

✚ How can I find you?

For support from any of the services that we offer, please contact:

Mustard Tree Macmillan Centre

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

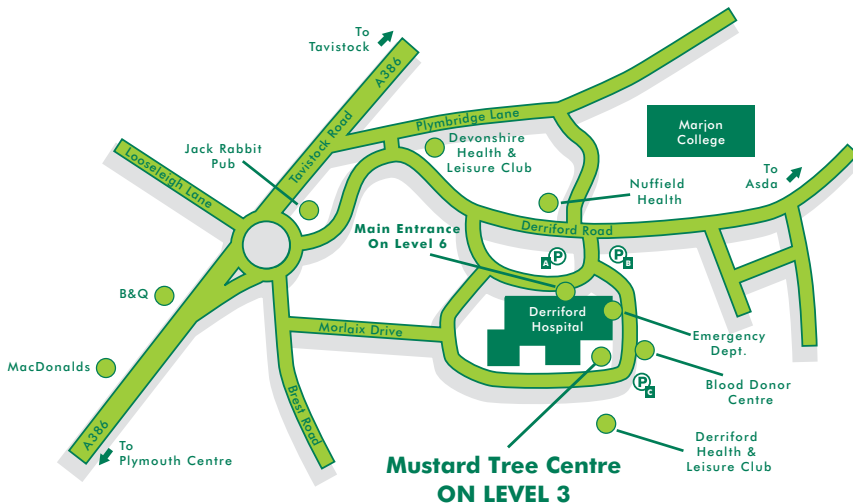
The Living with and beyond cancer team are based in the centre and can be contacted on:
01752 431468.

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

Kingsbridge: South Hams Hospital, TQ7 1AT (Tuesdays 9:30am - 4:30pm) **01548 852349**

Liskeard: Liskeard Community Hospital, PL14 3XD (Thursdays 9:30am - 4:30pm) **01579 335600**

Tavistock: Tavistock Clinic, PL19 8BX (Fridays 9:30am - 4pm) **01822 615935**



**WE ARE
MACMILLAN.
CANCER SUPPORT**

For support, information or if you just want to chat, call us free on **0808 808 00 00** (Monday to Friday, 9am–8pm) or visit **macmillan.org.uk**

**WE'RE HERE
TO SUPPORT
YOU**

**WE ARE
MACMILLAN.
CANCER SUPPORT**

**Mustard Tree Macmillan Cancer
Support Services**

The Mustard Tree Support Services are here to help anyone affected by cancer.

Macmillan Cancer Support and Plymouth Hospitals NHS Trust worked together to develop the Mustard Tree Macmillan Cancer Support Centre.

We know that providing the right support at the right time and in the right place can make all the difference. The Mustard Tree Macmillan services are made up of the Mustard Tree drop-in centre, the Outreach Triangle centres at Kingsbridge, Tavistock and Liskeard, and the Living With and Beyond Cancer service. Together they offer emotional support and practical help to anyone affected by cancer at all stages of the cancer journey, whether you're a patient, family member or carer.

Where can I find information I can trust?

Macmillan's free information is written by experts on a range of subject matter.

You are welcome to come and browse through our library of resources, including books, audio tapes and DVDs, on

all aspects of cancer, cancer prevention and leading a healthy lifestyle. We also offer guided internet access.

Some of our resources are available in different languages and are suitable for people with special needs.

We offer:

- one-to-one consultations with specialist support staff
- a telephone support and information service
- education sessions and workshops offering advice on a range of health and well-being topics
- signposting to a wide range of services and support within the local community
- appropriate fitness, activity and exercise for health and well-being
- information and support within the workplace
- benefits advice
- counselling
- complementary therapies
- support coping with hair loss and choosing wigs
- support groups and other activities



'The Mustard Tree Centre was unbelievable. It is just the perfect environment. It's non-hospital, it's full of lovely people.'

Thom, bowel cancer.

What do people ask?

- I am struggling to cope and not sure where to turn. How can you help?
- I have financial difficulties and I don't know what benefits I'm entitled to. Can you help?
- 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 need more information about my treatment - what support is in my local area?

Can I just drop in?

The Mustard Tree and Triangle drop-in centres offer a friendly space where you can ask questions and share your concerns. If you have a specific query, please phone in advance so we can have the right information for you.

You can also contact us using the details on the back if you'd prefer to make an appointment.

The Mustard Tree is open Monday - Friday, 9am - 5pm.