

## Useful Contact Information Holistic

### **Holistic Support**

- **The Fountain Centre** (Main location is on Level B in St Luke's Cancer Centre. There is also a reception area on Level A by Radiotherapy)

Based at the Royal Surrey Hospital, The Fountain Centre offers care and support for the physical, emotional, social and spiritual needs of those affected by cancer in Surrey and the surrounding areas. You and your family or carers are able to seek help and information no matter what stage you are at; during screening, diagnosis or during and after treatment. Whether you are coming to terms with the emotional impact of cancer, seeking financial advice, or dealing with the side effects of treatment, the Fountain Centre is here to support you and your loved ones.

<https://www.fountaincentre.org/supporting-you.html>

- **Maggie's Centres**

Maggie's offers free practical, emotional and social support to people with cancer and their families and friends. The closest Maggie's Centre to RSCH is at the Royal Marsden. There is also an online community accessible via the below link:

<https://www.maggiescentres.org/our-centres/>

- **NHS Live Well**

NHS information about wellbeing, including nutrition and exercise advice.

[nhs.uk/live-well](https://nhs.uk/live-well)

- **Cancer Hair Care**

A charity which offers advice and support on all aspects of hair loss, hair loss prevention (scalp cooling) and hair care, before, during and after cancer treatments.

01438 311 322

[cancerhaircare.co.uk](https://cancerhaircare.co.uk)

- **Look Good Feel Better**

A worldwide cancer support charity providing practical support for women struggling with side effects from treatment. It offers free skincare and make-up workshops.

01372 747 500 (not a helpline)

[lookgoodfeelbetter.co.uk](https://lookgoodfeelbetter.co.uk)

- **HealthUnlocked**

Social network of health communities, including illness and symptom-specific groups. Discuss your concerns with and get support from others going through similar experiences.

[healthunlocked.com](https://healthunlocked.com)