There is much support available for those faced with a diagnosis of cancer. This is a guide to many of the services available.

**Macmillan Cancer Information & Support Centre**
Dumfries & Galloway Royal Infirmary, Bankend Road, Dumfries. DG1 4AP
Telephone 01387 241979
Email mailto:vikki.carmichael@nhs.net

Offers information and support for anyone affected by cancer.

Opening times are:
Monday – Friday 10.00am – 4.00pm
First Tuesday evening of the month from 7.00pm – 8.30pm

The Macmillan Welfare Benefits Advisor has a benefits clinic in the Cancer Information & Support Centre on Monday 2pm – 4pm, Wednesday 10am – 1pm and Friday from 10am – 1.00pm. No appointment is necessary.

There are many people who can help you.

Your *General Practitioner* and your *consultant* in the hospital can offer medical treatment and advice.

Your *District Nurse* can deliver skilled nursing care in your own home. She can access and monitor the needs of both you and your family and can assist you in accessing the help of other professionals as appropriate. Contact at your local surgery.

**Nurse Specialists**

Dumfries and Galloway has a team of Nurse Specialists who are available to give advice to health care professionals, patients and carers and members of the public. They normally work Monday to Friday between 9am and 5pm.

<table>
<thead>
<tr>
<th>Name</th>
<th>Area of Practice</th>
<th>Contact Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cathy Brown</td>
<td>Breast Care Clinical Nurse Specialist</td>
<td>01387 241489</td>
</tr>
<tr>
<td>John Samuels</td>
<td>Lung Cancer Clinical Nurse Specialist</td>
<td>01387 241098</td>
</tr>
<tr>
<td>Liz Rae</td>
<td>Haematology Clinical Nurse Specialist</td>
<td>01387 246246 Ext 2063</td>
</tr>
<tr>
<td>Isabel Williams</td>
<td>Colorectal Clinical Nurse Specialist</td>
<td>01387 241380</td>
</tr>
<tr>
<td>Hazel Kearney</td>
<td>Stoma Care Nurse Specialist</td>
<td>01387 241284</td>
</tr>
<tr>
<td>Gail Thomson</td>
<td>Oncology Clinical Nurse Specialist</td>
<td>01387 241378</td>
</tr>
<tr>
<td>Anne Callander</td>
<td>Upper G I Clinical Nurse Specialist</td>
<td>01387 241194</td>
</tr>
<tr>
<td>Lynne Coltart</td>
<td>Head and Neck Sister</td>
<td>01387 246246 Ext 2017</td>
</tr>
<tr>
<td>Ian Russell</td>
<td>Specialist Practitioner in Urological Oncology / Andrology</td>
<td>01387 241185</td>
</tr>
</tbody>
</table>
Your Macmillan Nurse Specialist is a specialist in cancer care nursing and can offer support at any time during the cancer journey. She advises on the best way to manage pain and other symptoms. She offers advice on treatment options and gives psychological support to people living with cancer.

<table>
<thead>
<tr>
<th>Name</th>
<th>Office Location</th>
<th>Contact Number</th>
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</thead>
<tbody>
<tr>
<td>Barbara Morgans</td>
<td>Dumfries &amp; Galloway Royal Infirmary</td>
<td>01387 241896</td>
</tr>
<tr>
<td>Janice Matthew</td>
<td>Health Clinic, Annan</td>
<td>01461 205218</td>
</tr>
<tr>
<td>Moira Dale</td>
<td>Dumfries, Upper Nithsdale and Stewartry</td>
<td>01387 241981</td>
</tr>
<tr>
<td>Claire Drummond</td>
<td></td>
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<tr>
<td>Claire Sharpe</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jane Wason</td>
<td>Health Centre, Newton Stewart</td>
<td>01671 402587</td>
</tr>
</tbody>
</table>

Marie Curie Nurses are available to provide skilled nursing care and support in your own home during the day or through the night. The District Nurse will assess your needs and organise the appropriate service.

Social Workers based in Dumfries and Galloway Royal Infirmary are involved in assessing and organising packages of care for people at home. They can offer information, practical help and someone to speak on your behalf if necessary. Tel: 01387 241595.

A Home Care Service can be arranged following an assessment of your needs by the Social Services Department to assist with shopping, cooking etc. This service is not always free of charge. There are also various approved private agencies throughout Dumfries and Galloway. A list can be obtained from your local Social Services Department.

Crossroads can provide a care attendant to take over duties of a carer. This gives the carer time to relax by shopping or meeting friends etc. Contact via Social Services Department.

Sometimes the diagnosis of cancer may bring extra financial concerns.

You may be eligible for financial assistance from the following benefits:

- Attendance Allowance
- Disability Living Allowance
- Carers Allowance

Depending on your income you may be able to get help with prescriptions or travel to and from hospital. Contact via Social Services Department or Macmillan Welfare Benefits Advisor on 01387 268286. The Macmillan Welfare Benefits Advisor also has benefits clinics in the Cancer Information and Support Centre.

If you normally pay for prescriptions you may find it cheaper to use the ‘prepaid prescription’ system. Details and an application form can be obtained from your chemist.

Macmillan Cancer Relief may be able to help with financial assistance. Your Macmillan Nurse/District Nurse can help you to apply to this organisation.
**Palliative Care** is the active total care of patients whose disease is not responsive to curative treatment. Control of pain, of other symptoms and of psychological social and spiritual problems is paramount.

**The Alexandra Unit** offers specialist palliative care to patients within the Unit, Dumfries and Galloway Royal Infirmary and throughout Dumfries and Galloway.

24 hour Symptom Control Advice for Professionals: Alexandra Unit, Dumfries & Galloway Royal Infirmary – 01387 241347

You and your general practitioner may feel you would benefit from a **counselling service** within the NHS. Your Doctor can make a referral on your behalf.

The Cancer Information * Support Centre has a list of **complementary therapists** in the area. See the individual therapist for their charges. Dumfries & Galloway NHS cannot give recommendations for complementary therapists. It may be advisable to discuss this with your general practitioner or nurse prior to commencing therapy.

The **Dumfries and Galloway Citizen's Advice Service** have branches across the region and they also have benefits advisors trained in cancer advice. Please contact 01387 268286 for an appointment. It may also be possible to arrange a home visit.

**PAS Direct:** Peoples Advocacy and Support Services is a free and independent service available to you to provide information, someone to talk to or someone to speak on your behalf. Tel: 01387 247237.

**Cancer support groups within Dumfries and Galloway**

Support groups offer information and support to people living with cancer. They give you an opportunity to meet and talk to people in a similar situation. Relatives and friends are also welcome.

**Macmillan Cancer Support Group**
Meetings are held on the first Tuesday evening of the month from 7.00pm – 8.30pm in the Cancer Information & Support Centre.
Telephone 01387 241979 / 241978

**Prostate Cancer Group**
Meetings are held on the second Tuesday evening of the month, from 7.00pm in the Cancer Information & Support Centre. Telephone 01387 241979 / 241978 or Tim Hancock 01387 820881.

**Young Women's Breast Cancer Group**
Meetings are held on the first Monday of the month, from 7.00pm − 9.00pm in the Cancer Information & Support Centre. Telephone 01387 241979 / 241978

**Pain Association Scotland**
The Pain Association provides information about pain management and runs training days in Dumfries and Galloway once a month.
Freephone: 0800 783 6059 (Mon – Fri, 9.30am – 4.30pm)

**Princes Royal Trust Support for All Carers**
If you wish to talk to someone in confidence.
Tel: 01387 248600 between 9.00am – 4.00pm (Mon – Thurs), 9.00am – 3.00pm (Fri)
Address: Carers Centre, 2–6 Nith Street, Dumfries

**POSY (Parent Oncology Support Yorkshill)**
Meetings are held in Dumfries. The group offers support to parents and relatives of children with cancer.
Tel: Jane Belmore, Paediatric Macmillan Nurse on 0141 201 9313.

ANNANDALE AND ESKDALE

Bust (Breast Under Special Treatment)
Meetings held locally (group member's house) 5 – 6 times a year.
Tel: Nell Hall: 01461 600253

WIGTOWNSHIRE

Tak Tent
Cancer Support Group
Meetings are held in Wigtown on the first Friday of each month.
Tel: 0141 211 0122

Cancer Support Group
Meetings are held on the last Tuesday of each month at 7.30pm at Council Offices, Stranraer.
Tel: 01776 889412

Cancer Drop–in Centre
Every Wednesday 10.00am – 3.00pm
The Galloway Community Hospital
Telephone 01776 707778
www.scdic.org

There are many more national organisations who offer advice and information booklets. Contact numbers for specific organisations may be obtained from the Cancer Information & Support Centre.

Cancerbackup
Helping people live with cancer
Helpline (free): 0808 800 1234 (Mon – Fri: 9.00am – 7.00pm)

Tak Tent
Cancer Support Scotland.
Tel: 0141 211 0122

Macmillan Cancer Relief
Macmillan CancerLine
Freephone 0808 808 2020 (Mon – Fri: 9.00am – 6.00pm)

C.R.U.S.E.
This organisation offers counselling and support to those bereaved.
Helpline: 0870 167 1677 (Mon – Fri 9.00am – 5.00pm)
Dumfries Branch: 01387 250252 (this line is usually manned in the morning, with an answerphone at other times)

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