

# the little white book

**Greater Manchester**

**A directory of resources to help people  
affected by a brain tumour**

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# Introduction

We know how lost you can feel when you or your loved one is diagnosed with a brain tumour. But we also know how many invaluable support services there are available locally that can help you at every step of your brain tumour journey.

Here at *brainstrust* we've been working tirelessly with the help of our fantastic volunteers searching high and low for useful, local services for people affected by a brain tumour. This directory, focusing on the charity sector, includes information on some of the best of these services in Greater Manchester. We hope you find it to be an authoritative guide and that it helps you access these resources in your area quickly and when you most need them.

We may not have included everything here just yet, but we have been able to bring together many sources of help that we're comfortable with and that we regularly recommend to our community. You can find the most up to date version of this information, and more online at **[www.braintumourhub.org.uk](http://www.braintumourhub.org.uk)**

Things change. New services will pop up, and some may stop operating or change their focus, but we will be reviewing the information within this directory every year. If there are any additional services that you would like to see in here, please get in touch with us on **01983 292 405** or email **[hello@brainstrust.org.uk](mailto:hello@brainstrust.org.uk)**

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We hope you find it useful.

**From all the team at *brainstrust***

# Networking

**The essence of networking is to share experiential sympathy and understanding which can be beyond the scope of health care professionals.** Networking also allows you to meet others from the wider community – not just those who typically attend support groups. These people can include researchers, fundraisers, charity workers and other interested parties.

It is important to be aware that whilst networking events can be a source of excellent information, they are much more ‘free-flowing’ than facilitated support groups. The discussion is not controlled, opinions can be subjective, and they may not constitute medical advice.

Service name	Service provider	Phone contact	Location	Email and web address	Brief description
<b>Stockport Social Groups</b>	Beechwood Cancer Care	0161 476 0384	Beechwood Cancer Care Centre, Chelford Grove, Stockport SK3 8LS	enquiries@beechwoodcancercare.co.uk <a href="http://www.beechwoodcancercare.org.uk/cancer-care-services/groups/">www.beechwoodcancercare.org.uk/cancer-care-services/groups/</a>	This charity offers a number of interesting, inclusive and social groups. These include the Beechwood choir for those affected by cancer every Tuesday, Tai Chi every Wednesday, the shed/ gardening group, the craft group, the art group, and regular coffee mornings.
<b>Wigan Brain Injury Drop-in</b>	Headway Wigan and Leigh	0758 083 2106	Sunshine House Community Centre, Vauxhall Road, Wigan, Greater Manchester WN1 3LU	headwaywiganandleigh@gmail.com <a href="http://www.headwaywiganandleigh.co.uk">www.headwaywiganandleigh.co.uk</a>	This charity run regular drop-in sessions for those affected by an acquired brain injury. They host 12 sessions a year on the last Thursday of the month between 1pm and 3pm.

Service name	Service provider	Phone contact	Location	Email and web address	Brief description
<b>Manchester Cancer Get Togethers</b>	Being There	0845 123 23 29	New Moston Club, 64 Parkfield Road North, New Moston M40 3RQ	info@beingthere.org.uk www.beingthere.org.uk/get-support/	Here you're welcome to join in with a number of 'get togethers' for people with cancer, carers and family members living in Greater Manchester. These are informal, supportive group sessions where people can mix and have a chat. Sometimes the groups have talks from external speakers as well as relaxation or arts sessions. Transport and refreshments are provided (suggested donation £2). There are four groups in total; North Manchester, South Manchester, Salford and Trafford.
<b>North Manchester Yoga, Meditation, Pilates and Walking Group</b>	Chai Cancer Care	0808 808 4567	Heathlands Village, Heathlands Drive, Prestwich, Manchester, Lancashire M25 9SB	www.chaicancercare.org/what-we-do/what-our-services-are/ groups-activities/	This charity focuses on providing services to any members of the Jewish community affected by cancer including patients, families and friends. These group activities are there to help you connect with others who are in a similar situation to you whilst learning new skills, keeping fit and having fun.

Service name	Service provider	Phone contact	Location	Email and web address	Brief description
<b>Bolton Cancer Walking Group</b>	Bolton Macmillan Cancer Information & Support	01204 663059	MCISS, Giles House, 43 Chorley New Road, Bolton BL1 4QR	<a href="mailto:boltoncancerinfo@nhs.net">boltoncancerinfo@nhs.net</a> <a href="http://www.boltonmacmillansupport.org.uk/support/local-support-groups">www.boltonmacmillansupport.org.uk/support/local-support-groups</a>	Walking is a convenient, cheap and fun way to participate in a physical activity when you are living with a cancer diagnosis. All you need is a pair of comfortable walking shoes and you're one step closer to increased mental and physical wellbeing. The group meets on the first Friday of each month at 1pm at various places in the Bolton area all year round.
<b>Bolton Cancer Voices</b>	Bolton Macmillan Cancer Information & Support	01204 595562 or 07773164235	The Friends Meeting House, Silverwell Street, Bolton BL1 1PP	<a href="mailto:boltoncancervoices@yahoo.com">boltoncancervoices@yahoo.com</a> <a href="http://www.boltonmacmillansupport.org.uk/support/local-support-groups">www.boltonmacmillansupport.org.uk/support/local-support-groups</a>	This charity offers an inspirational, welcoming choir open to anyone who has received a cancer diagnosis of any type. The choir provides a positive, motivational and diversionary environment where members have fun, enjoy the challenges and exhilaration of performing and have a focus aside from their illness. It offers an informal forum to meet with others in a similar situation and benefit from mutual support and understanding. Membership is free and there is no requirement to read music or auditions to worry about. Rehearsals take place on Mondays between 7.30pm and 9.00pm.

Service name	Service provider	Phone contact	Location	Email and web address	Brief description
<b>North West Weekly 5K Runs</b>	parkrun UK		Various locations	helloUK@parkrun.com www.parkrun.org.uk/events	These free, weekly, 5km timed runs take place in pleasant parkland surroundings throughout the UK. They are open to people of all abilities, can be completed at your own pace, and can act as rewarding and sociable stress relievers. All runs start at 9am on Saturday morning. There are currently 45 weekly park runs in the North West.



# Psychological support

Alongside the care you receive from doctors, nurses and other health professionals you may wish to seek psychological and emotional support.

It is quite usual to experience stress, worry and concerns as a result of a brain tumour diagnosis or treatment. It may lead you to experience one or more of the following, anxiety, uncertainty about the future, anger, adjustment difficulties, distress, family communication problems, changes in body image, depression, decision-making difficulties, challenges balancing illness and treatment alongside the demands of life.

Some people can find it helpful to discuss their feelings, needs and concerns in a confidential space with a team experienced in helping patients and those close to them. Here we have some options for you.

Service name	Service provider	Phone contact	Location	Email and web address	Brief description
<b>Bespoke Cancer Care Programme</b>	Beechwood Cancer Care	0161 476 0384	Beechwood Cancer Care Centre, Chelford Grove, Stockport SK3 8LS	<a href="mailto:enquiries@beechwoodcancercare.co.uk">enquiries@beechwoodcancercare.co.uk</a> <a href="http://www.beechwoodcancercare.org.uk/cancer-care-services/patients/">www.beechwoodcancercare.org.uk/cancer-care-services/patients/</a>	Initially, after making contact with this charity, you will be offered a personal, confidential assessment to talk through how you are feeling and what your current priorities are. Following this you will be given the option to take part in a tailor-made programme at the centre between 10am and 3.30pm, one day a week, for eight weeks. Also on offer are back to work, mindfulness meditation and be confident programmes.



Service name	Service provider	Phone contact	Location	Email and web address	Brief description
<b>Problem Solving and Emotional Counselling</b>	The Gaddum Centre	0161 834 6069	Gaddum House, 6 Great Jackson St, Manchester M15 4AX	info@gaddumcentre.co.uk  www.gaddumcentre.co.uk/ counselling-more-info/	We know that you sometimes need help developing new coping strategies during stressful periods of your brain tumour journey. Counsellors involved with this service can provide you with both emotional and practical support using a 'problem solving' approach which combines the best advocacy practice with the best of counselling.
<b>Emotional Support and Back to Work Scheme</b>	BASIC (Brain and Spinal Injury Charity)	0161 707 6441	554 Eccles New Road, Salford M5 5AP	enquiries@basiccharity.org.uk  www.basiccharity.org.uk	This charity can offer you various emotional support services, including counselling if you have been affected by a brain tumour. They can also offer vocational assessments, support and counselling if your work has been affected by your diagnosis and treatment.
<b>Wellbeing Counselling Service</b>	Macmillan Wellbeing Centre	0161 746 2080	Macmillan Wellbeing Centre, In the Grounds of Trafford General Hospital, Moorside Road, Davyhulme, Manchester M41 5SN	cancerinformation-trafford@nhs.net  www.macmillancentretrafford.org	We sometimes feel that we need to protect our loved ones from our innermost worries and concerns which may prevent us from talking freely. It can be easier to talk with someone outside our usual circle, such as a counsellor who is trained to listen and help us work through our distress and difficulties. This service offers confidential counselling to adults and carers who are affected by cancer and other life-threatening illnesses. Sessions last up to one hour and are usually weekly.

Service name	Service provider	Phone contact	Location	Email and web address	Brief description
<b>Emotional Support for Life-limiting Illnesses</b>	Being There	0845 123 23 29	2–4 Primrose Avenue, Urmston, Manchester M41 0TY	info@beingthere.org.uk www.beingthere.org.uk/get-support/	The staff and volunteers here are friendly, approachable and ready to listen to your concerns whether you are living with a life-limiting illness yourself or are in a caring role. The charity has offices in North and South Manchester, Salford and Trafford.
<b>Bury Drop-in Cancer Support</b>	Bury Cancer Care	0161 764 6609	Abbeyfield House, 406 Bolton Road, Bury BL8 2DA	www.burycancersupportcentre. btck.co.uk www.facebook.com/burycsc	This unique drop-in service is run for those touched by cancer including patients, carers and relatives. To make this support as hassle-free as possible there are no referrals necessary and you don't have to make an appointment. Support, offered by qualified and experienced professionals, can be given for as long as you need it and is flexible in terms of location. The staff here can offer you information, guidance and advice. The centre has a cafe serving homemade food and drinks.
<b>Individual and Group Counselling Sessions</b>	Lavender Ribbon Cancer Support	0845 2 088 066	10 Market Street, Ashton-under-Lyne, Lancashire OL6 6BX	info@lavenderribboncs.org www.lavenderribboncs.org/counselling	We know it is usual to experience stress, worry and concerns as a result of your cancer diagnosis or treatment. This service offers one to one, partner and group counselling support sessions for people affected by cancer in Greater Manchester. This can help you discuss your feelings, needs and concerns, in a confidential space with someone outside of your normal circle of friends and family.

Service name	Service provider	Phone contact	Location	Email and web address	Brief description
<b>Oldham Confidential Counselling Sessions</b>	Oldham Cancer Support Centre	0161 770 8751	The Ena Hughes Centre, Ellesmere Street, Failsworth M35 9AD	oldhamcancersupportcentre@hotmail.co.uk  www.oldhamcancersupportcentre.com/#!our-services/cx96	These counselling sessions are offered to help you explore any difficult issues which are having an adverse effect upon your psychological, emotional or physical well-being. Each session is run by a trained counsellor and lasts for around 50 minutes. There are also volunteer drivers on hand to get you to and from the session if you have limited mobility.
<b>Mindfulness Based Stress Reduction Programme</b>	Mind in Salford	0161 212 4880	Mind in Salford, The Angel Centre, 1 St Philips Place, Salford M3 6FA	info@mindinsalford.org.uk  www.mindinsalford.org.uk/mindfulness/	This 8-week course has been running for over five years and has led to dramatically reduced stress levels, better sleeping patterns, reduced anxiety and improved mood in attendees. The course teaches simple techniques and practices to give you a greater ability to cope with emotional upset.

# Support groups

**Support groups are a place for people to give and receive both emotional and practical support as well as to exchange information.**

People with a brain tumour, as well as their friends and families, find support groups to be a valuable resource where people can share medical information, get confirmation that their feelings are “normal,” educate others, or just let off steam. When someone is searching for a support group, the single most important thing to remember may be: if the group doesn’t feel right to you or doesn’t match your needs, try a different group. There are many options available.

Service name	Service provider	Phone contact	Location	Email and web address	Brief description
<b>Bolton Cancer Support Group</b>	Bolton Macmillan Cancer Information & Support	07463773924	Bolton Hospice Day Unit, Queens Park Street, Chorley New Road, Bolton BL1 4QT	juliewhite123@live.co.uk <a href="http://www.boltonmacmillansupport.org.uk/support/local-support-groups">www.boltonmacmillansupport.org.uk/support/local-support-groups</a>	This welcoming group provide you with a confidential environment to share information, support and experiences with people who know exactly what you’re going through. Here you can meet new people and make new friends with people who’ve been in your shoes. The group meet on the third Wednesday of each month between 7pm and 9pm.
<b>Living With &amp; Beyond Cancer Support Group</b>	Macmillan Cancer Support	0776 766 3099	Post Graduate Centre, North Manchester General Hospital, Delaunays Road, Crumpsall, Manchester M8 5RN	a.davenport1@manchester.gov.uk <a href="http://www.manchestercommunitycentral.org/news/living-and-beyond-cancer-support-group">www.manchestercommunitycentral.org/news/living-and-beyond-cancer-support-group</a>	This established group has been running for two years and new members are always welcome. It aims to provide a setting which promotes care and support for those affected by cancer. There is a lively chat each time on a different theme with everyone sharing and learning from each other. The group meets on the second Thursday of every other month 10am to 12 noon.

Service name	Service provider	Phone contact	Location	Email and web address	Brief description
<b>The 'Beanies' Support Group</b>	Beechwood Cancer Care	0161 476 0384	Beechwood Cancer Care Centre, Chelford Grove, Stockport SK3 8LS	enquiries@beechwoodcancercare.co.uk  www.beechwoodcancercare.org.uk/ cancer-care-services/groups/	This is a support group for anyone who has had a cancer diagnosis or who has 'been' a patient or carer on a Beechwood programme. The group meets on the first Friday of every month between 1pm and 3pm.
<b>Oldham Patients' Support Group</b>	Oldham Cancer Support Centre	0161 770 8751	The Ena Hughes Centre, Ellesmere Street, Failsworth M35 9AD	oldhamcancersupportcentre@hotmail.co.uk  www.oldhamcancersupportcentre.com/#!our-services/cx96	This Patients' Support Group gives you the opportunity to meet other people in a similar situation and participate in meaningful discussion. These group support sessions are facilitated by a chemotherapy sister from Christie's and by one of the charities own Counsellors, but all activities and discussion topics are decided by members of the group. The group meets on the last Wednesday of each month between 11am and 2pm.

# Support for carers

**Being a carer is not a job you apply for. We know. It's also one of the hardest jobs you might have to do.** You could be facing looking after someone with both a cancer diagnosis and the prospect of a significantly debilitating neurological disease. Because of this it's important that you get the help you need too. There is a lot out there for you.

Service name	Service provider	Phone contact	Location	Email and web address	Brief description
<b>Gateway Support Worker Drop-in</b>	Salford Carers' Centre	0161 834 6069	Salford Carers' Centre, 1 St Philips Place, Chapel Street, Salford M3 6FA	carers.centre@salford.gov.uk www.salfordcarerscentre.co.uk	These drop-in sessions give you a chance to talk to trained support workers who can offer you advice, signposting and support. The sessions run from 10am until 12 noon usually every Wednesday. The meeting place varies; past sessions have taken place at Pendleton, Eccles, Walkden and Swinton Gateway.
<b>Salford Young Carers and Young Adult Carers Services</b>	Salford Carers Service	0161 833 0217	Gaddum House, 6 Great Jackson St, Manchester M15 4AX	www.salfordyoungcarers.org/ contact/ www.salfordyoungcarers.org/how-we- can-support-you/	We know every young carer has different needs so this service can provide you with individually tailored support packages which are developed with the help of a named support worker. Depending on your situation the package may involve individual support, specialist support, education and/or family support.

Service name	Service provider	Phone contact	Location	Email and web address	Brief description
<b>Bury Carers Drop-in</b>	Bury Carers' Centre	0161 763 4867	Bury Carers' Centre, Victoria Buildings, 9 Silver Street, Bury BL9 0EU	admin@burycarers.com www.carers.org/local-service/bury	These drop-in sessions give you the opportunity to register as a carer with Bury Carers Centre and receive some useful information and advice on caring. Moreover, this informal and welcoming environment can help you meet other carers and make new friends. There is usually free tea, toast and maybe even a bit of cake waiting for you! The sessions are held every Friday morning between 10am and 12pm.
<b>Carers' Group and Drop-in</b>	Oldham Cancer Support Centre	0161 770 8751	The Ena Hughes Centre, Elllesmere Street, Failsworth M35 9AD	oldhamcancersupportcentre@hotmail.co.uk www.oldhamcancersupportcentre.com/#!our-services/cx96	If you are caring for a family member or friend this meeting group gives you the chance to have a break for a few hours. The group aims to combat carer isolation and instead provide companionship and the realisation that you are not alone. The carer group meets on the last Monday of each month between 10am and 2pm and lunch is provided. You can also drop-in to the centre for a cup of tea and a chat with one of their volunteer receptionists who will have plenty of relevant information available.

Service name	Service provider	Phone contact	Location	Email and web address	Brief description
<b>Stockport Carers Programme</b>	Beechwood Cancer Care	0161 476 0384	Beechwood Cancer Care Centre, Chelford Grove, Stockport SK3 8LS	enquiries@beechwoodcancercare.co.uk <a href="http://www.beechwoodcancercare.org.uk/cancer-care-services/carers/">www.beechwoodcancercare.org.uk/cancer-care-services/carers/</a>	This charity works to identify the specific needs of each carer and develop tailor-made strategies to meet those needs. Carers are initially offered a series of 6 one to one sessions with the option to explore complementary therapies. Carers can also access a monthly “Drop in” on a Tuesday evening, this is an opportunity to meet others in similar situations, to provide mutual support and develop new friendships.
<b>Carer Support Group Meetings and Events</b>	Manchester Carers Forum	0161 819 2226	Manchester Carers Forum, Gaddum House, 6 Great Jackson Street, Manchester, Lancashire M15 4AX	info@manchestercarersforum.org.uk <a href="http://www.manchestercarersforum.org.uk/event-list/events-calendar/">www.manchestercarersforum.org.uk/event-list/events-calendar/</a>	If you are a carer living in Manchester, you can access these regular carer support forum meetings. These meetings give you the opportunity to discuss any caring related issues and listen to the experiences of others who have faced similar day-to-day challenges. Each meeting kicks off with a complimentary finger buffet. The forum meeting takes place between 12pm and 2pm on the first Monday of every month. Also available are monthly carer support groups in central, North, South and East Manchester with regular guest speakers, pamper treatments and lunch provided.



Service name	Service provider	Phone contact	Location	Email and web address	Brief description
<b>Carers' Coffee Morning</b>	Bolton Macmillan Cancer Information & Support	01204 663059	Bolton Hospice, Queens Park St, Bolton BL1 4QT	boltoncancerinfo@nhs.net www.boltonmacmillansupport.org.uk/support/local-support-groups	This service, run jointly with Bolton Hospice and Bolton Carers Support, offers a monthly Carers' Coffee Morning if you are caring for someone with cancer. It is an opportunity for you to talk with people who understand what you're going through and get information and advice. The Carers' Coffee Morning is held on the first Monday of each month between 10am and 12pm at Bolton Hospice.

# Support for children

We often get asked for guidance on having that difficult conversation with a child following a brain tumour diagnosis of a parent, sibling or friend. There are many organisations available which are experienced in providing specialised care for children affected emotionally by cancer. These services can help parents feel better equipped and more confident about providing the support their child needs whilst giving the child a chance to express their thoughts and feelings in a safe environment.

Service name	Service provider	Phone contact	Location	Email and web address	Brief description
<b>North Manchester Music Therapy for Children</b>	Chai Cancer Care	0808 808 4567	Heathlands Village, Heathlands Drive, Prestwich, Manchester, Lancashire M25 9SB		This charity, specifically aimed at the Jewish community in Manchester, offers various therapies, including play, music and art therapy, for children and teenagers directly affected by a cancer diagnosis in their family. Therapists at this centre are specially trained and qualified to support children from the age of two.
<b>Children and Young People's Counselling</b>	Relate Greater Manchester South	0300 003 2331	Greater Manchester South Relate Centre, 346 Chester Road, Cornbrook, Manchester M16 9EZ	enquiries@relategms.co.uk  www.relate.org.uk/greater-manchester-south/children-and-young-peoples-counselling	This counselling service can help your child through tough patches by giving them a chance to talk about anything that's on their mind in a confidential, comforting environment. Having someone outside of their home or school life can really help them to see their problems in a new light.

Service name	Service provider	Phone contact	Location	Email and web address	Brief description
<b>Manchester Child Play Therapist</b>	Manchester Play Therapy	07812 089 760	Various locations	<a href="mailto:info@manchesterplaytherapy.co.uk">info@manchesterplaytherapy.co.uk</a> <a href="http://www.manchesterplaytherapy.co.uk/play-therapy-benefits.html">www.manchesterplaytherapy.co.uk/play-therapy-benefits.html</a>	<p>Play therapy can help your child understand muddled feelings and upsetting events at their own level and at their own pace without feeling interrogated or threatened. Play therapists typically work with children aged 3–13 but can also work with adolescents and even adult clients. Sessions are usually attended weekly for a period of time decided on by you and the play therapist.</p>

# Support lines

**Support lines are an invaluable service available to brain tumour patients and their carers.** They are often available when a clinician isn't, and the advice can be objective. Some of the helplines are driven by patient and carer experience, meaning the person on the end of the phone may know exactly what you are going through. The phone support you receive may not constitute medical advice, but it will complement it and help you to answer questions you may have.

Service name	Service provider	Phone contact	Location	Email and web address	Brief description
<b>brainstrust 24/7 Helpline</b>	brainstrust	01983 292405	brainstrust, 4 Yvery Court, Castle Road, Cowes, Isle of Wight PO31 7QG	hello@brainstrust.org.uk www.brainstrust.org.uk	With brainstrust's 24/7, 365 days a year support line, patients, carers and families can pick up the phone or email and know that they will have an immediate, personal response.
<b>Cancer Information Nurses</b>	Cancer Research UK	0808 800 4040		www.cancerresearchuk.org	For questions about cancer or further information, you can speak to a cancer information nurse on Monday to Friday, between 9am and 5pm.
<b>Cancer Support Line</b>	Macmillan Cancer Support	0808 808 0000		www.macmillan.org.uk	If you have any questions about cancer, need support, or if you just want someone to talk to, you can call free Monday to Friday, between 9am and 8pm.
<b>Contact a Nurse Helpline</b>	Brain & Spine Foundation	0808 808 1000		helpline@brainandspine.org.uk www.brainandspine.org.uk/helpline	This free and confidential helpline allows you to contact a nurse to discuss your brain tumour diagnosis and any queries you may have. It is open Monday to Thursday between 9am and 2pm and 9am to 1pm on Fridays.

# Financial support

Having a brain tumour will, at some point, impact on you financially as well as physically and emotionally. Look this tiger in the eye. The more prepared you are, the more you will be ready if you need additional support. Much better to be proactive, than reactive. The good news is that there is a wealth (pardon the pun) of help out there.

Service name	Service provider	Phone contact	Location	Email and web address	Brief description
<b>Macmillan Cancer Grants</b>	Macmillan Cancer Support	0808 808 0000	Various	financialguidance@macmillan.org.uk www.macmillan.org.uk	These are one off payments (around 250 pounds) for adults, young people or children with cancer. To apply, ask your local health care professional to supply you with an application form. The grant team will review the application and if approved, payments are generally sent out within 3 working days.
<b>Pregnancy Grants for Cancer Patients</b>	Mummy's Star		17 The Croft, Hadfield, Derbyshire SK13 1HN	info@mummysstar.org www.mummysstar.org/grants/	This charity offers grants to support and provide some financial relief to women and their families who have been affected by cancer during pregnancy. Eligible grants include, but are not limited to, recompensing for unpaid leave, contributing to the cost of counselling services, paying for travel costs to appointments, paying for home childcare and paying for a house cleaner.

Service name	Service provider	Phone contact	Location	Email and web address	Brief description
<b>Bury Brain Tumour Financial Support</b>	The Joshua Wilson Brain Tumour Charity	0161 883 2213	The Joshua Wilson Brain Tumour Charity, Warth Business Centre, Suite 410, Warth Road, Bury BL9 9TB	hello@joshwilson.org.uk www.joshwilson.org.uk/how-can-josh-help/	This service aims to provide specific financial support to families of children who have or have had a brain tumour, with special focus on those who also have post-surgery disabilities. This financial support can include help with the purchase of specialist equipment, with home adaptations, with post-treatment holidays, to assist in cases of financial hardship where parents have lost income due to being unable to work while caring for their sick child, and many other instances. Applications for assistance are considered on a case by case basis by the charity's trustee panel.
<b>Manchester District Nursing Institution Fund</b>	The Gaddum Centre	0161 834 6069	Gaddum House, 6 Great Jackson St, Manchester M15 4AX	info@gaddumcentre.co.uk www.gaddumcentre.co.uk/trust-funds-more-info/	These grants may be given for relief for people on low income, persons who are sick, convalescent or disabled by providing or paying for items or services which will alleviate suffering or assist with recovery. However, no grant may be made directly to relieve rates, taxes or other public funds.

Service name	Service provider	Phone contact	Location	Email and web address	Brief description
<b>Manchester Relief in Need Fund</b>	The Gaddum Centre	0161 834 6069	Gaddum House, 6 Great Jackson St, Manchester M15 4AX	info@gaddumcentre.co.uk  www.gaddumcentre.co.uk/trust-funds-more-info/	This trust fund grant is available to people who live in the cities of Manchester, Salford and Trafford and require financial relief. The Trustees meet during the last week of every month, and applications must be received by the 15 <sup>th</sup> of every month. There is also a parallel trust fund you can apply for which focuses specifically on children in need of financial assistance.
<b>The Dr Garrett Memorial Trust Fund</b>	The Gaddum Centre	0161 834 6069	Gaddum House, 6 Great Jackson St, Manchester M15 4AX	info@gaddumcentre.co.uk  www.gaddumcentre.co.uk/trust-funds-more-info/	The grant provides holidays for children and their carers who have not had a funded holiday during the past three years. You must be resident in the City of Manchester and in need of a holiday because of “sickness, disability or poverty” to receive the funds. The grants can also be made to fund group holidays and applications must be received by the end of April each year.
<b>The Lord Mayor of Manchester Charity Appeal Trust Fund</b>	The Gaddum Centre	0161 834 6069	Gaddum House, 6 Great Jackson St, Manchester M15 4AX	info@gaddumcentre.co.uk  www.gaddumcentre.co.uk/trust-funds-more-info/	The fund provides one-week low cost holidays in Great Britain for families who have not had a funded holiday together during the past three years, who are on a low income and are residents in the City of Manchester. Applications must be submitted by a professional person on behalf of the family and must be received by the end of April each year.

# Complementary therapies

**There are many reasons why people choose to use complementary therapies.** Some people find they help them cope with the stresses caused by cancer and its treatments. Many therapies are relaxing, and may lift your spirits when you aren't feeling your best. Complementary therapies may help you:

- feel better and improve your quality of life
- feel less stressed, tense and anxious
- sleep better
- with some of your cancer symptoms
- with some of the side effects of your cancer treatment
- feel more in control

Read on to find out what is available near to you, and please, remember to seek the advice of your doctor before starting any new therapy.

Service name	Service provider	Phone contact	Location	Email and web address	Brief description
Oldham Complementary Therapy Service	Oldham Cancer Support Centre	0161 770 8751	The Ena Hughes Centre, Ellesmere Street, Failsworth M35 9AD	oldhamcancersupportcentre@hotmail.co.uk  www.oldhamcancersupportcentre.com/#!our-services/cx96	This charity offers a variety of therapies including Indian head massage, reflexology, hot and cold stone therapy, Thai foot massage, reiki, holistic facials and aromatherapy. Each session lasts roughly 45 minutes and your first six are free. If you have limited mobility there are volunteer drivers available who will collect you at a pre-arranged time from your home, and then return you after your treatment for free.



Service name	Service provider	Phone contact	Location	Email and web address	Brief description
<b>Tameside Complementary Therapies</b>	Willow Wood	0161 330 1100	Willow Wood Hospice, Willow Wood Close, Mellor Road, Ashton-under-Lyne OL6 6SL	admin@willowwood.info  www.willowwood.info/patients-and-families/complementary-therapy	This charity has developed a course of therapies for day hospice, inpatients, and outpatients to relieve stress, and help you achieve a sense of well-being. The therapies on offer include aromatherapy, massage, reflexology, reiki, and hair treatments.
<b>Therapies for Brain and Spinal Injuries</b>	BASIC (Brain and Spinal Injury Charity)	0161 241 5334	554 Eccles New Road, Salford M5 5AP	bodybasic@basiccharity.org.uk  www.basiccharity.org.uk/complementary-therapies	This charity can offer a range of complementary therapies to clients and carers including aromatherapy massage, acupuncture, reflexology and massage.
<b>Wigan Therapy Sessions</b>	Wigan & Leigh Hospice	01942 525566	Wigan & Leigh Hospice, Kildare Street, Hindley, Wigan WN2 3HZ	info@wlh.org.uk  www.wlh.org.uk/our-care/therapy-services	This hospice offers various therapy sessions to family members as well as patients, including aromatherapy, reflexology, reiki and hopi ear candles. The sessions typically last an hour and up to 12 sessions are available for patients and up to 6 sessions for family members. Patients and visitors can also enjoy the peaceful reflection room where some may wish to pray, meditate or listen quietly to music.
<b>Tameside Supportive Treatments for Cancer</b>	Lavender Ribbon Cancer Support	0845 2 088 066	10 Market Street, Ashton-under-Lyne, Lancashire OL6 6BX	info@lavenderribboncs.org  www.lavenderribboncs.org/supportive-treatments	This charity provides supportive treatments which aim to alleviate symptoms associated with a diagnosis of cancer and the side-effects of treatment, through the use of a variety of techniques, including; reiki, reflexology, massage and aromatherapy.

# Holidays and short breaks

**Going on holiday is a good way to relax and get away from things.**

Many people like to plan a holiday for the end of their treatment. Others want to go before or even during treatment. Whether you're travelling for work or play, talk to your doctors and nurses to help you plan. They may be able to suggest a good time to go, as well as help to decide what is realistic for you. Here are some people that could make organising your next holiday that bit easier.

Service name	Service provider	Phone contact	Location	Email and web address	Brief description
<b>Family Holiday Home Breaks</b>	React	020 8940 2575	Cala Gran Holiday Park, Fleetwood Rd, Fleetwood FY7 8JY	react@reactcharity.org <a href="http://www.reactcharity.org/holidays.php">www.reactcharity.org/holidays.php</a>	This charity can offer you and your family a week-long holiday in one of their three-bedroom holiday homes around the UK. The homes are located in family-friendly parks and can accommodate six people in comfort. The homes are self-catering and site fees are included. The nearest holiday home is located in Cala Gran, Blackpool which is just 2 miles from the seaside with plenty of indoor and outdoor activities including children's splash zone, soft play area, farm and a wide range of shops, bars and restaurants. Unfortunately, the mobile homes are not wheelchair adapted however they may be able to contribute towards an equivalent holiday if you send them relevant information and prices.

# Welfare and legal advice

You may be entitled to a range of benefits which can make things easier for you. But navigating the welfare system can be a huge challenge, and sometimes you need someone who can guide you through the maze of help that is available. These services may also be able to advise on things like getting a blue badge, your rights at work and other legal issues such as wills and power of attorney.

Service name	Service provider	Phone contact	Location	Email and web address	Brief description
<b>Stockport Legal Panel</b>	Beechwood Cancer Care	0161 476 0384	Beechwood Cancer Care Centre, Chelford Grove, Stockport, Cheshire SK3 8LS	enquiries@beechwoodcancercare.co.uk www.beechwoodcancercare.org.uk/cancer-care-services/legal-panel/	We know that dealing with legal issues can create further stress and anxiety at a time that is already emotionally exhausting. This charity has joined with a number of lawyer firms to offer high quality legal services appropriate for you and your family. The Legal Panel has expertise in employment law, clinical negligence, occupational and industrial cancer, residential conveyancing, wills, trusts, probate advice and power of attorney.
<b>Manchester Benefits Advice and Information Hub</b>	Citizens Advice Manchester	03444 111 222	Customer Service Centre (Ground Floor Extension), Town Hall, Albert Square, Manchester M60 2LA	www.citizensadvicemanchester.org.uk	This Information Hub, based at Manchester Town Hall Customer Service Centre, can offer you a brief assessment, book you an appointment if needed and help you access online advice and information or submit electronic forms. There is also a Free Phone service in the Customer Service Centre to call the CAB advice line.

Service name	Service provider	Phone contact	Location	Email and web address	Brief description
<b>Cheetham and Crumpsall Benefits Advice</b>	Cheetham Hill Advice Centre	0161 740 8999	1 Morrowfield Avenue, Cheetham Hill, Manchester M8 1AR	<a href="http://www.cheethamadvice.org.uk">www.cheethamadvice.org.uk</a>	This charity provides confidential help, advice, information and support to local residents of Cheetham and Crumpsall. They can offer advice on welfare benefits, health services, debt and more.
<b>Rochdale Free Legal Advice</b>	Rochdale Law Centre	01706 657766	15 Drake Street, Rochdale OL16 1RE	<a href="mailto:admin@rochdalelawcentre.org.uk">admin@rochdalelawcentre.org.uk</a> <a href="http://www.rochdalelawcentre.org.uk">www.rochdalelawcentre.org.uk</a>	This charity provides free, independent, high quality specialist legal advice and representation to individuals in Greater Manchester and some surrounding areas. They specialise in housing and employment matters. The reception and general office telephone line are open from 9am to 1pm on Mondays and Tuesdays and 9am to 2pm Wednesday to Friday.
<b>Financial and Benefits Advice</b>	Lavender Ribbon Cancer Support	0845 2 088 066	10 Market Street, Ashton-under-Lyne, Lancashire OL6 6BX	<a href="mailto:info@lavenderribboncs.org">info@lavenderribboncs.org</a> <a href="http://www.lavenderribboncs.org/financial-support">www.lavenderribboncs.org/financial-support</a>	We realise a cancer diagnosis may impact on your ability to work and that adopting changes to diet and lifestyle, purchasing nutritional supplements, buying water filters, and other equipment that you may be advised to use can be incredibly expensive. This charity provides independent, impartial, confidential and free advice on benefits, tax credit entitlements and more.

Service name	Service provider	Phone contact	Location	Email and web address	Brief description
<b>Welfare Rights and Debt Advice</b>	Mind in Salford	0161 212 4880	Mind in Salford, The Angel Centre, 1 St Philips Place, Salford M3 6FA	info@mindinsalford.org.uk www.mindinsalford.org.uk/welfare- rights-and-debt-advice/	This charity provides welfare rights and debt advice for people in Salford receiving treatment for a mental health condition, whether from their GP, Psychiatrist, CPN or other specialist. The advice is free, independent and impartial and will help you tackle any financial difficulty you may be having. They can also help you negotiate the minefield of benefits from Universal Credit, PIP, ESA, JSA and many others, to get the welfare support you are entitled to.

# Transport services

**Getting around if you have a brain tumour can be hard. But it's something you need to do.** Whether it's for treatment at hospital, or to carry on living your life to the full you will need to travel. But many affected by a brain tumour are unable to drive, and taxis and public transport can be expensive and confusing. Don't worry – you are not alone here, and there's quite a lot out there to get you on your way.

Service name	Service provider	Phone contact	Location	Email and web address	Brief description
<b>National Concessionary Travel Pass</b>	Transport for Greater Manchester	0161 244 1050	Travel Concessions, Customer Services, PO Box 429, Manchester M60 1HX	concessionary.travel@tfgm.com <a href="http://www.tfgm.com/journey_planning/Tickets/Pages/tickets_low_fares_disabled.aspx">www.tfgm.com/journey_planning/Tickets/Pages/tickets_low_fares_disabled.aspx</a>	If you are a resident of Greater Manchester and have a disability which makes travel more difficult you can apply for a National Concessionary Travel Pass (NCTP) issued by Transport for Greater Manchester. If you qualify, you can travel for free on local buses anywhere in England between 9.30am and 11pm Monday to Friday, and all day at weekends and on public holidays. Some disabled people will qualify for a Concession Plus pass which also allows you to travel for free on buses at all times in Greater Manchester.
<b>Free Ambulance Transport for Hospital Appointments</b>	The Christie	0161 446 8114 or 0161 446 8143	The Christie NHS Foundation Trust, Wilmslow Road, Manchester M20 4BX	<a href="http://www.christie.nhs.uk/about-the-christie/visiting-the-christie/ambulance-transport.aspx">www.christie.nhs.uk/about-the-christie/visiting-the-christie/ambulance-transport.aspx</a>	If you are a patient attending the Christie and your medical condition means you cannot get to your appointment in any other way you may access the Patient Transport Services (PTS). If you qualify, this service can pre-book ambulance transport to the hospital for any future appointments you may have.

# Respite and end of life care

When you're caring for someone full-time or for long periods, you need to have breaks otherwise you may start to feel stressed, resentful or even unwell. And believe it or not, the person you are looking after may want a break from you! Here are some organisations that could help you understand respite care, and they can also help you with planning for care towards the end of life, should you need to do this.

Service name	Service provider	Phone contact	Location	Email and web address	Brief description
Specialist Palliative and End of Life Care	Willow Wood	0161 330 1100	Willow Wood Hospice, Willow Wood Close, Ashton-under-Lyne OL6 6SL	admin@willowwood.info www.willowwood.info/patients-and-families/inpatient-care	This charity provides specialist palliative care to people in their care who have complex symptoms or are at the end of life. They have a holistic approach to assessments taking into account medical, psychological and social needs. The care given is generally short term with a focus on getting you back home so you can enjoy and get the most out of life.
Tameside and Glossop Day Hospice Service	Willow Wood	0161 330 1100	Willow Wood Hospice, Willow Wood Close, Mellor Road, Ashton-under-Lyne OL6 6SL	dayhospice@willowwood.info www.willowwood.info/patients-and-families/day-hospice	We know that being in a full-time inpatient environment is not for everyone. With this service, you can receive specialist palliative care once a week. The service includes assessments by health care professionals, symptom control methods, complementary therapy, emotional and psychological support, planning for future care and diversional therapies including arts, crafts, games and quizzes.

Service name	Service provider	Phone contact	Location	Email and web address	Brief description
<b>Inpatient, Day and Home Hospice Service</b>	Bury Hospice	0161 725 9800	Bury Hospice, Rochdale Old Road, Bury BL9 7RG	<a href="http://www.buryhospice.org.uk">www.buryhospice.org.uk</a>	This charity offers comprehensive respite support through their inpatient and day hospice services. The inpatient care promotes a home from home environment where you will be given your own room overlooking the garden, with your own TV, telephone and Wi-Fi access. If full-time hospice care is not appropriate, you may wish to attend the day hospice service instead as a chance to socialise, unwind and participate in a range of activities and therapies such as quizzes, arts and crafts, games and performances. The support services can also be offered at home if you prefer.
<b>Specialist End-of-life Care</b>	Wigan & Leigh Hospice	01942 525566	Wigan & Leigh Hospice, Kildare Street, Hindley, Wigan WN2 3HZ	<a href="mailto:info@wlh.org.uk">info@wlh.org.uk</a> <a href="http://www.wlh.org.uk/our-care/patient-care">www.wlh.org.uk/our-care/patient-care</a>	The inpatient service offered by this hospice can accommodate patients who need specialist symptom control, transitional care from the hospital to home, urgent respite care and end of life support.



# Bereavement support

**Unfortunately not everyone survives having a brain tumour.** When a person you look after dies, you may be not only losing a loved one, but as a carer you may be losing your sense of purpose when your caring role ends. It may not feel like it, but there are many people who you can turn to for help and support, including health and social services professionals who are becoming more aware of this impact.

Bereavement care and support is available to carers, family and close friends from a variety of organisations. Family members and friends can also provide emotional support.

Service name	Service provider	Phone contact	Location	Email and web address	Brief description
<b>Children and Family Bereavement Service</b>	The Gaddum Centre	0161 834 6069	Gaddum Centre, 6 Great Jackson Street, Manchester M15 4AX	info@gaddumcentre.co.uk  www.gaddumcentre.co.uk/ bereavement-more-info/	The service has 15 years of experience working with young people in Manchester and Salford following bereavement. This service prefers to allow a period time following a death before offering support to make sure this help does not interrupt the normal grieving process.
<b>Adult Bereavement Service</b>	The Gaddum Centre	0161 834 6069	Gaddum Centre, 6 Great Jackson Street, Manchester M15 4AX	info@gaddumcentre.co.uk  www.gaddumcentre.co.uk/ bereavement-more-info/ bereavement-service-for-adults/	The support offered by this counselling service begins with an initial appointment with an experienced therapist. All future sessions, also led by experienced professionals, are tailor-made to help alleviate isolation, improve coping strategies and ultimately help you move forward with your life.

Service name	Service provider	Phone contact	Location	Email and web address	Brief description
<b>Counselling and Bereavement Centre</b>	Reubens Retreat	01457 680023	Reuben's Retreat, Suite 1, St Michaels Court, St Michaels Square, Stamford Street Central, Ashton-under-Lyne OL6 6XN	enquiries@reubensretreat.org  www.reubensretreat.org	This counselling and bereavement service is set in a magnificent building in the Peak District. Here they focus on providing comfort and counselling for siblings and parents who have lost their child to a brain tumour. They also have a counselling suite in Ashton-under-Lyne.
<b>Stockport Bereavement Group</b>	Beechwood Cancer Care	0161 476 0384	Beechwood Cancer Care Centre, Chelford Grove, Stockport SK3 8LS	enquiries@beechwoodcancercare.co.uk  www.beechwoodcancercare.org.uk/ cancer-care-services/groups/	This is a relaxed, flexible and accessible group for those who have lost loved ones. Their support aims to be understanding and empathic to your circumstances. Meetings are held on 1 <sup>st</sup> Tuesday of the month between 5pm and 7pm and the 3 <sup>rd</sup> Wednesday of the month between 2.30pm and 4.30pm.
<b>Bereavement Support Group and Counselling</b>	Willow Wood	0161 330 1100	Willow Wood Hospice, Willow Wood Close, Mellor Road, Ashton-under-Lyne OL6 6SL	admin@willowwood.info  www.willowwood.info/patients-and-families/bereavement-counselling	This charity offers a free and confidential counselling service for patients' relatives and carers, as well as children and young people aged 7 to 17, who have experienced the death of a loved one. They hope to provide private, confidential and supportive space to explore and make sense of your experiences without judgement. They also host a monthly Bereavement Support Group, on the first Wednesday of the month between 6.30 and 8pm.

Service name	Service provider	Phone contact	Location	Email and web address	Brief description
<b>Bereavement Counselling and Remembrance Evenings</b>	Wigan & Leigh Hospice	01942 525566	Wigan & Leigh Hospice, Kildare Street, Hindley, Wigan WN2 3HZ	info@wlh.org.uk  www.wlh.org.uk/our-care/ bereavement-care	This hospice provides care for your whole bereavement journey not just immediately after your loss. Support begins before the person dies, supporting family, friends and carers of the patient; preparing them for the loss of a loved one. Following the loss of someone in the hospice's care, trained counsellors and volunteers help people come to terms with their grief and to rebuild themselves emotionally. They also host quarterly remembrance evenings to provide a forum for those who have recently lost a loved one in the hospice's care to come together and remember them.

# What can *brainstrust* do to help?

## Help available

At times it may feel like it, but you are not alone. Everyone in the *brainstrust* community has experience of what it is like to be diagnosed and to live with a brain tumour. We can help you to feel less isolated – we understand. Below are examples of the help available to you from *brainstrust*. Don't hesitate to get in touch and talk to people who have been where you are now. We'll help you get back on top of things.

## What can *brainstrust* do to help?

For more information about any of these resources, visit [www.brainstrust.org.uk](http://www.brainstrust.org.uk), contact [hello@brainstrust.org.uk](mailto:hello@brainstrust.org.uk) or call **01983 292 405**.

## Resources to keep you informed

- **Information Standard certified information**  
on our website [www.brainstrust.org.uk](http://www.brainstrust.org.uk). Clear, accurate, balanced, evidence-based and up-to-date information, certified by the Information Standard.
- **24/7 help line**  
We know that you don't just need to talk to someone 9-5. We've been there. We know the fears and the need to talk to someone who understands at all hours. That's why you can call us anytime. Open 24 hours a day, 7 days a week, the *brainstrust* help line offers brain tumour patients and carers support, information and pragmatic advice over the phone and by email. Call **01983 292405** or email [hello@brainstrust.org.uk](mailto:hello@brainstrust.org.uk)
- **Help you to understand the implications of the diagnosis**  
A brain tumour diagnosis can be very scary, and it is difficult to identify what you need and want to know. We can chat through the impact with you, to help put you back in control.
- **Interpretation of medical records**  
Medical jargon and terminology may be used in the records. If you choose to look at your records (and you are entitled to) you may need help understanding them, so interpretation can be provided. Contact brainstrust on [hello@brainstrust.org.uk](mailto:hello@brainstrust.org.uk) or call **01983 292405**.
- **Help you seek a second opinion**  
We are mindful that everyone reacts to a serious diagnosis in different ways. It is your right to seek further opinions, and this will empower some people. Some people would prefer not to exercise this right. Some people prefer to know as little as possible about their diagnosis; some people like to relinquish control of their situation to others. All of these are perfectly normal and acceptable ways of coping. And seeking second, even third opinions can cause confusion and stress. But they can inform, and help with decision-making. They can also be reassuring. We can only talk from our experience.

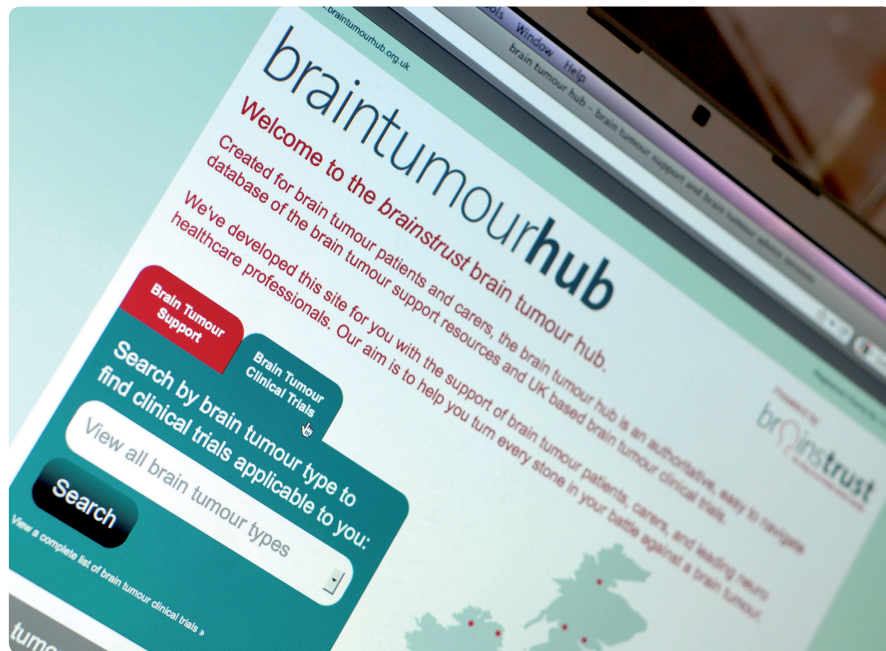
We believe that you need to be informed to make decisions. And that might mean gathering information and then deciding not to make a decision. That's a decision too! For more information on second opinions, visit 'Just been told?' on [www.braintrust.org.uk/advice-symptoms.php](http://www.braintrust.org.uk/advice-symptoms.php)

- **Clear signposting**

*braintrust* can point you towards valuable resources to help navigate your journey.

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

Created for brain tumour patients and carers, the brain tumour hub is an authoritative, easy to navigate database of brain tumour support resources and UK based brain tumour clinical trials. It is intuitive, easy to use, developed with clinicians, patients and carers, and constantly evolving with regular updates.



## Resources to help you feel more in control

- **Coaching**

At *braintrust* we listen, listen some more and then ask questions. We focus on achieving specific immediate goals, which relate to specific areas. For example, weighing up the pros and cons of having a particular treatment, or overcoming a problem with caring. We also know that through coaching, clients can experience a sense of healing, as they make courageous decisions about their lives and work. Coaching focuses on the future and the development of a workable solution. It's about developing strategies and clarity to achieve a better quality of life.

- **Counselling**

When there is too much distress and a psychological intervention is needed, counselling can be useful. It is suitable for someone who is struggling to cope or feeling very anxious and depressed and therefore finding it hard to focus on specific immediate goals. Counselling has a broader focus and greater depth than coaching and so is usually a slower-paced intervention. It is concerned with the individual and their relationship to self, as well as with their family and communities. It is less solution focused than coaching (sometimes there is no solution to the problem) and instead aims to help the individual make sense of the situation in which they find themselves in order to make better decisions about what they want and need for the future. In some situations formal counselling may not be appropriate and instead a supportive listening relationship might be more useful.

- **Hypnotherapy**

There is plenty of evidence that hypnotherapy helps people with cancer and those who care for them. Hypnotherapy can be used as a complementary therapy alongside conventional medical treatments and for a number of different purposes. Hypnotherapy can help brain tumour patients and carers to: manage anxiety, reduce stress, create a different experience of pain, build confidence and optimism, prepare



for surgery and promote post-operative healing, reduce side effects of treatments, e.g. nausea and fatigue, optimise a healthy lifestyle to build resilience.

## Practical resources you can pick up

- **Brain box**

[www.brainstrust.org.uk/advice-resources.php#2](http://www.brainstrust.org.uk/advice-resources.php#2)

The *brainstrust* brain box – the ‘must have’ support toolkit for people with a brain tumour diagnosis and their carers. We appreciate how difficult things can be once you are diagnosed with a brain tumour; the ‘4.00am moments’, the travelling to and from appointments, the stream of questions that pop into your head, trying to remember the jobs of all the people that you’ll meet on your journey, and knowing who to turn to and when. A juggling act that you don’t need when you just want to focus your energy on feeling better. So to assist brain tumour patients, we provide this unique invaluable aid.



- **Little White Book**

[www.brainstrust.org.uk/advice-resources.php#5](http://www.brainstrust.org.uk/advice-resources.php#5)

A comprehensive, easy to navigate compendium of UK brain tumour support resources.



- **Snaggle Tooth Splat**

[www.brainstrust.org.uk/advice-resources.php#7](http://www.brainstrust.org.uk/advice-resources.php#7)

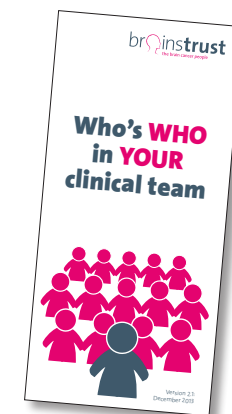
Written for *brainstrust* to help parent carers or patients broach a brain tumour diagnosis with their children. It is a beautifully illustrated book and has featured in the BMA newsletter and Oncology news. The forward has been written by the lovely actress and *brainstrust* supporter, Julie Walters. If you are a parent who has been diagnosed with a brain tumour, or are looking after a poorly little patient, then you can have a copy of this book, for free.



- **Who's WHO in YOUR clinical team**

[www.brainstrust.org.uk/advice-resources.php#6](http://www.brainstrust.org.uk/advice-resources.php#6)

Many patients find that they are left to manage their care pathway for themselves. *brainstrust* has developed this handy resource to help you navigate your journey. It outlines all the healthcare professionals who may be involved in your journey and tells you what it is they do.



## Resources to help you feel less lonely

- **Meetup**

[www.meetup.com/brainstrust](http://www.meetup.com/brainstrust)



At a *brainstrust* Meetup, members of the brain tumour community get together to have fun. No matter where you are on your journey or what role you have (such as carer, patient, health care professional) you can share experiences, and seek information from people who know what you're going through. But only if you want to. Feel free to just come along and enjoy. Past Meetups have involved pizza and wine, pub grub, and cream teas.

- **facebook brainstrust brain tumour support group**

[www.facebook.com/groups/braintumoursupportbrainstrust/](http://www.facebook.com/groups/braintumoursupportbrainstrust/)

If you are on facebook, you can join this closed support group where a lot of very friendly patients and carers hang out. It is a really warm and welcoming group who will comfort you, answer questions, make you smile, and importantly are in the same boat as you.

- **facebook UK brain tumour carers group**

[www.facebook.com/groups/ukbraintumourcarers/](http://www.facebook.com/groups/ukbraintumourcarers/)

This is a group page for carers of people with brain tumours in the UK. It can be very hard and lonely being a carer, so this group is for any carers to ask others questions about care, offer advice, have a general chat, a good laugh or rant/sound off when you need to without offending or upsetting those they look after.





There are over 55,500 people living with a brain tumour in the UK. *braintrust* is the charity and the community that's here to help these people and those who look after them, whoever they are and no matter where they are on their journey.

We know we don't have all the answers, but chances are we know someone who does. Get in touch today, for 24/7 help on 01983 292 405 or email [hello@braintrust.org.uk](mailto:hello@braintrust.org.uk)

[www.braintrust.org.uk](http://www.braintrust.org.uk)

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