

## Accessing Support: After the Treatment Finishes

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Completing cancer treatment is a significant and sometimes exciting milestone in your cancer pathway, but it can also come with its own unique challenges. Cancer and its treatment can have physical and emotional effects, and sometimes it is not until treatment has finished that people have the time and space to process all that has happened. It is important to look after yourself now that you have finished treatment, and to take some time to adjust to how things are.



Below is a list of organisations who may be able to offer you some support, as well as some resources that you may find helpful to read/listen to. The range and quality of services/support available from such organisations may vary. This list has been gathered as signposting only, and The Royal Marsden cannot guarantee the accuracy of the information provided by an organisation listed or the quality of their services.

If you have any questions or would like further advice/guidance about where to seek specialist help in your local area, you can speak with a member of your Royal Marsden treatment team or the Adult Psychological Support Service.

### Cancer Support UK

A charity which offers support groups and coaching, some of which is specifically focused on supporting people who have finished their cancer treatment and are looking for support with adapting to their new situation.

Website link: <https://cancersupportuk.org/>

### Deborah Butzbach – Best Life After Cancer (Podcast)

A podcast series run by an oncologist, who brings together her professional and personal experiences to offer stories and advice concerning life after cancer treatment.

Website link: <https://podcasters.spotify.com/pod/show/deborah-butzbach>

### Dr Peter Harvey – After the Treatment Finishes - Then What?

An article written by a clinical psychologist describing the rollercoaster of emotions that come with finishing treatment. Dr Harvey outlines a framework towards understanding the different stages of recovering physically and emotionally after cancer treatment has finished.

Website link: <https://workingwithcancer.co.uk/wp-content/uploads/2013/03/After-the-treatment-finishes-then-what.pdf>



## Life after Cancer

An organisation which aims to enhance the physical, mental, emotional and social wellbeing of people who have finished their cancer treatment. They offer online services including themed peer support sessions, workshops, online talks by professionals and a 6-week online coaching programme.

Website link: <https://www.life-aftercancer.co.uk/>

## Look Good Feel Better

This charity aims to support the physical and emotional wellbeing of individuals affected by cancer through free online and in-person workshops, and video resources. The underlying principle of this organisation is that, through self-care and taking care of one's appearance, it is possible to improve your self-confidence following physical changes due to cancer. They have materials tailored to men, women and teenagers, and work to assist people of all skin colours, ages, and cancer variations. Workshops include skincare, nailcare, grooming, oral care, shaving, hair loss and wigs, make-up, and advice on nutrition and fitness. They work with people up to one year post active cancer treatment. They also run the [HeadWrappers Service](#), offering a range of workshops and classes that provide practical advice on caring for your scalp and hair before, during and after cancer treatment. They also demonstrate useful scarf tying techniques, provide complimentary gift bags with headwear, and also help people connect with each other in a welcoming and safe space.

Website link: <https://lookgoodfeelbetter.co.uk/>

## Macmillan – After Treatment

A website containing various informative resources on life after cancer treatment. These include follow-up care, managing treatment effects, and making healthy lifestyle changes.

Website link: <https://www.macmillan.org.uk/cancer-information-and-support/after-treatment>

## Macmillan – Body Image and Cancer

Body image is the way you think and feel about your body. Cancer treatment can have a big physical toll, so it is not unusual to have some worries about changes to your body following treatment. This booklet/ audiobook has aimed at helping people who are having concerns regarding changes to their body caused by cancer or its treatment.

Booklet: <https://www.macmillan.org.uk/cancer-information-and-support/stories-and-media/booklets/body-image-and-cancer>

Audiobook: <https://www.macmillan.org.uk/cancer-information-and-support/stories-and-media/audiobooks/body-image-and-cancer>

## Macmillan – Help to Overcome Problems Effectively (HOPE)

A free six-week course developed by Macmillan to help people who have had cancer to get on with their lives. It is an interactive support course which runs in groups of between 6 and 12



people. The sessions are run by trained HOPE facilitators who are either health or social care professionals, or trained volunteers who have experienced cancer themselves. The HOPE course is held online, and also in person at some Macmillan centres.

Website: <https://macmillan.fuseuniversal.com/communities/3463/contents/359132>

[The Hope programme - Lincolnshire - United Lincolnshire Hospitals](#)

## Macmillan – Life after Cancer Forum

An online forum for cancer survivors and people who have finished treatment. It is a space to discuss topics such as the physical and emotional after effects of cancer, returning to work, or trying to move on with your life. It can be useful to share and seek advice from other people who are facing, or have previously faced, similar challenges to you.

Website link: [https://community.macmillan.org.uk/cancer\\_experiences/life-after-cancer-forum](https://community.macmillan.org.uk/cancer_experiences/life-after-cancer-forum)

## Maggie's – Where Now?

A seven-week group course exploring the emotions and practicalities of going back to work, staying active and coping after your cancer treatment has ended. If you are interested in this course or any other course offered by Maggie's you can search [Our centres | Maggie's](#) and view their timetable to see when courses are being held, or just drop in and talk to a member of staff.

Website link: <https://www.maggies.org/cancer-support/our-support/courses-and-workshops/>

Telephone: **0300 123 1801**

## Penny Brohn UK

A UK-based charity who offer online and in-person cancer support, including free telephone counselling. They have sessions and resources particularly geared towards adjusting to life after cancer treatment. They also offer support to individuals who are newly diagnosed, in treatment, or living with a terminal diagnosis. Penny Brohn can be contacted Monday – Friday 10am-4pm on **0303 3000 118**

Website link: <https://www.pennybrohn.org.uk/>

## Other APSS Information and Resources

The Adult Psychological Support Service has a range of signposting information sheets on topics such as: coping at different stages of the cancer pathway, supporting your physical and emotional wellbeing, relationships, and information specific to certain types of cancer.

You can view the signposting information sheets on The Royal Marsden's [Patient Information Library](#) and the [Adult Psychological Support Service Website](#) (under 'Further information and resources'). You can also request a copy of these by emailing [Psychological.SupportAdmin@rmh.nhs.uk](mailto:Psychological.SupportAdmin@rmh.nhs.uk) or telephoning **020 7808 2777** (Chelsea) / **020 8661 3006** (Sutton).



## Additional support services

### Cancer Care Map

An online database of cancer support services. You can search by postcode or by particular themes e.g. cancer type.

Website link: <https://www.cancercaremap.org/>

### Maggie's Cancer Centres

Cancer care centres with multiple locations, including The Royal Marsden Hospital, Sutton and Charing Cross Hospital, West London. Workshops, groups, information and one-to-one counselling available.

Website link: <https://www.maggies.org/>

Phone number: **0300 123 1801**

### NHS Talking Therapies

NHS website to help you find your local psychological talking therapies service based on your GP address. Your local NHS talking therapies service can be helpful if you would like psychological support for cancer when you are no longer regularly coming in for appointments at The Royal Marsden, as well as for concerns unrelated to cancer or that predated your cancer and have become worse due to it.

Website link: [Find NHS talking therapies for anxiety and depression - NHS](#)

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If you need any specialist and personalised advice about your cancer treatment, symptoms or side effects, please contact The Royal Marsden Hotline. This hotline is available 24 hours a day, seven days a week on **020 8915 6899**.

The Royal Marsden's Adult Psychological Support Service offers short-term, cancer-specific psychological and psychiatric support. You can either self-refer or ask somebody in your Royal Marsden healthcare team to refer you. For more information, visit [Adult Psychological Support Service | The Royal Marsden](#). Alternatively, contact us directly on **020 7808 2777** (Chelsea), **020 8661 3006** (Sutton), or email [Psychological.SupportAdmin@rmh.nhs.uk](mailto:Psychological.SupportAdmin@rmh.nhs.uk).



If you have ideas for other signposting or information sheets, or if you would like to be involved in working with APSS to improve the service we offer, please scan the QR code to see more about our patient and public involvement, or email [Psychological.SupportAdmin@rmh.nhs.uk](mailto:Psychological.SupportAdmin@rmh.nhs.uk) or telephone **020 7808 2777** (Chelsea) / **020 8661 3006** (Sutton) with your ideas.

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