

How to contact us

The Macmillan Mustard Tree Cancer Support Centre and Triangle Outreach Centres are available for anyone affected by cancer, from the moment they are diagnosed right until they have finished treatment and beyond. You are welcome to drop in to visit the centres.

Mustard Tree Macmillan Centre

Level 3, Derriford Hospital, PL6 8DH (Mon - Fri, 9am-5pm) Zone B
01752 763672

Advice Line: 01752 431467 (Mon-Fri, 10am – 4pm)

The Triangle Outreach Drop In Centres also offer practical help & support:

- Kingsbridge, South Hams Hospital, TQ7 1AT (Tuesdays) **01548 852349**
- Liskeard, Liskeard Community Hospital, PL14 3XD (Thursdays) **01579 335600** (ext 5628)
- Tavistock, Tavistock Clinic, PL19 8BX (Fridays) **01822 615935**



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MACMILLAN.
CANCER SUPPORT**

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NHS Trust

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**WE'RE
HERE
TO SUPPORT
YOU**

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**Helping People Living With and Beyond Cancer at
the Mustard Tree Macmillan Cancer Support Centre**

Mustard Tree Macmillan Cancer Support Service. We're here to help.

When you're affected by cancer, the difference between a good day and a bad day can often come down to really small things. We know that providing the right support at the right time in the right place can make all the difference.

What we offer

The Mustard Tree Macmillan Cancer Support Service is here to offer support, advice and information to you, your family and carers, now and in the future.

Drop in and see us

The Mustard Tree Macmillan Cancer Support Centre offers a friendly space where you can ask questions, discuss how cancer is affecting your life and share your concerns. Come and browse through our information or talk to our cancer support specialists.

We offer a range of services including:

- Benefits advice
- Counselling
- Complementary therapies
- Support coping with hair loss and choosing wigs
- Support groups and other activities

We also have drop-in centres at Kingsbridge, Tavistock and Liskeard, see overleaf for further details.

Living With and Beyond Cancer? How we can help

Working in partnership with Macmillan Cancer Support, we are now providing a service dedicated to ensuring that people are able to live the best possible life with and beyond cancer.

This includes:

- A dedicated telephone support and information line (Mon - Fri, 10am-4pm) 01752 431467
- One to one consultations with specialist support staff
- Education sessions and workshops offering advice on a range of health and wellbeing topics
- Signposting to a wide range of services and support within local communities
- Appropriate fitness, activity and exercise for health and wellbeing
- Information and support within the workplace



We offer time to meet with you and talk together, helping you plan how to cope and live well. Whatever your problem, we will go the extra mile to support you living with and beyond cancer.

What can we help with?

We have been asked...

- I live on my own and I am worried about coping at home, what help is in my area?
- I can't come for treatment because it's school holidays and I need help with childcare. What can I do?
- What sort of exercise can I do to help me regain my strength?
- I need help talking to my employer about going back to work part time at first

- I'd really like to talk to other people in the same situation as me, but I don't want to go to a support group on my own?

People have told us...

- "Thanks for listening. It was nice just to be able to talk to someone about it."
- "Thanks for the information, I feel like I now at least have somewhere to start."
- "That's helpful to know: it takes away some of the stress."
- "It's really good to have you here."