

NOW CANCER IS  
PART OF MY LIFE,  
WHERE CAN I  
GET EXTRA HELP?

GETTING SUPPORT AT THE BEATSON CANCER CENTRE

**WE'RE HERE TO HELP YOU**

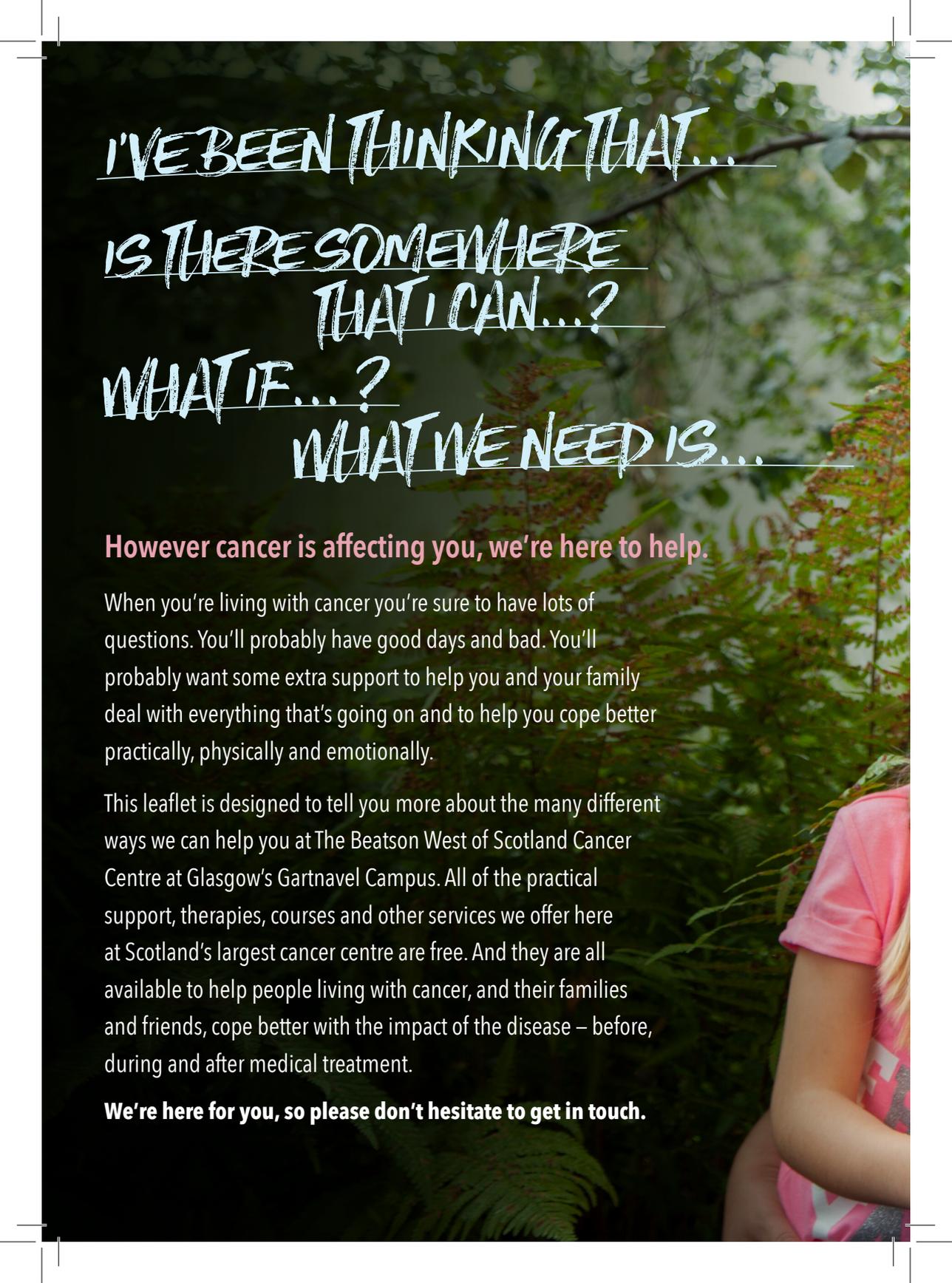


Cancer  
Support  
Scotland



WE ARE  
**MACMILLAN.**  
CANCER SUPPORT





I'VE BEEN THINKING THAT...

IS THERE SOMEONE HERE  
THAT I CAN...?

WHAT IF...?

WHAT WE NEED IS...

**However cancer is affecting you, we're here to help.**

When you're living with cancer you're sure to have lots of questions. You'll probably have good days and bad. You'll probably want some extra support to help you and your family deal with everything that's going on and to help you cope better practically, physically and emotionally.

This leaflet is designed to tell you more about the many different ways we can help you at The Beatson West of Scotland Cancer Centre at Glasgow's Gartnavel Campus. All of the practical support, therapies, courses and other services we offer here at Scotland's largest cancer centre are free. And they are all available to help people living with cancer, and their families and friends, cope better with the impact of the disease – before, during and after medical treatment.

**We're here for you, so please don't hesitate to get in touch.**



"I've just finished chemotherapy and we're so grateful for all the help and support we've received as a family. Not just me, but my husband and children too."

*Geri*

Services provided by:

Beatson Cancer Charity  
Cancer Support Scotland  
Macmillan Cancer Support  
Maggie's

# Taking time to talk about it

It's not easy to receive a diagnosis of cancer, to have treatment or to come to terms with living with the disease. And while family and loved ones can be a wonderful and important source of support, there may be things that you don't want to talk to them about.

There may be subjects that are private or painful. Or you may not want to see people you care about getting upset. Or you might simply want to get things straight in your own head first, before talking them through with the people you are closest to.

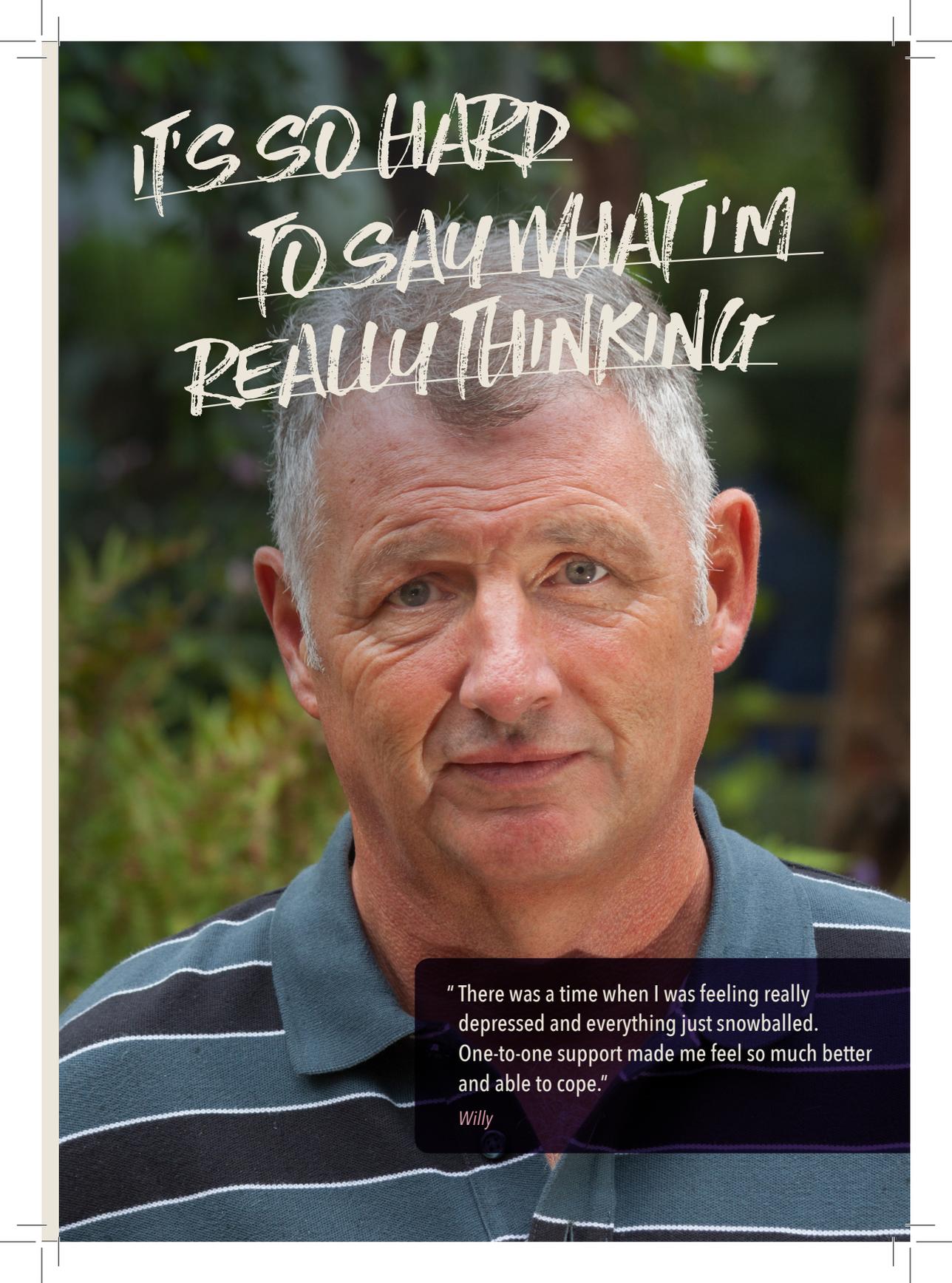
One-to-one support or counselling gives you the opportunity to talk face to face with someone

about whatever is on your mind. Someone who won't judge or be shocked by what you say. Someone who will listen and help you make decisions about what matters to you. Sessions are also available for those close to you.

There are different group meetings available too, where you can get to know and talk with other people who are affected by cancer or who have a specific type of the disease.

Willy is a member of a weekly prostate cancer support group. *"We're just a group of ordinary guys and we help each other."* he says, *"We talk about our treatments and get things off our chest."*





IT'S SO HARD  
TO SAY WHAT I'M  
REALLY THINKING

"There was a time when I was feeling really depressed and everything just snowballed. One-to-one support made me feel so much better and able to cope."

*Willy*



I NEED SOME  
ME TIME...

"It was after my treatment ended that it hit me. Everything else around me was going back to normal, but I couldn't. Coming for treatments was like having a hug."

*Fiona*

**Services provided by:**  
Beatson Cancer Charity  
Cancer Support Scotland

# Relax, recharge, reflect

Cancer can take it out of you in many ways. You may be physically tired or in pain, you may be anxious and worried, or you may find it hard to relax and take time for yourself. All issues which can show up when you're first diagnosed, receiving medical treatment or after your treatment has ended.

*Fiona says, "One of the therapists gently told me that I was carrying my shoulder up around my ear. I was so emotional that I hadn't realised I'd been shielding the side of my body where my surgery had taken place. Coming to the centre for regular treatments not only helped my shoulder, but was the start of me coming to terms with what had happened to me."*

A series of alternative or complementary therapy sessions can help you rebuild your mental and physical resilience and your sense of wellbeing. Our therapists will help you choose a plan according to your needs, respecting your medical history and selecting products that are safe to use alongside any other treatment you are receiving.

Our therapies include aromatherapy, reflexology and different types of head and body massage. You'll find that our therapy rooms are private, tranquil and restful spaces. As treatments can be very helpful for family and carers as well, we also offer double appointments if you want to have treatments together.



Services provided by:

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Cancer Support Scotland  
Macmillan Cancer Support  
Maggie's

# Keeping calm and carrying on

Being diagnosed with cancer or the disease affecting someone close to you can be extremely stressful. If you're feeling stressed, anxious, worried or depressed, you may find one-to-one support or counselling helpful (see earlier page for information), or there are other ways we can help you cope with what is going on.

Our six-week stress management course is for anyone who has, or has had cancer, their families and friends. It introduces you to different relaxation methods – including how to control anxious thoughts, meditation, visualisation and 'quick' or emergency relaxation. You'll also get advice about how to incorporate

what you've learned into your daily life.

Courses in hypnotherapy, relaxation and the use of breathing techniques can help you control anxiety, whilst exercise like Tai Chi, yoga or our health walks can reduce stress and improve your emotional and physical wellbeing. And because eating well can make a significant difference to how you feel, we also offer advice and ideas on nutrition and healthy eating.

Jason says, *"The slow, controlled movements in Tai Chi and yoga and the stillness of meditation helped me to listen to myself – and look at the challenging decisions I had to take with greater clarity."*



I'M FEELING  
SO STRESSED OUT



"The classes helped me to make sense of what was happening to me emotionally following my cancer diagnosis. It was a deeply reassuring experience."

*Jason*



# I'M WORRIED ABOUT WORK & MONEY

"When I was diagnosed with cancer, my husband Billy needed to take time off work for my appointments and to help with the kids. We worried that he might lose his job."

*Geri*

**Services provided by:**

Beatson Cancer Charity

Macmillan Cancer Support

Maggie's

# Helping you find practical solutions

Cancer can often lead to worries about money and your ability to work. If you need help claiming benefits or dealing with an employer, we're here for you.

For many of us, work is an important issue. You may be worried about how or when to talk to your employer or colleagues about your diagnosis; how treatment might affect your ability to do your job; or about extended periods of sick leave. Similarly, a family member developing cancer can have implications for your own job.

With a team of NHS practitioners experienced in health and work issues, we can advise and act on your behalf to support you in your current job. We can talk directly with your employers and accompany you to, or represent you at meetings. We can help you with a return to work plan or decisions about your working future – including other employment options if you can no longer do your current job – and support your family members.

Geri's husband Billy says, "Thanks to the help I received, I feel better at work and more able to speak to my colleagues. My supervisor understands the situation better and is more accommodating if I need time off."

And as cancer can have a significant impact on your finances, our team can ensure you access all the benefits you are entitled to and negotiate with your landlord or mortgage firm. They can also advise how to get help with the increased costs of heating bills, travelling and special diets that cancer can bring.



Services provided by:

Beatson Cancer Charity  
Cancer Support Scotland  
Maggie's

# Drop in, have a chat, try something new

If you have cancer, the hospital visits, consultations and treatment can sometimes seem overwhelming – so having a relaxing place you can escape to is really helpful. A place where you can choose what you feel like doing, when you want to do it, with no need to put on a front for other people.

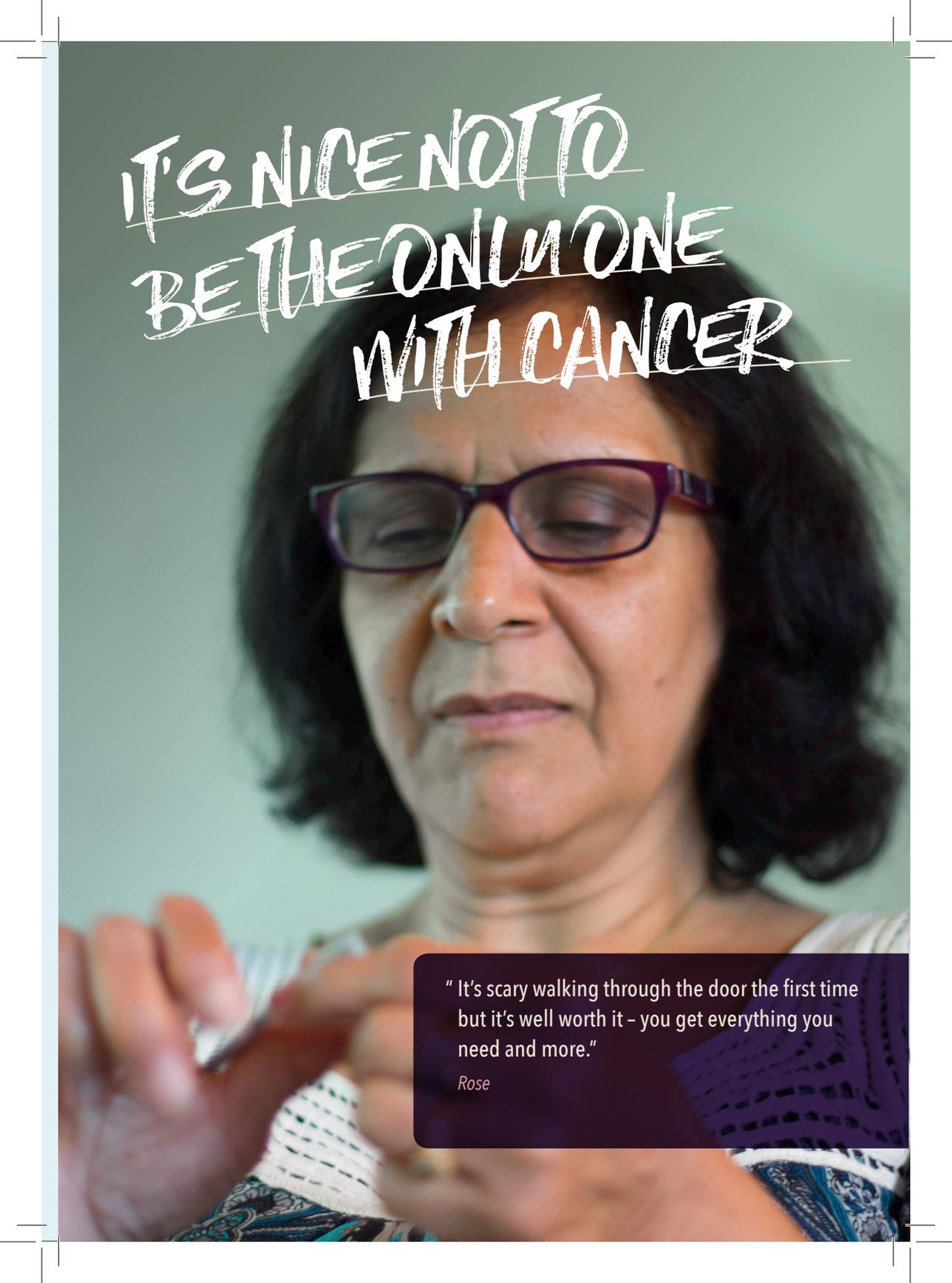
In different locations around the hospital site you'll find welcoming spaces where you and those close to you can drop in for a tea or coffee and a chat. Places to meet up with other people, talk things through or simply sit quietly. And if you want some peaceful time by yourself to read or to think and reflect, you'll

find plenty of quiet corners inside and outside in our gardens.

You can also take advantage of a wide variety of activities. Perhaps you'll decide to join a gardening group, or try your hand at expressive writing or singing – or come along to the weekly Knit and Natter.

Rose says, *"When you are gardening you are in the moment: you are not worrying about the past or the future. The gardening group is a supportive environment, people can discuss issues and the activity allows us all to relax."*





IT'S NICE NOT TO  
BE THE ONLY ONE  
WITH CANCER

"It's scary walking through the door the first time but it's well worth it - you get everything you need and more."

*Rose*

# WHAT WILL I DO IF MY HAIR FALLS OUT?

A photograph of a woman with thinning, grey hair hugging another woman from behind. The woman being hugged has long, dark hair tied in a ponytail. The woman hugging her is wearing a red top and a gold watch. The background is a blurred indoor setting.

"It was upsetting when my hair started falling out, but all the advice I got made me feel much more comfortable. Having everyone there to support me made all the difference."

*Elizabeth*

**Services provided by:**  
Beatson Cancer Charity  
Cancer Support Scotland  
Maggie's

# Looking after your head, hands and feet

Losing your hair can be tough to deal with emotionally. If you are experiencing hair loss or are anticipating that you will do as a result of cancer treatment, you may be interested in our hair loss group sessions and the services offered by our on-site hairdressers.

In our 'Talking Heads' sessions you can find out what will happen to your hair during and after cancer treatment and how to be better prepared for it. Our hairdressers can advise you on suitable styles, and will cut and shape your hair to minimise the impact of patches or scars. They can help with selecting and fitting a wig that will help you feel confident and more able

to face the world. And they can teach you to tie a head scarf too.

Some types of chemotherapy can cause changes to your finger and toe nails and the skin on your hands and feet. Our podiatrists can provide appropriate treatment – and offer manicures to help keep your nails and skin healthy and looking as good as possible.

*"When I get a manicure it makes me feel relaxed, the therapists talk to me as a person not a patient. It gives me a chance to forget about cancer for a while and just feel pampered."* Francesca



# Caring for you spiritually

Your faith may already be an important part of who you are. Or a cancer diagnosis may make you decide to explore your spiritual side in a way that you haven't done before, or to reconnect with your religious beliefs.

You may want spiritual help in dealing with feelings of anger, sadness, guilt or loss. Or you may find yourself seeking answers to some of life's biggest questions and considering your place in the world and the contribution you have made. Or you may want someone to join you in prayer.

Heather says, *"As well as reflecting on the importance of life and the prospect of dying, Brian shared lighter moments and was able to recall happier times with the chaplain. He's so grateful to have had such a sensitive companion as Russell."*

Our chaplain and his three volunteers are available to offer you, your family and loved ones spiritual support and guidance – providing a 24 hour On Call Service, which

includes ward visits if required.

Our chaplaincy team can also put you in touch with leaders from other faith groups.

Our special spiritual care area, The Sanctuary, is open at all times for patients, visitors and staff. You are always welcome here – to meditate, pray or sit with your thoughts.



Sister May

# AT A TIME LIKE THIS, MY FAITH MATTERS



"The chaplain's visits to my husband Brian really raised his spirits. Because we're from the Western Isles, it was too far for our family and friends to come and see him."

*Heather*

*Russell Jones, Chaplain*

# How do I get in touch?

## Beatson Cancer Charity ●

We provide support for patients and families within The Beatson Cancer Centre. In-patients can enjoy treatments at the award winning Wellbeing Centre and their families can use this unique space to visit their loved ones in a calm and relaxing environment away from the wards. If you have concerns about work or your finances, our Specialist Health and Work team are on site to offer expert guidance and support.

**Opening times:** Every day from 9am to 9pm **Wellbeing Centre:** 0141 301 7667

**Specialist Health and Work:** 0141 212 0505 **[www.beatsoncancercharity.org](http://www.beatsoncancercharity.org)**

Registered charity no. SC044442

## Maggie's Glasgow ●

Maggie's Glasgow is a place to find free practical help about benefits and eating well; a place where qualified experts offer emotional support, a place to meet other people or simply to sit quietly with a cup of tea, in an oasis of calm built around a central garden. We offer support for anyone with cancer at any stage, their family and friends. We also run a wide range of courses, workshops and support groups. No referral is required, just drop in.

**Opening times:** Monday to Friday 9am to 5pm **Call:** 0141 357 2269

**[www.maggiescentres.org/glasgow](http://www.maggiescentres.org/glasgow)**

Registered charity no. SC162451

## Cancer Support Scotland ●

Cancer Support Scotland provides support for anyone affected by cancer, their family and carers. We offer complementary therapy, stress management, one-to-one or couple counselling, podiatry, group support and advice. Our services are provided free of charge in calm, friendly spaces within our converted chapel. There is no need for a referral, you are welcome any time for a cup of tea and a chat.

**Opening times:** Monday to Friday 9am to 5pm **Call:** 0141 337 8199

**[www.cancersupportscotland.org](http://www.cancersupportscotland.org)**

Registered charity no. SC012867

## Macmillan Cancer Support ●

Macmillan provides emotional, practical and financial support to people with cancer and their families. Our information and support centre is temporarily located in the Tom Wheldon building, near the entrance. There you will find someone to talk to, can access benefits advice, and can find out about the support services we offer in your local community.

**Opening times:** Monday to Friday 9am to 5pm **Call:** 0141 301 7390

**Support line:** 0808 808 00 00 Monday to Friday 9am to 8pm

**[www.macmillan.org.uk](http://www.macmillan.org.uk)**

Registered charity no. SC039907

# A full list of our treatments and services

These courses, therapies and services are available to you free of charge, on site at The Beatson West of Scotland Cancer Centre. The colour key indicates which of us to contact. Please call or email us to find out more or to arrange an appointment.

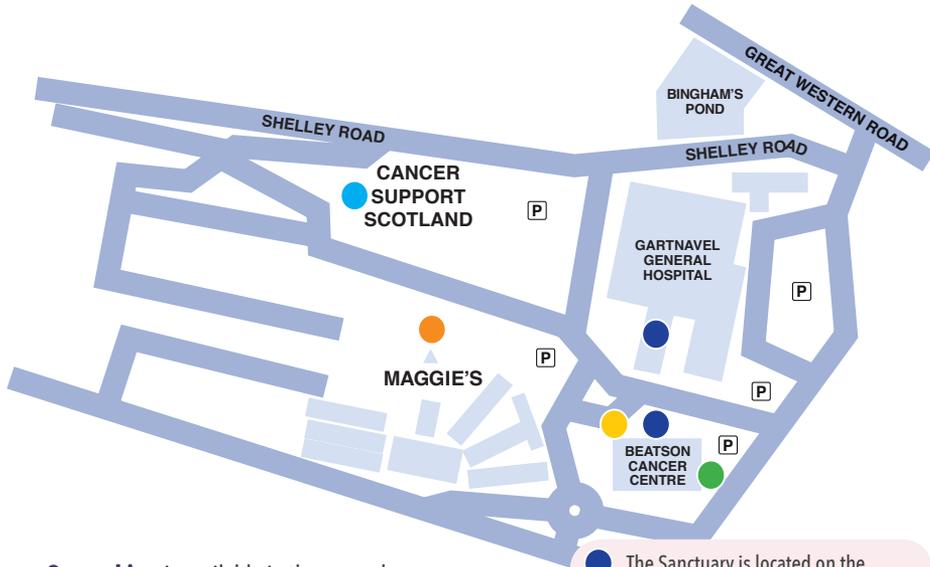
Aromatherapy	●	Manicures	● ●
Adjusting to life after treatment	● ● ● ●	Massage	● ●
Bereavement support	● ● ●	Mindfulness	● ●
Cancer information	● ●	Nutrition and eating well	●
Chaplaincy	●	One-to-one support	● ●
Chiropody	● ●	Personal training	●
Counselling	● ● ●	Podiatry	● ●
Drop in service	● ● ●	Psychology	●
Employment support and advice	●	Reflexology and reiki	● ●
Expressive writing	●	Relaxation classes	● ●
Finance and benefits advice	● ● ●	Singing	●
Friends and family support	● ● ●	Stress management	● ● ●
Gardening group	● ●	Support groups	● ●
Gentle movement class	● ● ●	Tai Chi	●
Hair loss support and hairdressing	● ●	Wig consultations, fitting and styling	●
Health walks	● ●	Will writing service	● ●
Knit and natter	●	Yoga	●

- Beatson Cancer Charity
- Cancer Support Scotland
- Macmillan Cancer Support
- Maggie's Glasgow
- NHS

For advice and support for teenagers and young adults, talk to your oncologist or clinical nurse specialist.

# How to find us

We are all located on site at the Gartnavel Campus, Glasgow - within, or a very short walk from The Beatson West of Scotland Cancer Centre.



**Car parking** is available in the car park adjacent to the main entrance of the Beatson Cancer Centre. A limited number of parking spaces are also available just past the front of the centre itself.

## Directions by bus

**First Bus** 6, 6A, 6B, 10A, M11 or

**City Bus** 15, 84, 118, 141

## Directions by rail

Hyndland Rail Station is about 500m from the hospital site, where trains from both Queen Street Low Level and Central Station Low Level call.

Coming by underground train you can change to the main line trains at Partick underground and go one stop to Hyndland Station on the overground trains.

The Sanctuary is located on the Ground Floor of The Beatson Cancer Centre, near the main entrance. It will be closed until December 2017 due to building works, but you can still speak to the Chaplaincy team on 0141 211 3026.

Our thanks to everyone who has helped put this brochure together by giving their time and allowing their words, photos and experiences to be used. Some details have been changed to protect people's privacy.