniques over 6 to 8 sessions and employability support (cvs cover letters etc). They have an onsite café and 2 charity shops.</p> <p>People can self-refer by phone, email or calling onsite.</p>
<p>Crisis Support Line SHOUT</p> <p>Text SHOUT to 85258</p>	<p>24/7 Text Support Service</p> <p>www.giveusashout.org https://www.facebook.com/giveusashoutuk/ https://www.instagram.com/giveusashoutinsta/</p> <p>Crisis Text Line provides free, 24/7, high-quality text-based mental health support and crisis intervention by empowering a community of trained volunteers to support people in their moments of need.</p>

<p>Cruse Bereavement 0808 8081677</p>	<p>Opening Hours Monday & Friday 9:30am – 5:00pm, Tuesday – Thursday 9:30 – 8:00pm, Saturday & Sunday 10:00am – 2:00pm helpline@cruse.org.uk https://www.cruse.org.uk/ facebook.com/crusebereavementcare/ instagram.com/crusecare/ Cruse Bereavement Care is the leading national charity for bereaved people. They offer support, advice and information to children, young people, and adults when someone dies. They offer online and telephone support with bereavement counsellors, in addition to one to one and group counselling sessions.</p>
<p>Doncaster Adult Mental Health Services 01302 566999</p>	<p>One of their trained call handlers will signpost callers to the most appropriate service depending on their level of need. This may include out of hours GP, a voluntary organisation or their Access/Crisis Team. People can self refer.</p>
<p>Doncaster Council Online support</p>	<p>https://www.yourlifedoncaster.co.uk/ Support & advice for adults & families to help tackle personal and practical issues. Also contains ‘What’s on’ information across Doncaster.</p>
<p>Doncaster Council Wellbeing Team 01302 735553</p>	<p>Email: wellbeing@doncaster.gov.uk This service is available to support adults who may need extra help or support to stay healthy and independent in these difficult times. The team is on hand to advise and support with a range of issues: physical health, mental health, isolation, your home and your finances.</p>
<p>Doncaster Deaf Trust 01302 386700 enquiries@ddt-deaf.org.uk</p>	<p>A registered charity owning and managing a nursery, a school, a college and an employment service for people (from birth to 64yrs) with hearing and communication difficulties. Aspire to Be – For 16+yrs unemployed not in education with hearing and communication difficulties in need of support to learn new skills to gain employment. Tina or Julie 01302 386711 Text: 07774970643 Email: Julie.wright@cscd.ac.uk www.deaf-trust.co.uk/college/employability</p>
<p>Doncaster Domestic Abuse hub 01302 737080 dahub@doncaster.gov.uk</p>	<p>For you or someone you know in an abusive relationship and you don’t know what to do. They will listen and help with reporting abuse to the police, housing options and rights, accessing injunctions, information to keep you safe, accessing help / advice with debt / financial issues. Open Mon – Fri 9am to 4.30pm (not including bank holidays). www.doncaster.gov.uk/domesticabuse National 24hour Domestic Abuse Helpline Call 0808 2000 247</p>

<p>Doncaster Family Hubs</p>	<p>Social groups for parents and children 0 to 5years to meet and enjoy activities. Qualified Early Years and Health staff are available at sessions to offer support & advice on all aspects of child development and family life.</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 33%;">Adwick Central Avenue 01302 737717</td> <td style="width: 33%;">Armthorpe Mere Lane 01302 736760</td> <td style="width: 33%;">Askern Spa Pool Road 01302 737099</td> </tr> <tr> <td>Balby Sandycroft Crescent 01302 736880</td> <td>Bentley The Avenue 01302 737350</td> <td>Central Welcome Way 01302 737995</td> </tr> <tr> <td>Denaby School Walk 01302 737436</td> <td>Mexborough Wath Road 01302 736869</td> <td>Moorends Marshlands Road 01302 737470</td> </tr> <tr> <td>Rossington Grantham Street 01302 737440</td> <td>Stainforth Junction Road 01302 734048</td> <td>Wheatley Old School Way 01302 737790</td> </tr> </table>	Adwick Central Avenue 01302 737717	Armthorpe Mere Lane 01302 736760	Askern Spa Pool Road 01302 737099	Balby Sandycroft Crescent 01302 736880	Bentley The Avenue 01302 737350	Central Welcome Way 01302 737995	Denaby School Walk 01302 737436	Mexborough Wath Road 01302 736869	Moorends Marshlands Road 01302 737470	Rossington Grantham Street 01302 737440	Stainforth Junction Road 01302 734048	Wheatley Old School Way 01302 737790
Adwick Central Avenue 01302 737717	Armthorpe Mere Lane 01302 736760	Askern Spa Pool Road 01302 737099											
Balby Sandycroft Crescent 01302 736880	Bentley The Avenue 01302 737350	Central Welcome Way 01302 737995											
Denaby School Walk 01302 737436	Mexborough Wath Road 01302 736869	Moorends Marshlands Road 01302 737470											
Rossington Grantham Street 01302 737440	Stainforth Junction Road 01302 734048	Wheatley Old School Way 01302 737790											
<p>Dial Doncaster 01302 327800</p> <p>Our telephone helplines are extremely busy at times and if you are unable to get through please send an e-mail.</p>	<p>Opening Hours: Monday to Friday 10:00am – 4:00pm. advice@dialdoncaster.co.uk http://www.dialdoncaster.co.uk Woodbury Court, Woodfield Park, Tickhill Road Hospital Site, Balby, Doncaster. DN4 8QN</p> <p>Provides an easily accessible Information and Advisory Service for people who live in the Doncaster area. They aim to raise awareness of disability issues in order to influence change and empower and enable disabled people to live a more independent and enriched life.</p>												
<p>Doncaster Partnership for Carers 01302 637566</p>	<p>Opening Hours: Tuesday to Thursday 9:30am – 4:00pm dpfc@doncastercarers.org.uk https://www.doncastercarers.org.uk The Carers House, 2 Regent Terrace, South Parade, Doncaster, DN1 2EE</p> <p>They provide emotional and practical support and information to carers in areas of education, finance, social care, health, leisure, and training. They run a befriending service and drop-in groups, as well as free counselling and hypnotherapy sessions. Patient can self-refer.</p>												
<p>Doncaster Single Point Access 01302 566999</p>	<p>Opening Hours: 24 Hours a day – 365 days a year. Doncaster.SPA@nhs.net Opal centre, Tickhill Road site, Balby, Doncaster. DN4 8QN The Single Point of Access provides call management, clinical triage and assessment for community nursing services and adult mental health services in Doncaster. This service is for patients, carers and GP referrals requiring the existing community nursing service and access to Adult Community Mental Health Services. It also provides a mental health crisis service hub for all ages. Patients can self-refer.</p>												

<p>Frazzle Café Online</p>	<p>Home - Frazzled Cafe A supportive online community where you can come to meet and talk about overwhelming stresses of modern-day life in a safe, non-judgemental space. The founder & patron is Ruby Wax.</p> <p>Frazzled Cafe Facilitated meetings run for an hour and Hosted meetings run for 45 minutes. Both styles start with a run-through of our guidelines to ensure a confidential, respectful and safe environment for all of our attendees. It is important to us that these are adhered to.</p>
<p>Greenheart Community www.greenheartcommunity.org</p>	<p>GreenHeart provides functional life skills and services that give our members the opportunity to learn, share and grow. Our mission is to positively impact the physical and mental well-being of our community.</p> <p>This is a support community particularly for men. Email Glen Monks greenheartdoncaster@gmail.com</p>
<p>Happy Days 01709 863268 happydayscare@hilltopcentre.org.uk</p>	<p>A day care centre offering respite care at Helping Hands community centre in Edlington. It's a home from home, place to relax and enjoy conversation with stimulating sessions to keep the minds active and laughter flowing. Activities include bingo, music, baking, seed potting, dominoes, trips out... Full day £50, half day £25 Monday – Friday 10am – 3pm</p>
<p>Helping Hands Community Centre 01709 863268</p>	<p>Opening Hours Monday - Friday 9:30am – 3:30pm. https://www.helpinghands-centre.org/v.redsull@hilltopcentre.org.uk communitytherapies@hilltopcentre.org.uk Edlington Lane, Doncaster, DN12 1PL Edlington based community centre that provides services to the whole of Doncaster including counselling, wellbeing classes, and legal, benefit and employment support. Patients can self-refer by calling the above number. Most services are free but some craft sessions have a small charge.</p>
<p>Home Instead 01302 369655 careoperations.doncaster@homeinstead.co.uk</p>	<p>Tailored, personal support in your own home. Offer: home help, companionship, personal care, dementia care, live-in care. They also offer technology to keep people connected with their family. Monitoring devices to ensure your vulnerable person is where they are supposed to be with discreet alarms to a resolution team in case of falls.</p>
<p>Hope Springs Horticulture 07588 521257</p>	<p>Opening Hours: Tuesday 10:30am – 3:00pm Anitaburnett@hopespringshorticulture.co.uk hopespringshorticulture.co.uk Clumber Park, Worksop, S80 3AZ Weekly gardening and crafting group offering holistic, therapeutic mental health and peer support. The aims of the service include maintaining mental wellbeing while promoting healthy living and building confidence. Patients can self-refer. Free service.</p>

<p>IAPT 01302 565556 01302 565650</p>	<p>Opening Hours Monday – Friday 9:00 – 5:00am 01302 565650 www.iapt.rdash.nhs.uk/about-doncaster-iapt/</p> <p>The Flying Scotsman Centre, St Sepulchre Gate West, Doncaster, DN1 3AP Doncaster IAPT is an adult mental health service, offering evidence-based interventions to individuals over the age of 18 experiencing common mental health problems, such as anxiety, depression or stress. Services include CBT, IPT, EMDR and more. Free service for local Doncaster residents. Patients can self-refer.</p>
<p>ieso nhs 0800 074 5560</p>	<p>Appointments available 6am to 11pm 7 days a week. Website: ieso Online Therapy Doncaster (iesohealth.com) Phone lines open Mon – Fri 9am to 5:30pm.</p> <p>Offer online 1 to 1 counselling to support a range of symptoms including anxiety and worry, depression, post-traumatic stress disorder, obsessive compulsive disorder, phobias, sleep disorders, and stress.</p> <p>ieso provides a confidential and discreet online evidence based cognitive behavioural therapy (CBT) service with real, qualified therapists.</p> <p>All you need is a device that can connect to the internet.</p>
<p>Independent Age 0800 3196789</p>	<p>Opening Hours Monday to Friday 8:30am – 6:30pm advice@independentage.org https://www.independentage.org/ Online information and advice for older people and their families on care and support, money and benefits, and health and mobility, along with friendship services to relieve loneliness. They have a free helpline number.</p>
<p>Making Space – Carers Reach-out 01302 986900</p>	<p>Opening Hours: Monday – Friday 9:00am – 5:00pm Email: DoncasterCarers@makingspace.co.uk https://makingspace.co.uk/doncaster-carers-reach-out Unit 4, Stone Cross House, Doncaster Road, Kirk Sandall, Doncaster. DN3 1QS</p> <p>Making Space Doncaster carers reach out service provides support for carers in their caring role and helps them to stay connected in their community. Their expert staff can provide one-to-one support, peer support and up to date and relevant information to support carers.</p>
<p>Mens Walk Talk Bassetlaw 01777 709650 pgraham@actioncentre.org.uk</p>	<p>Opening hours Mon – Fri 9am – 1pm MENWALKTALK aims to support men who may be struggling with their mental health, as well as reducing social isolation. We facilitate walking groups for men to meet other men and provide each other mutual support because you are not alone. Bassetlaw Action Centre canal street, Retford, Retford, Nottinghamshire, dn22 6ez</p>

<p>Mind Doncaster 01302 812190</p> <p>Crisis Service 01302 566999</p>	<p>Opening Hours Monday – Friday 9:00am – 6:00pm https://www.doncastermind.org.uk office@doncastermind.org.uk Exchange Buildings, Second Floor, 35 Market Place, Doncaster, DN1 1NE Promotes recovery from mental ill-health, emotional wellbeing, and independent living. Wellbeing services include one to one support and counselling. Patient can self-refer by phone or filling out the confidential referral form via the link on website header. Free service.</p> <p>Crisis Services support immediate mental health and wellbeing needs. For urgent support please contact the Crisis Service.</p>
<p>Mind UK</p> <p>Infoline 0300 123 3392</p>	<p>Opening Hours Monday – Friday 9:00am – 6:00pm info@mind.org.uk https://www.mind.org.uk/ facebook.com/mindforbettermentalhealth instagram.com/mindcharity/ Mind provides supportive and reliable information to anyone experiencing a mental health problem. Their Infoline offers confidential support over the phone, and their legal line provides information regarding the laws relating to mental health. Their website also provides advice and information on all aspects of mental ill health.</p>
<p>Open Minds Counselling 01302 344192</p> <p>07765 224564</p>	<p>Opening Hours Monday – Friday 9:00am – 5:00pm. openminds@counsellingdoncaster.com www.counsellingdoncaster.com onlinetherapy@connsellingdoncaster.com 28 Christchurch Road, Doncaster, DN1 2QL. Doncaster based counselling service covering all issues open to anyone over the age of 8 years old. Male and female counsellors available. Charges from £2 - £15 dependant on household income. Fast-track appointments £30. Patient can self-refer.</p>
<p>Pain Concern</p> <p>Helpline 0300 123 0789</p>	<p>Opening Hours Monday 2:00pm – 4:00pm, Wednesday 6:00pm – 8:00pm & Friday 10:00am – 2:00pm info@painconcern.org.uk https://painconcern.org.uk/ help@painconcern.org.uk Pain Concern work to improve the lives of people living with pain and those who care for them. Their helpline is staffed by trained volunteers, while their website has a host of clinical advice and information regarding pain, including a self help guide to pain, and a community forum.</p>
<p>Papyrus</p> <p>Hope line 0800 068 4141</p>	<p>Opening Hours Monday – Sunday 9:00am – 12:00 Midnight pat@papyrus-uk.org https://www.papyrus-uk.org/ facebook.com/PAPYRUSUK instagram.com/papyrus_uk/ Provides confidential support and advice to young people struggling with thoughts of suicide and anyone worried about a young person through our helpline, HOPELINEUK. The PAPYPUS helpline is for anyone under the age of 35 and is answered by suicide prevention advisors. They also support friends, family, and healthcare professionals. Their website also contains useful information and guidance.</p>

<p>People Focused Group 01302 618507</p>	<p>Opening Hours Monday – Friday 9:00am – 4:00pm. https://peoplefocused.org.uk/</p> <p>The Wellness Centre, 45 Montrose Ave, Intake Doncaster DN2 6PL Peer-support group that runs weekly activities crafting, warden visiting (prior arrangement), writing for wellness, LGBTQ+ support, veteran group on Saturdays at Keepmoat and more. Online support through their Facebook page. Free service which patients can self-refer to. Food bank services no voucher needed. Sites at Denaby and Bentley.</p>
<p>Relate 01302 347474</p>	<p>Opening Hours: Monday – Thursday 8:00am – 8:00pm, Friday 8:00am – 6:00pm, Saturday 9:00am – 1:00pm Relate.Enquiries@Relate.org.uk</p> <p>Premier House, Carolina Court, Lakeside, Doncaster. DN4 5RA Providers of relationship, family and children and young people’s counselling. Offers counselling for children over the age of 11. Sessions start from £40 but check here to see if you qualify for free counselling: Free counselling through national partnerships Relate Patient can self-refer.</p>
<p>Rethink Mental Illness Doncaster helpline 0808 8018442</p>	<p>Help in your area (rethink.org)</p> <p>Enter your postcode into the website to see all the Rethink support available in your area. Lots of online advice on a wide range of areas eg housing, carer support, criminal justice, advocacy and phone help lines. We aim to answer your call within 3 rings, if we are busy, please do try again.</p>
<p>Samaritans Call 116 123</p>	<p>Opening Hours 24 hours a day 365 days a week. jo@samaritans.org https://www.samaritans.org/ facebook.com/samaritanscharity instagram.com/samaritanscharity</p> <p>Samaritans is a registered charity providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide. Their 24/7 helpline is answered by specially trained volunteers. They also have a self-help app that can be downloaded from any smart phone.</p>
<p>Sober Social – Project 6 Doncaster 01302 360090</p>	<p>Opening Hours Monday – Friday 9:00am – 5:00pm. Info@project6.org.uk https://project6.org.uk/doncaster/ 18 Priory Place, Doncaster, DN1 1BZ</p> <p>Working with people in recovery from alcohol and other substance abuse. Offer free 1 to 1 counselling sessions and group sessions. Patients can self-refer by calling the contact number to arrange an initial assessment.</p>

<p>Sporting Memories Club 01302 369 655</p>	<p>Isolated adults, living with dementia, low mood or other long term conditions for fun and friendship who enjoy sports and games. Held at The Knights Rugby Stadium Castle Park, Armthorpe Road, Doncaster DN2 5QB every Tuesday 10.30 – 12pm. Carers also welcome. Email: aziz.ullah@homeinstead.co.uk</p>
<p>St. Leger Housing and Homeless services 01302 736000</p>	<p>Monday to Friday 8:30am 4:30pm. Email: housingoptionsteam@doncaster.gov.uk</p> <p>If you are homeless or think that you are going to become homeless you should contact St. Leger. If you are homeless outside of these hours contact 01302 323444.</p>
<p>Stonewall 0800 050 2020 020 7593 1850</p>	<p>Monday – Friday 9:30am – 4:30pm info@stonewall.org.uk https://www.stonewall.org.uk/ facebook.com/stonewalluk instagram.com/stonewalluk/ Stonewall is an online LGBTQ+ advocacy and support website offering advice and information, as well as a free support helpline for the LGBTQ+ communities and their allies.</p>
<p>Sue Ryder 0808 164 4572</p>	<p>Opening Hours Monday – Friday 9:00am – 5:00pm info@sueryder.org https://www.sueryder.org/ facebook.com/SueRyderNational/ instagram.com/suerydercharity/ Sue Ryder support people through the most difficult times of their lives; whether that's a terminal illness, the loss of a loved one or a neurological condition. Their doctors, nurses, and carers give people the compassion and expert care they need. They offer palliative and end of live care services and online bereavement support.</p>
<p>The Cinnamon Trust 01736 757 900</p>	<p>Opening Hours Monday to Friday 9:00am – 5:00pm admin@cinnamon.org.uk https://cinnamon.org.uk/ facebook.com/TheCinnamonTrust/ instagram.com/thecinnamontrust/?hl=en Cinnamon Trust is the only specialist national charity to support the relationship between the elderly and terminally ill people and their pets. They offer practical support such as walking services, a fostering service for hospital stays, and long-term care following a bereavement.</p>
<p>The Junction Hexthorpe 01302 349341 For more details see the FP page: (20+) The Junction- TKCC Facebook Email: Thejunction20@yahoo.com</p>	<p>Opening Hours: Drop-ins on Mondays and Tuesdays (all day) and every Thursday afternoon, as well as alternate Thursday mornings. Appointments by arrangement. https://thejunctionhexthorpe.com/ 28 Hexthorpe Road, Hexthorpe, Doncaster. DN4 0BG The Junction is a community drop-in and advice centre in Hexthorpe and part of The King's Cross Church. It provides a safe environment for people from the wider community to meet and to access various forms of help, advice, sewing/knitting social groups as well as gain friendship and support. We primarily have Hexthorpe people but don't restrict access to Hexthorpe residents though.</p>

<p>The Sleep Charity 01302 751416</p>	<p>Opening Hours: Monday – Friday 9:00am – 5:00pm. https://thesleepcharity.org.uk/ info@thesleepcharity.org.uk Kale Lodge, Woodfield Park, Tickhill Road, Balby, Doncaster, DN4 8QN The Sleep Charity produces a wide range of evidence-based information on all aspects of sleep from triggers to treatments. They offer courses for adults and children that cover all aspects of getting a good night's sleep. Self-referral. A fee is charged for access to the courses.</p>
<p>Wild Orange Mindfulness Practitioner 07738 479799</p>	<p>Opening Hours: Monday – Thursday 8:30am – 8:00pm, Friday 9:00am – 5:00pm, Saturday 10:00am – 6:00pm carole@wild-orange.co.uk, https://www.wild-orange.co.uk/ The Orange Room @ 169 Bennetthorpe, Doncaster, DN2 6AH Teaching Mindfulness, meditation, and self-care for dealing with any aspect of stress, worry and anxiety including depression, through 1 to 1 sessions as well as self-care workshops. Prices start from £15.00 up to £115 for an 8-week training course. Patients can self-refer.</p>
<p>Yorkshire Smoke Free Doncaster 01302 561722 0800 612 0011 0330 6601166</p>	<p>Hours to ring for an appointment: Monday – Friday 9:00am – 5:00pm, Appointments also available Saturday 9.30am -1.30pm and some evenings. www.doncaster.yorkshiresmokefree.nhs.uk (20+) Yorkshire Smokefree Facebook 40 Scot Lane, Doncaster. DN1 1ES.</p> <p>Yorkshire Smoke Free provides expert NHS advice and support for anyone who wants to stop smoking. They offer telephone support, face to face sessions, and an online quit program. Their services are free, friendly and flexible and the patient will always have access to specialist advisors who have helped 1000s of people to go smoke-free.</p>
<p>Young Carers 01302 736099</p>	<p>Email: young.carers@doncaster.gov.uk Support for young people who have care responsibilities for someone. The Young Carers team can provide 1 to 1 support, information & advice, advocacy and social groups.</p>

Benefits and Finance

Support Agencies

Attendance Allowance helpline 0800 731 0122	Attendance Allowance: Overview - GOV.UK (www.gov.uk) Monday to Friday, 8am to 6pm You can apply for attendance allowance if you have reached state pension age and you have a disability severe enough that you need someone to help look after you.
Carers Allowance 0800 731 0297	Carer's Allowance: How it works - GOV.UK (www.gov.uk) You need to apply online or by post. You do not have to be related to, or live with, the person you care for. You do not get paid extra if you care for more than one person. If someone else also cares for the same person as you, only one of you can claim Carer's Allowance.
Doncaster Council 01302 736000 Emergency out-of-hours number 01302 341628	Doncaster Council For all issues which concern the local council. Submit one of the eforms in our Apply for it , Report it , Pay for it sections Phone line open times are Monday to Friday 8.30am - 5.00pm This is a service provided outside normal office hours (including weekends and holidays) Postal address Doncaster Council, Civic Office, Waterdale, Doncaster, DN1 3BU In person visit The One Stop Shop , Civic Office, Waterdale, Doncaster DN1 3BU
Employment Support Allowance 0800 055 6688 Textphone: 0800 328 1344	Employment and Support Allowance (ESA): Overview - GOV.UK (www.gov.uk) You can apply for 'new style' Employment and Support Allowance (ESA) if you're under State Pension age and you have a disability or health condition that affects how much you can work. ESA gives you: money to help with living costs if you're unable to work support to get back into work if you're able to You can apply if you're employed, self-employed or unemployed.
Job Seekers Allowance 0800 169 0310	Jobseeker's Allowance (JSA): How it works - GOV.UK (www.gov.uk) For people actively seeking work who have previously worked as an employee and paid Class 1 National Insurance contributions, usually in the last 2 to 3 years (National Insurance credits can also count) Textphone: 0800 169 0314
Personal Independence Payment 0800 917 2222	Personal Independence Payment (PIP): What PIP is for - GOV.UK (www.gov.uk) Personal Independence Payment (PIP) can help with extra living costs if you have both: a long-term physical or mental health condition or disability difficulty doing certain everyday tasks or getting around because of your condition You can get PIP even if you're working, have savings or are getting most other benefits.

<p>Universal Credit 0800 328 5644</p>	<p>Universal Credit: Contact Universal Credit - GOV.UK (www.gov.uk) Universal Credit is a payment to help with your living costs. You may be able to make a claim if you're on a low income, out of work or you cannot work. Textphone: 0800 328 1344</p>
<p>Turn 2 Us 0808 802 2000</p>	<p>Opening Hours Monday – Friday 9:00am – 5:00pm info@turn2us.org.uk https://www.turn2us.org.uk facebook.com/turn2us/ www.instagram.com/turn2us/ Turn2us is a national charity providing practical help to people who are struggling financially. They have online resources including a benefits calculator and a grant search tool, as well as being able to award their own grants. Their telephone helpline provides support, advice, and information. online, by phone and face to face through our partner organisations. Open Monday – Friday 9:00am – 5:00pm.</p>

<p>Beacon Continuing Healthcare 0345 5480300</p>	<p>Opening Hours Monday – Friday 9:00am – 5:00pm enquiries@beaconchc.co.uk beaconchc.co.uk facebook.com/beaconcontinuinghealthcare instagram.com/beaconhealthsystem Beacon provide free expert advice and affordable representation for families who are struggling to navigate the maze of NHS Continuing Healthcare. Whether you need a quick answer to a simple question or are seeking an expert to manage your case from start to finish, Beacon can help. They offer a full range of affordable specialist advocacy and casework services designed to provide you with as much or as little support and advice as you need at any stage of your assessment, appeal or review.</p>
<p>BME Doncaster United 07791 914997 01302 265454</p>	<p>Opening Hours: 24 hours a day, 7 days a week. bmeunitedoncaster@mail.com http://bmeunited.co.uk/ 56-58 Beckett Road, Doncaster, DN2 4AJ. Local organisation advocating and support the right of the black and minority ethnic community in Doncaster. They run a food bank, as well as offering support and advice regarding benefits, mental health, and health and wellbeing. Members of the BME community can self-refer.</p>
<p>British Gas Energy Trust 0121 348 7797</p>	<p>Opening Hours Monday to Friday 8:30am – 5:00pm. contact@britishgasenergytrust.org.uk. https://britishgasenergytrust.org.uk/ The Trust helps families and individuals experiencing hardship who are struggling with gas and electricity debts by awarding grants to clear those debts. Applications can be made online or over the telephone. You do not have to be a British Gas customer to be able to apply.</p>

<p>Citizen's Advice Doncaster</p> <p>General advice: 0808 2787955</p> <p>01302 243057</p>	<p>Citizens Advice Doncaster Borough Opening Hours: Monday – Wednesday 10:00am – 12:00 noon & 2:00pm – 4:00pm advice@citizensadvice-doncasterborough.org 63 Hallgate, Doncaster, DN1 3PB Provides free, confidential, and impartial advice on issues affecting people's lives. Their goal is to help everyone find a way forward, whatever problem they face.</p> <p>Mexborough 01709 572 400 0808 278 7955 Stainforth adviceline 0808 278 7955 Offer outreaches at other venues around Doncaster.</p>
<p>Citizen's Advice Doncaster Debt Team</p> <p>01302 499330</p>	<p>Opening Hours: Monday – Friday 10:00am – 4:00pm 63 Hallgate, Doncaster, DN1 3PB The debt team will provide the information needed to help people make the right choices with debt problems, how to avoid losing their home and how to get their finances back into shape. Phone to arrange an appointment.</p>
<p>Creative Support Doncaster</p> <p>Tenancy/Housing</p> <p>01302 321196</p>	<p>Opening hours Monday – Friday 9:00am – 5:00pm. www.creativesupport.co.uk doncaster.mhfs@creativesupport.org.uk Provides free help and support for people with a mental health need with their tenancy or housing related issues over the phone or out in the community.</p> <p>They support people facing issues such as eviction, homelessness, securing long term housing, navigating repairs / home improvements, utility payments, accessing food bank, budgeting advice, help navigating the benefits system... (Creative support cannot fill out claim forms for their clients but will help them find the right form for them to complete).</p> <p>Call or email to complete a referral form to access this support.</p>
<p>Doncaster Food Bank</p> <p>07568 247288</p>	<p>Opening Hours: Wednesday & Friday 10:00am – 2:00pm. info@doncaster.foodbank.org.uk https://doncaster.foodbank.org.uk/</p> <p>Ring or email to apply for a voucher. They issue a 3-day food parcel to people or families who have been issued a food voucher from Doncaster Council, St. Ledger Homes, Citizens Advice, a health visitor, or a children's centre. The Food banks are on 3 sites: St James Church, St Sepulchre Gate West Rossington Holmescarr Community Centre St Paul's Church, Wheatley</p>

<p>Edlington ECO Food Bank 01709 252549</p>	<p>Opening Hours: Monday – Friday 10:00am – 3:00pm Edlingtoneco@gmail.com Yorkshire Main Community Centre, Edlington Lane, Edlington, DN12 1AB Food bank based at Yorkshire Main community centre in Edlington. Open 5 days a week, serving the whole of Doncaster, supplying food and toiletries for adults, babies, and children. Each parcel lasts for 3 days. NO VOUCHER REQUIRED. Patients can self-refer. Also offers social activities.</p>
<p>Given Freely Freely Given General enquiries 07598 877592</p>	<p>Opening hours Mon, Tues, Thurs and Saturday 10am to 2pm Based at St John’s Church, Greenfield Lane, Balby Road, DN4 OQF A multibank offering food, clothes, household items, toiletries etc all free to anyone in need. No vouchers needed. Registered as a council warm space. Cuppa Kindness Café offers a free drink and biscuit with chance for a friendly chat. A shower and clean clothes are available for people who need this. Queue at the main church doors. Donations – use the car park on Greenfield Lane at the back of the church. Enter via the back door of the church and someone will help you.</p>
<p>Independent Age National helpline 0800 3196789</p>	<p>Opening Hours Monday to Friday 8:30am – 6:30pm advice@independentage.org https://www.independentage.org/ facebook.com/independentage/ instagram.com/independentage/ Provides free information and advice for older people and their families on care and support, money and benefits, health and mobility and lots more...phone or visit the website for more details.</p>
<p>Lady Ellerker’s Land Trust Assistance for people in Cantley, Branton & Bessacarr.</p>	<p>Email: Susan Forbes artfelt@hotmail.co.uk to request assistance https://www.facebook.com/cantleytrust/ The Trust - charity number 224787 – has been in operation since the 1800s and is endowed with funds to give ‘financial assistance to those residing within the ancient parish of Cantley, Branton & Bessacarr’. We do not provide money as such; rather the provision and fitting of essential goods such as white goods and carpeting and sometimes assistance with an applicant’s arrears with regards to utility companies or rates. We have slightly widened our approach recently to include ‘the alleviation of issues which are detrimental to an applicant’s mental wellbeing’. We send an applicant a simple form to assess their eligibility (location of residence, level of income and outgoings, etc) and two Trustees visit applicants to confirm the details and discuss options. A decision on the provision of support is usually made the following month after the regular Trustees’ meeting. Jon Finegold jon@keyline-consultancy.co.uk Trustee, Lady Ellerker’s Land Trust</p>

<p>Shelter 0808 800 4444</p>	<p>Monday – Friday 8:00am – 8:00pm & Saturday and Sunday 9:00am – 5:00pm. info@shelter.org.uk https://england.shelter.org.uk/ facebook.com/ShelterUK/ instagram.com/sheltercharity Shelter is the UK’s biggest housing and homelessness charity. Their helpline is open 365 days a year to answer calls from anyone struggling with a housing issue or homelessness. Their website contains expert information about everything from reclaiming your deposit to applying as homeless, and their solicitors can provide free legal advice.</p>
<p>SLHD Moneywise 01302 862050 01302 862862</p>	<p>Opening Hours: Monday – Friday 9:00am – 5:00pm. info@stlegerhomes.co.uk https://www.stlegerhomes.co.uk/moneywise/ St. Leger Court, White Rose Way, Doncaster. DN4 5ND. Support service for money management, especially for people with a limited budget. Can provide information and support relating to everything to do with running and maintaining a home - benefits and universal credit, rent arrears, reducing energy bills, coping with debt and food banks. People can request an appointment via the ‘contact us’ tab on the website or by phoning.</p>
<p>Step Change Debt Charity 0800 138 1111</p>	<p>Opening Hours Monday – Friday 8:00am – 8:00pm & Saturday 8:00am – 4:00pm client.service@stepchange.org https://www.stepchange.org/ facebook.com/stepchangedebtcharity The Step Change team of debt experts help thousands of people every week to deal with their debt problems, bankruptcy, equity release... and get their life back on track. They offer a wide range of free confidential practical debt solutions and services to suit every situation and offer mortgage advice. Free telephone helpline. The online advice service is available 24/7 365 days per year.</p>
<p>The National Debtline 0808 808 400</p>	<p>Opening Hours Monday – Friday 9:00am – 8:00pm and Saturday 9:30 – 1pm https://nationaldebtline.org/contact-us/ http://www.facebook.com/nationaldebtline The National Debtline offers free confidential debt advice to help people understand how to maximise their money and choose a debt solution that is right for them. They offer support over the phone, through webchat and via a host of online resources.</p>
<p>Thorne & Moorends Community Food Bank 07484 669872 07742 043737</p>	<p>Opening Hours: Thursday 10am – 12 noon tm.foodbank@gmail.com Thorne Rugby club, Church balk, Thorne DN8 5BU Food bank based at Thorne Rugby club, open one day a week providing food parcels for the residents of Thorne, Moorends, and the surrounding areas. NO VOUCHER REQUIRED. People just need to bring proof of address and the benefit they are claiming.</p>

Support Agencies
for patients
with a cancer diagnosis

<p>Aurora Wellbeing</p> <p>DRI: 01302 644 662</p> <p>Mexborough: 01709 649122</p> <p>Worksop 01909 470985</p>	<p>Opening Hours: Monday – Friday 9:00am – 5:00pm. admin@aurorawellbeing.org.uk https://aurorawellbeing.org.uk/ Montagu Hospital, Adwick Road, Mexborough, S64 0AZ</p> <p>A local charity that provides a free package of 6 beauty treatments / complementary therapies to anyone diagnosed with any type of cancer AND 2 scalp / hair care appointments with our specially trained stylists and therapists.</p> <p>Also have a Wig Library which is free for patients having lost their hair through cancer treatments. Ring the DRI or Mexborough numbers to arrange an appointment for a consultation to help choose and care for your wig.</p> <p>People who don't have a cancer diagnosis are able to access our hair salon, beauty treatments and complementary therapies as paying clients which contributes towards the free provision for our patients with cancer. We call this 'feel good fund raising'. Phone the centres to book an appointment or a pamper party.</p> <p>Patients can self-refer.</p>
<p>Baggy Trousers UK</p> <p>0800 7723910</p>	<p>Opening hours Monday – Friday 9:00am – 5:00pm Home - Baggy Trousers UK Testicular Cancer Awareness</p> <p>Baggy Trousers UK is a non-profit organisation providing financial and peer support to men who have been directly affected by testicular cancer via telephone, email, social media and a monthly peer support group.</p> <p>Online support resources and a guide as to how to check testicles is on the website. Enhanced support services also available for people local to Greater Manchester area.</p>
<p>Blood Cancer UK</p> <p>0808 2080888</p>	<p>Open Monday 10am – 7pm, Tues to Fri 10am – 4pm Saturday & Sunday 10am – 1pm. support@bloodcancer.org.uk https://bloodcancer.org.uk</p> <p>Information and support for people with blood cancer by phone or email. Online community forum also available. See website for details.</p>
<p>Bowel Cancer UK</p> <p>020 7940 1760</p>	<p>Open Monday to Friday 9am-5pm Ask a Nurse Email (2 – 4 working days response time) Nurse@bowelcanceruk.org.uk www.bowelcanceruk.org.uk</p> <p>Online advice and information regarding bowel cancer, including downloadable booklets, real life stories and an online community. Also offers an 'ask the nurse' service via the above email.</p>

<p>Braintrust Brain Cancer 01983 292405</p>	<p>hello@brainstrust.org.uk https://brainstrust.org.uk Brain cancer charity providing personalised brain tumour support, to help patients live life with a brain tumour. They have a range of online resources and provide a 24/7 coaching help line.</p>
<p>Breast Cancer Now 0800 8006000</p>	<p>Open Monday – Thursday 9am – 5pm & Friday 9am – 4pm hello@breastcancernow.org breastcancernow.org/ Breast Cancer Now support anyone affected by breast cancer, the whole way through, providing support for today and hope for the future. Online resources and a support line answered by breast care nurses.</p>
<p>Cancer Education 0203 8118270</p>	<p>Opening Hours Monday – Friday 9am – 5pm info@cancereducationuk.org https://www.cancereducationuk.org/ Cancer Education educates and supports people from the Black, Asian, Minority Ethnic and Refugee (BAMER) community who have cancer or have been through cancer. Online resources and community.</p>
<p>Cancer Hair Care 01438 311322</p>	<p>Opening Hours Monday – Friday 9am – 5pm support@cancerhaircare.com https://www.cancerhaircare.co.uk/ Cancer Hair Care offers online expert advice and support on all aspects of hair loss, hair loss prevention (scalp cooling) and hair care, before, during and after cancer treatments.</p>
<p>Cancer Research UK 0808 8004040</p>	<p>Open Monday to Friday 8am – 6pm supporter.services@cancer.org.uk https://www.cancerresearchuk.org/ Provide vast online resources about all the different cancers on their website with lots of advice and information as well as a nurse led telephone and email services and an online community forum.</p>
<p>Cavendish Cancer Care 0114 2784600</p>	<p>Opening Hours: Monday – Friday 9am – 5:30pm. hello@cavcare.org.uk https://cavcare.org.uk/ Cavendish Cancer Care Centre, 34 Wilkinson Street, Sheffield, South Yorkshire. S10 2GB. Sheffield based charity providing: <ul style="list-style-type: none"> • 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. <p>We are a self-referral service (you don't need to be referred by a healthcare professional) and we aim to see you within 5 working days of you making contact with us.</p> </p>

<p>Check 'em Lads Testicular Cancer 07479 532 146</p>	<p>Phil@testicularcanceruk.com https://www.testicularcanceruk.com/ Check 'em Lads Testicular cancer is an awareness and support charity run by survivors. Their website offers lots of advice and information regarding testicular cancer as well as online cancer awareness talks. Their helpline can be called or texted for emotional support.</p>
<p>Doncaster Cancer Support Centre 07983 108546</p>	<p>Session held 1st and 3rd Tuesday of every month 6 - 8pm and 2nd Saturday of every month 11 – 1pm. dawndowling@hotmail.com Ragusta Centre, Ragusta Drive, Rossington, DN11 0YN. A Rossington Based Community drop-in centre serving the whole of Doncaster providing advice and guidance for Cancer patients, their family and friends. An award of up to £300 can be requested in cases of genuine need after attending a session and upon the support centre committee agreement. All patients receive a pamper bag of cancer safe products.</p>
<p>Pituitary Foundation 0117 3701320</p>	<p>Website: How can we help? The Pituitary Foundation Sue Dunning 01302 886279 Email: Dunnhome1@btopenworld.com is a friendly phone buddy with a wealth of knowledge about weight issues with Cushings disease, Gamma Knife surgery and Cushings Syndrome affecting the adrenal glands. She is a positive and inspiring lady to talk to. The Sheffield group Area Co-ordinator is Laura Duffield. Phone 0787 556 2431 or email lozduffield@hotmail.co.uk. Endocrine nurse helpline 0117 370 1317 To order publications 0117 3701333</p>
<p>Eve Merton Dreams Trust 07974 689649</p>	<p>Opening Hours: Monday – Friday 9:00am – 5:00pm. Info@evestrust.co.uk https://evestrust.co.uk/ 4 Victoria Road, Balby, Doncaster. DN4 0LZ. The Eve Merton Dreams trust provide grants to Doncaster residents with a cancer diagnosis to help them fulfil a dream or a wish. The charities aim is to help families who are struggling with the natural negativity that comes with the word cancer by giving them something to look forward to, or by creating positive memories. Patient can self-refer – needs to have a cancer diagnosis and live in Doncaster.</p>

<p>Haematology Cancer Support 01302 642883</p>	<p>rcloke@nhs.net Chatsfield Suite, Doncaster Royal Infirmary, Armthorpe Road, Doncaster. Support group that meets in the Chatsfield suite at Doncaster Royal Infirmary. Group takes place on the last Wednesday of each month. No diagnosis required. Patient can self-refer by phone or email.</p>
<p>Health Talk</p>	<p>https://healthtalk.org/ Online only resource of thousands of people who have shared their experience to help others understand what it is like to have a health condition. Includes most cancers and a wide range of other health conditions.</p>
<p>Jo's Cervical Cancer Trust 0808 802 8000</p>	<p>Opening Hours Monday to Friday 10:00am – 4:00pm info@jostrust.org.uk www.jostrust.org.uk facebook.com/joscervicalcancertrust/ instagram.com/joscervicalcancertrust/ Charity dedicated to women affected by cervical cancer and cervical abnormalities. Provides online resources and a community forum, as well as a telephone helpline answered by trained support staff, and an 'Ask an expert' email service.</p>
<p>Kidney Cancer UK 0800 002 9002</p>	<p>Opening Hours Monday, Thursday & Friday 9:00am – 4:00pm, Tuesday & Wednesday 9:00 – 5:00pm, and Saturday & Sunday 2:00pm – 6:00pm. hello@kcuk.org. https://www.kcuk.org.uk/ facebook.com/kidneycanceruk/ instagram.com/kidneycanceruk/ As the UK's leading kidney cancer charity, their website offers advice and information about kidney cancer, patient support resources including leaflets and booklets, videos, and an online community forum. The careline is answered by health care professionals, and they also offer free kidney cancer specific counselling.</p>
<p>Lennox Children's Cancer Fund 01708 734366</p>	<p>Opening Hours Monday – Friday 9:00am – 5:00pm info@lennoxccf.org.uk https://www.lennoxccf.org.uk/ facebook.com/LennoxChildrensCancerFund The aim of the Lennox Children's Cancer Fund is to make a positive difference to the lives of children diagnosed with cancer. This is done by offering practical, financial, and emotional support to the whole family through grants, respite care, holidays, and other projects.</p>

<p>Leukaemia Care 08088 010 444</p>	<p>Opening Hours Monday – Friday 9:00am – 5:30pm support@leukaemiacare.org https://www.leukaemiacare.org.uk/ facebook.com/LeukaemiaCare/ instagram.com/leukaemiacareuk/ Leukaemia Care provides vital support, information, and advice to anyone whose life has been affected by a blood cancer. They provide a helpline and online chat through their website, as well as offering emotional support, booklets, and support groups.</p>
<p>Little Princess Trust 01432 760060</p>	<p>Opening Hours Monday – Friday 9:00am – 5:00pm info@littleprincesses.org.uk https://www.littleprincesses.org.uk/ facebook.com/officiallittleprincesstrust instagram.com/officiallittleprincesstrust/ The Little Princess Trust provides free real hair wigs to children and young people, up to 24 years, who have lost their own hair through cancer treatment or other conditions. Information how to donate hair to be made into wigs is also on the website.</p>
<p>Live Through This Online</p>	<p>contact@livethroughthis.co.uk https://livethroughthis.co.uk/ https://www.facebook.com/litcancer https://www.instagram.com/litcancer/ Live Through This is a cancer support and advocacy charity for the LGBTIQ+ community. They offer support groups and provide opportunities for LGBTIQ+ people affected by cancer to meet and share their experiences. Online resources and you can email them to arrange individual support.</p>
<p>Look Good Feel Better 01372 747500</p>	<p>Opening Hours Monday – Sunday 9:00am – 5:00pm info@lgfb.co.uk https://lookgoodfeelbetter.co.uk/ https://www.facebook.com/LookGoodFeelBetterUK/ https://www.instagram.com/lgfbuk/ Look Good Feel Better is a leading cancer support charity aimed at boosting the physical and emotional wellbeing of people living with cancer. Currently providing online workshops covering skincare and make-up, grooming, hair loss, haircare and wig advice and nail care.</p>
<p>Lymphoedema Support Network 020 7351 4480</p>	<p>Monday – Friday 9:30am – 4:30pm admin@lsn.org.uk https://www.lymphoedema.org/ facebook.com/Lymphsupport/ The Lymphoedema Support Network is a registered charity and the UK's national patient support organisation for those living with or affected by lymphoedema. Their website contains useful advice and information regarding lymphoedema, and they run an information and support line.</p>

<p>Lymphoma Action 0808 808 5555</p>	<p>Opening Hours 10:00am – 3:00pm Monday to Friday information@lymphoma-action.org.uk https://lymphoma-action.org.uk facebook.com/LymphomaAction/ instagram.com/lymphoma_action/</p> <p>Lymphoma Action supports patients by providing trusted information, tailored advice, and reassurance. They are also able to connect people with experts and other patients. Their website has information and resources, the support line is answered by specially trained staff, and they offer support groups and buddy schemes.</p>
<p>MacMillan Cancer Support 0808 808 0000</p>	<p>Opening Hours Monday – Sunday 8:00am – 8:00pm. https://www.macmillan.org.uk/ facebook.com/macmillancancer instagram.com/macmillancancer/</p> <p>Macmillan Cancer Support provides specialist health care, information and financial support to people affected by cancer. It also looks at the social, emotional, and practical impact cancer can have, and campaigns for better cancer care. Vast online resources, advice, and information, as well as a nurse led telephone and email services, online chat, and an online community forum.</p>
<p>Maggie’s Centres 0113 457 8364</p>	<p>Opening Hours Monday – Friday 9:00am – 5:00pm Leeds@maggies.org https://www.maggies.org/enquiries@maggies.org facebook.com/maggiescentres/ instagram.com/maggiescentres/</p> <p>Maggie’s centres provide free practical and emotional support for people living with cancer, and their family and friends. The nearest centre to Doncaster is Leeds. Their website has a host of information regarding coping, emotions and stress, and the centre provides face to face support and group meetings.</p>
<p>Make 2^{nds} Count Online</p>	<p>hello@make2ndscount.co.uk https://www.make2ndscount.co.uk/ facebook.com/Make2ndsCount instagram.com/make2ndscount/</p> <p>Make 2nds Count is a UK-wide patient and family focused charity dedicated to giving hope to women and men living with secondary breast cancer. Their website offers clinical information, as well as information about emotional support through their community forum. Online Only.</p>
<p>Manual Lymphatic Drainage UK 0844 8001988</p>	<p>Opening Hours Monday – Friday 9:00am – 5:00pm admin@mlduk.org.uk http://www.mlduk.org.uk/ https://www.facebook.com/MLD-UK-126664854064575</p> <p>The professional register of MLD practitioners along with information regarding the application of MLD to ease oedema and lymphoedema associated with some cancer treatments.</p>

<p>Marie Curie 0800 090 2309</p>	<p>Opening Hours Monday – Friday 8:00am – 6:00pm and Saturday 11:00am – 5:00pm Supporter.services@mariecurie.org.uk https://www.mariecurie.org.uk/ facebook.com/MarieCurieUK/ instagram.com/mariecurieuk/</p> <p>Marie Curie is the UK’s Leading end of life charity. They provide frontline nursing and hospice care, a free support line and a wealth of information and support on all aspects of dying, death, and bereavement.</p>
<p>Mummy’s Star Online</p>	<p>info@mummysstar.org https://www.mummysstar.org/ https://www.facebook.com/MummysStar https://www.instagram.com/mummys.star/</p> <p>Mummy’s Star is the only charity in the UK and Ireland dedicated to women and their families diagnosed with cancer during pregnancy or within 12 months of giving birth. They offer a bespoke package of support including grants, online information and support groups, advocacy services, and support for partners and their family.</p>
<p>Myeloma UK 0800 980 3332</p>	<p>Opening Hours Monday – Friday 9:00am – 5:00pm askthenurse@myeloma.org.uk https://www.myeloma.org.uk/ https://www.facebook.com/myelomauk/</p> <p>Myeloma UK are dedicated to making sure that myeloma patients get access to the right treatment at the right time. Online resources include information, advice, ask the nurse email, and a helpline answered by healthcare professionals. They also offer support groups and support for carers.</p>
<p>Nat Hereditary Breast Cancer Helpline 01629 813000</p>	<p>Opening Hours: Monday – Sunday 8:00am – 10:00pm info@breastcancergenetics.co.uk http://www.breastcancergenetics.co.uk/</p> <p>NHBCCH provides help and information for those concerned about their family history of breast cancer. It has a useful database of women prepared to share their own experiences with others, as well as information regarding hereditary breast cancer.</p>
<p>New Horizons 01302 802005</p>	<p>Opening Hours: Monday – Friday 9:00am – 4:30pm infodoncaster@meetingnewhorizons.co.uk http://newhorizonshousing.co.uk/</p> <p>Oxford House, Sixth Avenue, Auckley, Doncaster. DN9 3GG. Free and confidential benefits advice to people living with cancer and their families. They can advise on a range of issues including benefits eligibility, maximising income, appeals, tax credits, grants, housing costs and transport concessions. Patients need a cancer diagnosis.</p>

<p>OcuMel UK 0300 790 0512</p>	<p>Opening Hours Monday – Friday 10:00am – 7:00pm. info@omuk.info https://www.ocumeluk.org/ facebook.com/OcuMelUK/</p> <p>OcuMel UK provide support for anyone effected by eye cancer. They aim to give clear and accurate information to help patients make the life choices that are right for them. Online resources include advice and information, a helpline answered by trained professionals, and access to online support groups.</p>
<p>Orchid Fighting Male Cancer 0808 802 0010</p>	<p>Opening Hours Monday – Friday 9:30am – 5:00pm. info@orchid-cancer.org.uk https://orchid-cancer.org.uk/ https://www.facebook.com/OrchidFightingMaleCancer/</p> <p>Orchid is the UK’s leading charity working on behalf of anyone affected by male cancer – prostate, testicular and penile. Orchid offers a range of information and support services, including a vast range of clinical information and a nurse led support helpline.</p>
<p>Ovacome 0800 008 7054 07503 682311 0207 299 6654</p>	<p>Opening Hours Monday – Friday 10:00am – 5:00pm support@ovacome.org.uk https://www.ovacome.org.uk/ www.facebook.com/ovacome/ instagram.com/ovacomecharity/</p> <p>Ovacome is an ovarian cancer charity providing a range of support services, including:</p> <ul style="list-style-type: none"> • a telephone support line, as well as email and instant chat support • a 24 hour online forum • an online programme of support groups and webinars • expert information booklets on ovarian cancer, to support you through treatment and beyond <p>There is lots of advice on their website.</p>
<p>Pancreatic Cancer UK Nurse: 0808 801 0707</p>	<p>Opening Hours Monday – Friday 9:00am – 4:00pm except Wednesday 10:00am – 6:00pm nurse@pancreaticcancer.org.uk https://www.pancreaticcancer.org.uk/ facebook.com/PancreaticCancerUK/ instagram.com/pancreaticcanuk/</p> <p>Pancreatic Cancer UK are campaigning for better care, treatment, and research. Their website has clinical advice and information, as well as guides for emotional support. They run a nurse answered helpline and email service</p>
<p>Penny Brohn UJ Living Well with Cancer 0303 3000 118</p>	<p>Opening Hours Monday to Friday 9:00am – 2:00pm helpline@pennybrohn.org.uk https://www.pennybrohn.org.uk/ https://www.facebook.com/PennyBrohnUK https://www.instagram.com/pennybrohnuk/</p> <p>Penny Brohn UK is a national charity that provides free, integrative care and support to everyone living with cancer; before, during and after treatment. Their website has many resources regarding self-care, they offer zoom support groups, and a support helpline.</p>

<p>Prostrate Cancer UK 0800 074 8383</p>	<p>Opening Hours Monday – Friday 9:00am – 6:00pm except Wednesdays 10:00am – 8:00pm info@prostatecanceruk.org https://prostatecanceruk.org/ facebook.com/prostatecanceruk instagram.com/prostatecanceruk/ UK's leading prostate cancer charity, offering a nurse led telephone helpline, email contact and a website with a host of information and advice. Also offers specialist sexual support and links to local support groups.</p>
<p>Roy Castle Lung Cancer Foundation 0333 323 7200</p>	<p>Opening Hours Monday – Thursday 9:00am – 5:00pm & Friday 9:00am – 4:00pm lungcancerhelp@roycastle.org https://roycastle.org/ facebook.com/roycastlelungcancer instagram.com/roycastlelungcancer/ Supports everyone affected by lung cancer from diagnosis, through treatment, living with the disease and end of life care. Online resources and information, a nurse led helpline, and links to local support groups.</p>
<p>St. John's Bereavement Counselling 01302 796600 03000 14000</p>	<p>Opening Hours Monday – Friday 8:30am – 4:30pm. Email: rdash.st-johns-hospice-counselling-team@nhs.net Counselling Service (stjohnshospicedoncaster.co.uk) St John's Hospice, Weston Road, Balby, Doncaster, DN4 8JS The Counselling Service supports individuals with a life limiting illness and/or families, carers, children of individuals with cancer or a life limiting illness through to bereavement. The service offers a range of counselling including, bereavement counselling, one to one counselling, family counselling and couple counselling as appropriate. The service offers flexibility to individuals providing a choice of face to face, telephone or virtual sessions. Individuals can self-refer directly into the service by contacting 03000 14000 or by email. We also accept referrals from health and social care professionals.</p>
<p>Sarcoma UK 0808 801 0401 020 7856 0445</p>	<p>Opening Hours Monday – Friday 10:00am – 3:00pm supportline@sarcoma.org.uk https://sarcoma.org.uk/ facebook.com/uk.sarcoma instagram.com/sarcoma_uk/ Sarcoma UK is a national charity supporting patients with bone, soft tissue, GIST and desmoid tumours. The website has useful information and resources, an online community forum, and they have a support line. They can also provide links to local support groups.</p>
<p>Shine Cancer Charity Online</p>	<p>hi@shinecancersupport.org https://shinecancersupport.org/ facebook.com/ShineCancerSupport instagram.com/shinecancersupport/ Shine Cancer Support is the only UK charity that exclusively supports men and women in their 20s, 30s and 40s that are dealing with cancer of any type. Their website contains lots of clinical advice and information, as well as offering online group support sessions, workshops, and peer support. Online only.</p>

<p>Tackle Prostrate Cancer</p> <p>Online</p>	<p>helpline@tackleprostate.org https://tackleprostate.org/ facebook.com/tackleprostate instagram.com/tackleprostatecancer/</p> <p>Tackle Prostate Cancer is a patient-led UK-wide charity representing people with prostate cancer and those who care for them. The website offers clinical advice and information regarding prostate cancer. They can be contacted via the website.</p>
<p>Target Ovarian Cancer</p> <p>020 7923 5475</p>	<p>Opening Hours Monday – Friday 9:00am – 5:30pm</p> <p>support@targetovariancancer.org.uk https://targetovariancancer.org.uk/ facebook.com/TargetOvarianCancer instagram.com/targetovarian</p> <p>Target Ovarian Cancer works with women, family members and health professionals to ensure that every woman receives the right support, at the right time, in a way that is right for her. Their website offers clinical information as well as an online forum. Their nurse led helpline provides emotional support, advice, and information.</p>
<p>Team Verrico</p> <p>07967 677564</p>	<p>Opening Hours Monday – Friday 9:00am – 5:00pm.</p> <p>jackie@teamverrico.org https://www.teamverrico.org</p> <p>Following an initial consultation, Team Verrico can help a patient access counselling, childcare, cleaning, and food services and second opinion cancer consultations. This service is only available to patients with a cancer diagnosis with children in the family that are under the age of 18. Patients can self-refer.</p>
<p>Teenage Cancer Trust</p> <p>020 7612 0370</p>	<p>Opening Hours Monday – Friday 9:00am – 5:30pm</p> <p>hello@teenagecancertrust.org https://www.teenagecancertrust.org/ facebook.com/TeenageCancerTrust instagram.com/teenage_cancer</p> <p>Young people shouldn't have to face cancer alone. The Teenage Cancer Trust is dedicated to providing specialised nursing care and support in cancer units within hospitals. Our local Units are located at Weston Park, and the Royal Hallamshire, both in Sheffield. Their website also has a host of information for both teenagers and their family and friends.</p>
<p>Teens Unite</p> <p>01992 440091</p>	<p>Opening Hours Monday – Friday 9:00am – 5:00pm</p> <p>Info@teensunite.org https://www.teensunite.org/ facebook.com/teensunitefightingcancer instagram.com/teensunitefightingcancer/</p> <p>Teens Unite provides those aged 13-24 with social, emotional, and physical support that is vital during their cancer journey. They offer free activities and events that take place regularly both face-to-face and online, so no matter where a young person lives, whether they're at home or in hospital, they can benefit from this support. Online registration is required to access services</p>

<p>The Eve Appeal 0808 802 0019</p>	<p>Opening Hours Monday – Friday 9:00am – 5:00pm nurse@eveappeal.org.uk https://eveappeal.org.uk/ facebook.com/pages/The-Eve-Appeal/ instagram.com/eveappeal</p> <p>The Eve Appeal is the leading UK national charity funding research and raising awareness into the five gynaecological cancers – womb, ovarian, cervical, vulval and vaginal. Their website contains a host of clinical information and advice, an online community forum, and a nurse-led telephone and email support service.</p>
<p>The Youth Cancer Trust 01202 763591</p>	<p>Opening Hours Monday – Friday 9:00am – 5:30pm admin@yct.org.uk https://www.youthcancertrust.org/ facebook.com/YouthCancerTrustYCT instagram.com/youth_cancer_trust/</p> <p>Youth Cancer Trust provides support and free activity holidays for young people (aged 14 to 30) diagnosed and living with cancer who are patients of any UK hospital. They run a secure online group for young cancer patients offering support, fun activities, and activities to help promote wellbeing.</p>
<p>Trekstock 020 738 1200</p>	<p>Opening Hours Monday – Friday 9:00am – 5:00pm hello@trekstock.com https://www.trekstock.com/ facebook.com/trekstock instagram.com/trekstock</p> <p>Trekstock offers tailored support to cancer patients in their 20’s and 30’s. As part of the Trekstock Community, you'll get:</p> <ul style="list-style-type: none"> • Access to our unique community of over 1000 others diagnosed with cancer in their 20s or 30s • Free events on the topics that matter to you like menopause, sex, friendship, mental health, work and more • Our expert-led booklet on nutrition and cancer to answer all the questions floating round on what you should eat during treatment and beyond • Access to various exercise programmes with specialist instructors • Regular meet-ups online and IRL with people local to you - and the chance to create new groups if they don't already exist • Chance to help us shape our programmes so we can support you in the ways you need • The things you need to make you feel like a human, not just a cancer patient

<p>Western Park Cancer Charity</p> <p>0114 553 3330</p>	<p>Opening Hours Monday – Friday 9:00am – 5:00pm. Charityteam@wpcancercharity.org.uk www.westonpark.org.uk</p> <p>Weston Park Cancer Charity, Whitham Road, Sheffield, S10 2SJ. For people living with cancer, worried about symptoms or just want someone to talk to. The service is free and open to anyone affected by cancer. They have a team of cancer specialist welfare benefit advisors if cancer has affected your finances. They can help with transport to hospital appointments and support you with treatment side effects. The website details more ways they can support you.</p>
<p>Young Lives Vs Cancer</p> <p>0300 300 0803</p>	<p>Opening Hours Monday – Friday 9:00am – 5:00pm supporter.services@younglivesvscancer.org.uk https://www.younglivesvscancer.org.uk/ facebook.com/younglivesvscancer/ instagram.com/younglivesvscancer/</p> <p>Support for people aged 16 to 24 who have been diagnosed with cancer, their families and the people they care about. It's available across the UK, in both main cancer hospitals and local hospitals. Their website is very informative. Our help can include:</p> <ul style="list-style-type: none"> • Support with day-to-day issues from one of their Young Lives Vs Cancer Social workers • Helping you access benefits, grants and financial support • Opportunities to connect with other young people with cancer • Events that help boost confidence and career opportunities

Doncaster and Bassetlaw

Teaching Hospitals

NHS Foundation Trust

- Cancer Nurse Specialists
- Hospital Departments
- Travel

Cancer Nurse Specialists

<p>Upper Gastrointestinal Cancer Nurse Specialist Janet Turner 01302 644183</p>	<p>Janet.turner6@nhs.net Doncaster Royal Infirmary, Armthorpe Road, Doncaster, DN2 5LT</p> <p>The Upper GI cancer nurse specialist aims to ensure that patients diagnosed with upper gastrointestinal malignancies receive the highest standard of care and have access to all the support and information they require at the various stages throughout their journey.</p>
<p>Lower Gastrointestinal Cancer Nurse Specialist Julie Hardy 01302 644379 / 644365</p>	<p>Julie.hardy4@nhs.net Doncaster Royal Infirmary, Armthorpe Road, Doncaster, DN2 5LT</p> <p>The Lower GI cancer nurse specialist aims to ensure that patients diagnosed with lower gastrointestinal malignancies receive the highest standard of care and have access to all the support and information they require at the various stages throughout their journey.</p>
<p>Breast Cancer Nurse Specialist Christina Dyer 01302 366666 / 644211</p>	<p>Christina.dyer@nhs.net Doncaster Royal Infirmary, Armthorpe Road, Doncaster, DN2 5LT</p> <p>The breast cancer nurse specialist aims to ensure that patients diagnosed with breast malignancies receive the highest standard of care and have access to all the support and information they require at the various stages throughout their journey.</p>
<p>Head & Neck Cancer Nurse Specialist Lucy Brooks 01302 642421</p>	<p>Lucy.brooks@nhs.net Doncaster Royal Infirmary, Armthorpe Road, Doncaster, DN2 5LT</p> <p>The head and neck Cancer Nurse Specialist aims to ensure that patients diagnosed with head and neck malignancies receive the highest standard of care and have access to all the support and information they require at the various stages throughout their journey.</p>
<p>Lung Cancer Nurse Specialist Toni Peet 01302 642393</p>	<p>Toni.peet@nhs.net Doncaster Royal Infirmary, Armthorpe Road, Doncaster, DN2 5LT</p> <p>The lung cancer nurse specialist aims to ensure that patients diagnosed with lung malignancies receive the highest standard of care and have access to all the support and information they require at the various stages throughout their journey.</p>
<p>Gynaecological Cancer Nurse Specialist Alex Parry 01302 642813</p>	<p>Alexandria.parry@nhs.net Doncaster Royal Infirmary, Armthorpe Road, Doncaster, DN2 5LT</p> <p>The gynaecological cancer nurse specialist aims to ensure that patients diagnosed with gynaecological malignancies receive the highest standard of care and have access to all the support and information they require at the various stages throughout their journey.</p>

<p>Urology Cancer Nurse Specialist Tina Soar 01302 644677 / 642535</p>	<p>Tina.soar@nhs.net Doncaster Royal Infirmary, Armthorpe Road, Doncaster, DN2 5LT</p> <p>The Urology cancer nurse specialist aims to ensure that patients diagnosed with urology malignancies receive the highest standard of care and have access to all the support and information they require at the various stages throughout their journey.</p>
<p>Skin Cancer Nurse Specialist Jess Thew 01302 644634 / 644628</p>	<p>J.thew@nhs.net Doncaster Royal Infirmary, Armthorpe Road, Doncaster, DN2 5LT</p>
<p>Haematology Cancer Nurse Specialist Rachel Cloke 01302 642883 / 642889</p>	<p>r.cloke@nhs.net Doncaster Royal Infirmary, Armthorpe Road, Doncaster, DN2 5LT</p>

Hospital Departments	
<p>The Jasmine Centre – Breast Care 01302 642409</p>	<p>Opening Hours: Monday to Friday 8:30am – 4:30pm (4:00pm Friday) Doncaster Royal Infirmary, Armthorpe Road, Doncaster, DN2 5LT Offers diagnosis and treatment of benign and malignant breast conditions including initial assessment, surgery and follow up. Patients benefit from rapid assessment of new problems with a consultation, imaging and biopsy undertaken in a single visit. Results are usually given within a week.</p>
<p>The Chatsfield Suite – Cancer Day Services 01302 642889</p>	<p>Opening Hours Monday – Friday 9:00am – 4:30pm Doncaster Royal Infirmary, Armthorpe Road, Doncaster, DN2 5LT The Chatsfield Suite is based at Doncaster Royal Infirmary and provides chemotherapy services for day-case haematology and solid tumour malignancies.</p>
<p>Colorectal & Stoma Care Nurses 01302 644365</p>	<p>Opening Hours: Monday – Friday 9:00am – 5:00pm Doncaster Royal Infirmary, Armthorpe Road, Doncaster, DN2 5LT The colorectal and stoma care nurses are mostly based at Doncaster Royal Infirmary Hospital but offer services at Bassetlaw, Mexborough and their communities.</p>

<p>Patient Advice & Liaison Service (PALS) 01302 642764</p>	<p>Opening Hours: Monday – Friday 8:00am – 4:00pm. https://www.dbth.nhs.uk/services/pals-patient-advice-liaison-service/ dbth.pals.dbh@nhs.net Doncaster Royal Infirmary, Armthorpe Road, Doncaster, DN2 5LT</p> <p>Provides help and support for all aspects of your hospital experience at Doncaster & Bassetlaw Trust hospitals. Can help with any issues relating to disability or language, and any concerns, queries, or complaints. Free Self-referral service. Either call, email, or in person at Doncaster Royal Infirmary.</p>
<p>VoicAbility 0300 303 1660</p>	<p>Opening Hours: Monday – Friday 9:00am – 5:00pm Helpline@voiceability.org https://www.voiceability.org/support-and-help/services-by-location/doncaster 6 Chestnut Avenue, Carcroft, Doncaster. DN6 8AG.</p> <p>Supports people to be heard in decisions about their health, care, and wellbeing. They are an independent charity and one of the UK's largest providers of advocacy and involvement services. Provides a general advocacy service in Doncaster for all residents over the age of 18 as well as advocacy services for the vulnerable. Patient can self-refer.</p>

Travel	
<p>Firefly Patient Transport 07738 390541</p>	<p>Opening hours: Monday – Saturday 9:00 – 6:00pm. https://www.firefly-support.co.uk/ info@firefly-support.co.uk</p> <p>Provides free transport for cancer patients to hospital appointments at: Weston Park Sheffield, Northern General Sheffield, The Royal Hallamshire Sheffield, Thornbury Hospital Sheffield, and out-patient appointments at Mulberry Street Sheffield. Patients are asked to book on to the service using the above number as soon as they receive their hospital appointment letter.</p>
<p>Hospital Shuttle Bus Service 01909 572424</p>	<p>https://www.dbth.nhs.uk/patients-visitors/how-to-get-here/ Bassetlaw Hospital, Kilton Hill, Worksop, S81 0BD</p> <p>Free patient transport between Doncaster, Worksop and Mexborough Hospital sites. Doncaster Hospital – Bassetlaw Hospital – Monday – Friday on the hour between 7am – 6pm. Doncaster Hospital – Montagu Hospital – Monday to Friday hourly between 7:45am – 5:15pm.</p>

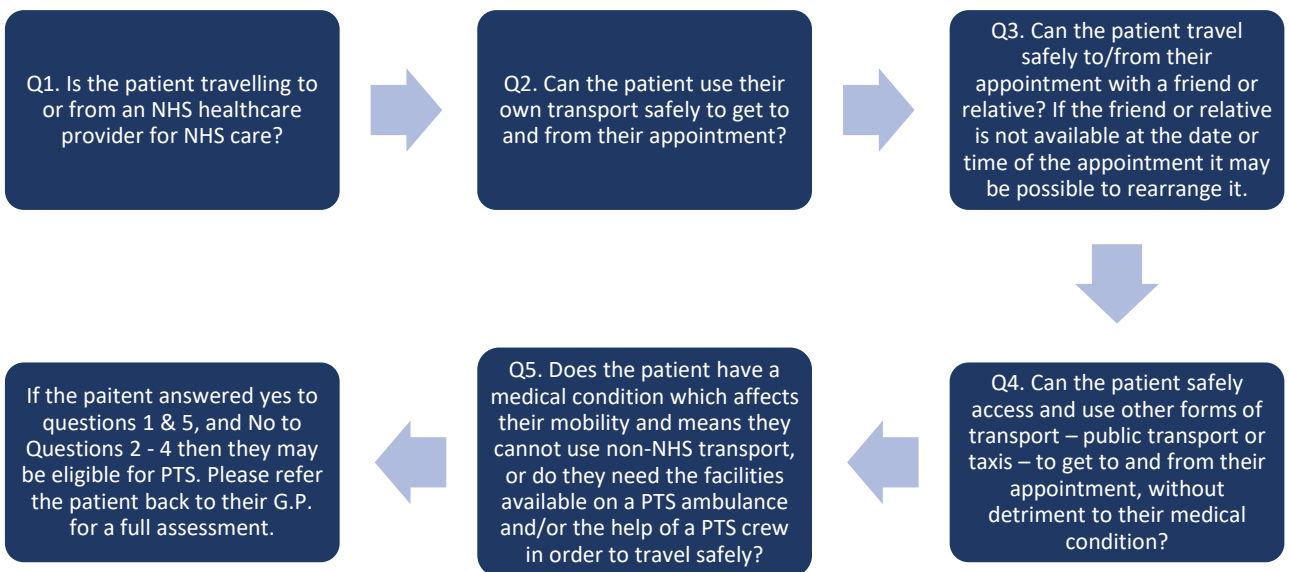
DRI Park and Ride	<p>Running Hours: Monday – Friday 5:50am – 10pm.</p> <p>https://www.dbth.nhs.uk/patients-visitors/how-to-get-here/dri-park-ride/</p> <p>Doncaster Royal Infirmary, Armthorpe Road, Doncaster, DN2 5LT</p> <p>Situated opposite Doncaster racecourse on St. Ledger way, the carpark provides ample parking for patients, visitors, and staff. The bus journey takes 5-7 minutes and incurs a small fee of 50p for each journey. Services run every 10 minutes.</p>
-------------------	--

Doncaster Non-Emergency Patient Transport Services
 Provided by Yorkshire Ambulance Service 01302 644592

Opening Statement: NHS transport is an expensive resource, and it is important that all alternatives are explored to enable patients to travel to or from a healthcare location by their own means, rather than using PTS. It is only provided if the patient’s medical condition prevents them from safely using other travel options to get to or from their appointment. Previous use of PTS is not a guarantee that the patient will be eligible in future.

Patient Transport Services provide non-urgent planned transportation for patients with medical needs, to enable them to attend an outpatient appointment or diagnostic testing at an NHS facility. The patient transport service transports patients from their home to the hospital and back again or between two NHS facilities.

Eligible patients are not charged for this service. The flow chart below can be used to check a patient’s eligibility for Patient Transport Services.



Hospital Travel Cost Scheme (HTCS)

The Hospital Travel Costs Scheme provides financial assistance to those patients who do not qualify for PTS, but who require assistance meeting the cost of travel to and from their care. To qualify for help with travel costs under the HTCS, the patient must meet 3 conditions:

1. At the time of their appointment, they or their partner must receive one of the qualifying benefits or allowances listed on the Healthcare Travel Costs Scheme webpage or meet the eligibility criteria for the NHS Low Income Scheme. <https://www.nhs.uk/using-the-nhs/help-with-health-costs/healthcare-travelcosts-scheme-htcs/>
2. They must have a referral from a healthcare professional to a specialist or a hospital for further NHS treatment or tests (often referred to as secondary care).
3. Their appointment must be on a separate visit to when the referral was made.

Claims must be made after travel, but within 3 months of travel using the form below. All Payments are made by cheque. [https://assets.nhs.uk/prod/documents/HC5 T travel.pdf](https://assets.nhs.uk/prod/documents/HC5_T_travel.pdf)

Index

Hold ctrl and left click the underlined names to link to the full details. Click 'back arrow' to return.

	Mental Health	Home Help	Self Care	Finance	Social / Peer Support	Clinical Medical Legal	People
<u>Age UK Doncaster</u> 01302 812345		✓	✓	✓	✓		50+
<u>Attendance Allowance</u> 0800 731 0122				✓			Pension age with disability
<u>Aurora Wellbeing</u> DRI: 01302 644 662 Mexborough: 01709 649122 Worksop 01909 470985	✓		✓		✓	✓	Cancer support
<u>B Friend</u> 07523 698530					✓		65+
<u>Baggy Trousers UK</u> 0800 7723910				✓	✓	✓	Testicular cancer
<u>Beacon Continuing Healthcare</u> 0345 5480300						✓ legal	
<u>Be Well Doncaster peer groups</u>			✓		✓		
<u>Be Well Doncaster</u> 1 to 1 health coach			✓				
<u>Blood Cancer UK</u> 0808 2080888						✓	
<u>BME Doncaster United</u> 07791 914997 01302 265454	✓			✓ Food bank			BME

	Mental Health	Home Help	Self Care	Finance	Social / Peer Support	Clinical Medical Legal	People
<u>Bowel Cancer UK</u> 020 7940 1760						✓	
<u>Braintrust Brain Cancer</u> 01983 292405						✓	
<u>Breast Cancer Now</u> 0800 8006000						✓	
<u>British Gas Energy Trust</u> 0121 348 7797				✓			
<u>British Nutrition Foundation</u> https://www.nutrition.org.uk			✓				
<u>CAMHS</u> 01302 796191	✓						Child & adults
<u>Cancer Education</u> 0203 8118270						✓	BAMER
<u>Cancer Hair Care</u> 01438 311322			✓			✓	
<u>Cancer Nurse Specialists</u> for all cancers	✓					✓	Cancer diagnosis
<u>Cancer Research UK</u> 0808 8004040						✓	
<u>Carers Allowance</u> 0800 731 0297				✓			carers
<u>Carers Altogether</u> carersaltogether@rethink.org			✓		✓		carers
<u>Carers UK</u> 0808 808 7777	✓						carers
<u>Cavendish Cancer Care</u> 0114 2784600	✓		✓			✓	
<u>Changing Lives</u> 01302 309800	✓		✓		✓		Bereaved by suicide BANE

	Mental Health	Home Help	Self Care	Finance	Social / Peer Support	Clinical Medical Legal	People
<u>Check 'em Lads Testicular Cancer</u> 07479 532 146					✓	✓	Testicular cancer
<u>Citizen's Advice Doncaster</u> 0344 499 4137		✓	✓	✓			
Citizen's Advice Doncaster Debt Team 01302 499330				✓			Debt issues
<u>Colorectal & Stoma Care Nurses</u> 01302 644365						✓	
Community Wellbeing Therapies 01709 863268	✓		✓		✓		
<u>Creative Support Doncaster</u> 01302 321196		✓		✓			Home & homeless issues
<u>Crisis Support Line SHOUT</u> Text SHOUT to 85258	✓						crisis
<u>Cruse Bereavement</u> 0808 8081677							
<u>Dial Doncaster</u> 01302 327800			✓		✓		Disability issues
Doncaster Adult Mental Health Services 01302 566999	✓						
<u>Doncaster Cancer Support Centre</u> 07983 108546				✓		✓	
<u>Doncaster Citizen's Advice Debt Team</u> 01302 449330							
<u>Doncaster Council</u> 01302 735336		✓	✓	✓			To apply, report or pay
Doncaster Council YourlifeDoncaster			✓		✓		Online support & advice

	Mental Health	Home Help	Self Care	Finance	Social / Peer Support	Clinical Medical Legal	People
Doncaster Deaf Trust 01302 836700			✓		✓		Hearing issues
Doncaster Domestic Abuse 01302 733080	✓		✓	✓			
Doncaster Family Hubs 12 Hubs phone numbers					✓		Parents + 0-5 years
Doncaster Food Bank 07568 247288				✓ Food Bank			
Doncaster Non-Emergency Patient Transport Services							
Doncaster Partnership for Carers 01302 637566	✓		✓	✓	✓		carers
Doncaster Pituitary Support Group 01302 886279					✓	✓	Pituitary Cushings
Doncaster Single Point Access 01302 566999	✓					✓	Mental health issues
DRI Park and Ride							
Edlington ECO Food Bank 01709 252549				✓ Food Bank			
Employment Support Allowance 0800 328 5644				✓			Working age with health issue
Eve Merton Dreams Trust 07974 689649				✓	✓		Cancer patient & family
Firefly Patient Transport 07738 390541							Don Sheff free hosp transport
Frazzle Café online	✓		✓				
Given Freely Freely Given 07598 877592			✓	✓ Food Bank	✓		In need of food, clothes +

	Mental Health	Home Help	Self Care	Finance	Social / Peer Support	Clinical Medical Legal	People
Greenheart Community greenheartdoncaster@gmail.com			✓		✓		Esp for men
<u>Haematology Cancer Support</u> 01302 642883					✓	✓	Patients & family
Happy Days 01709 863268					✓		OAP respite care
<u>Health Talk</u> https://healthtalk.org					✓		
<u>Helping Hands Community Centre</u> 01709 863268	✓		✓	✓	✓		
Home Instead 01302 369655		✓					Elderly frail
<u>Hope Springs Horticulture</u> 07588 521257	✓				✓		
<u>Hospital Shuttle Bus Service</u> 01909 572424		✓	✓				Free transport
<u>Hospital Travel Cost Scheme (HTCS)</u>							Criteria to meet
<u>IAPT</u> 01302 565556 01302 565650	✓					✓	Mental health issues
leso NHS 0800 074 5560	✓					✓	Mental health issues
<u>Independent Age</u> 0800 3196789		✓	✓	✓	✓		Elderly
Job Seekers Allowance 0800 169 0310				✓			Actively seeking work
<u>Jo's Cervical Cancer Trust</u> 0808 802 8000					✓	✓	

	Mental Health	Home Help	Self Care	Finance	Social / Peer Support	Clinical Medical Legal	People
<u>Kidney Cancer UK</u> 0800 002 9002					✓	✓	
<u>Lady Ellerker's Land Trust</u> artfelt@hotmail.co.uk				✓			Cantley Branton & Bessacarr
<u>Lennox Children's Cancer Fund</u> 01708 734366	✓			✓			Patient & family
<u>Leukaemia Care</u> 08088 010 444	✓				✓		
<u>Little Princess Trust</u> 01432 760060		✓					Wigs Under 24 yrs
<u>Live Through This</u> https://livethroughthis.co.uk					✓		LGBTQI+
<u>Look Good Feel Better</u> 01372 747500		✓					
<u>Lymphoedema Support Network</u> 020 7351 4480						✓	
<u>Lymphoma Action</u> 0808 808 5555	✓				✓	✓	
<u>MacMillan Cancer Support</u> 0808 808 0000	✓	✓	✓		✓	✓	
<u>Maggie's Centres</u> 0113 457 8364	✓						Cancer diagnosis
<u>Make 2^{nds} Count</u> www.make2ndscount.co.uk	✓				✓	✓	2ndary breast cancer
<u>Making Space – Carers Reach-out</u> 01302 986900		✓			✓		carers
<u>Manual Lymphatic Drainage UK</u> 0844 8001988			✓			✓	
<u>Marie Curie</u> 0800 090 2309			✓			✓	End of life

	Mental Health	Home Help	Self Care	Finance	Social / Peer Support	Clinical Medical Legal	People
Mens Walk Talk Bassetlaw 01777 709650	✓				✓		Men
Mind Doncaster 01302 812190	✓		✓				
Mind UK 0300 123 3392	✓		✓			✓	
Mummy's Star www.mummysstar.org				✓		✓	Pregnant to 1 yr old baby + cancer
Myeloma UK 0800 980 3332						✓	Patient & family
Nat Hereditary Breast Cancer Helpline 01629 813000					✓	✓	
New Horizons 01302 802005		✓		✓			Cancer diagnosis
OcuMel UK 0300 790 0512						✓	Eye cancer diagnosis
Open Minds Counselling 01302 344192 07765 224564	✓						8yrs +
Orchid Fighting Male Cancer 0808 802 0010			✓			✓	Male cancers
Ovacome 0800 008 7054 07503 682311					✓	✓	Ovarian cancer
Pain Concern 0300 123 0789			✓			✓	
Pancreatic Cancer UK 0808 801 0707	✓					✓	
Papyrus 0800 068 4141	✓						Under 35yrs Suicide issues

	Mental Health	Home Help	Self Care	Finance	Social / Peer Support	Clinical Medical Legal	People
<u>Patient Advice & Liaison Service (PALS)</u> 01302 642764						✓	Concerns complaints feedback
<u>Penny Brohn UJ Living Well with Cancer</u> 0303 3000 118		✓	✓			✓	Cancer diagnosis
<u>People Focused Group</u> 01302 618507			✓	Food Bank	✓		
<u>Personal Independence Payment</u> 0800 917 2222				✓			Long term health issue
<u>Prostrate Cancer UK</u> 0800 074 8383						✓	
<u>Relate</u> 01302 347474	✓						11+ yrs
<u>Rethink Mental Illness</u> 0808 8018442	✓	✓					
<u>Roy Castle Lung Cancer Foundation</u> 0800 358 7200		✓	✓			✓	
<u>Samaritans</u> Call 116 123	✓						
<u>Sarcoma UK</u> 0808 801 0401housing		✓			✓	✓	Bone, soft tissue cancer
<u>Shelter</u> 0808 800 4444		✓				legal	Home issues
<u>Shine Cancer Charity</u> shinecancersupport.org	✓		✓		✓	✓	20-40yrs +cancer diagnosis
<u>SLHD Moneywise</u> 01302 736355		✓		✓			Money issues
<u>Sober Social – Project 6 Doncaster</u> 01302 360090	✓		✓				Addiction recovery

	Mental Health	Home Help	Self Care	Finance	Social / Peer Support	Clinical Medical Legal	People
Sporting Memories Club 01302 369655	✓				✓		
St. John's Bereavement Counselling 01302 796600	✓						End of life
St. Leger Housing & Homeless Services 01302 736000		✓					homeless
Step Change Debt Charity 0800 138 1111				✓			Debt issues
Stonewall 0800 050 2020			✓				LGBTQI+
Sue Ryder 0808 164 4572	✓					✓	End of life
Tackle Prostrate Cancer 0800 035 5302						✓	Patient & family
Target Ovarian Cancer 020 7923 5475					✓	✓	Patient & family
Team Verrico 07967 677564	✓	✓		✓		✓	Cancer diagnosis + child/ren under 18
Teenage Cancer Trust 020 7612 0370						✓	
Teens Unite 01992 440091	✓				✓		13 to 24 yrs + cancer diagnosis
The Chatsfield Suite 01302 642889						✓	Chemo therapy
The Cinnamon Trust 01736 757 900		✓					Elderly & their pets
The Eve Appeal 0808 802 0019					✓	✓	Gynae cancer diagnosis

	Mental Health	Home Help	Self Care	Finance	Social / Peer Support	Clinical Medical Legal	People
<u>The Jasmine Centre</u> 01302 642409						✓	Breast care
<u>The Junction Hexthorpe</u> 01302 349341	✓		✓		✓		
<u>The National Debt line</u> 0808 808 400				✓			
<u>The Sleep Charity</u> 01302 751416			✓			✓	
<u>The Youth Cancer Trust</u> 01202 763591					✓		Aged 14 to 30 years
<u>Thorne & Moorends Community Food Bank</u> 07539 567629				✓ Food Bank			
<u>Trekstock Young Adult Cancer Support</u> 020 738 1200	✓		✓		✓	✓	20 to 30 yrs +cancer diagnosis
<u>Turn 2 Us</u> 0808 802 2000				✓			struggling
<u>Universal Credit</u> 0800 328 5644				✓			Low or no income
VoiceAbility 0300 303 1660			✓			✓	18+ yrs needing advocacy
<u>Western Park Cancer Charity</u> 0114 553 3330	✓			✓		✓	Cancer diagnosis
<u>Wild Orange Mindfulness Practitioner</u> 07738 479799	✓		✓				
<u>Yorkshire Smoke Free</u> 01302 561722 0800 6120011			✓			✓	Quit smoking
<u>Young Carers</u> 01302 736099		✓	✓		✓		

	Mental Health	Home Help	Self Care	Finance	Social / Peer Support	Clinical Medical Legal	People
<u>Young Lives Vs Cancer</u> 0300 300 0803			✓	✓	✓		16 to 24 yrs + cancer diagnosis