

Cancer information and support resources during COVID-19

Scottish Cancer Coalition



The Scottish Cancer Coalition is a group of cancer charities who provide cancer services across Scotland. The group's purpose is to ensure the charities involved work together to best represent and support the needs of individuals and families across Scotland who are affected by cancer.

In these difficult times, we are focussing our attention on helping to support people with cancer during the current pandemic. This information sheet is designed to reassure you that while the country is being asked to stay at home to stay safe, there is still support available to you and those you care about.

This is a time of uncertainty for us all and a cancer diagnosis further complicates this. Implications of COVID-19 for vulnerable groups has required a change to some cancer treatment plans and this significantly adds to that uncertainty, especially during social distancing and the need to self-isolate.

The NHS and Scottish Government are working hard to provide the best and most up to date information on changes to appointments, treatments and care plans. Your clinical team will remain the key contacts for you and your family. It is important during this difficult time that you keep appointments that have been arranged and continue to work with your clinical team to access the right treatment and medication for your own personal circumstances.

It is also important that you seek emotional support at this difficult time. Traditionally much of this support would be delivered face to face, however, with the need to reduce face to face work to what is essential only, you may be feeling unsure of what is still available to you.

The coalition charities have been working hard to deliver our services and support to those staying at home. As much as possible is being delivered by telephone, email and online. This information sheet is designed to help you find your way to these resources and support. Below is a summary of where you can find more details.

The information and support listed is related to COVID-19 where possible but please do remember that there is a lot of self-help and self-management information and resources available that will be helpful and useful to you even though it is not specific to COVID-19. We would encourage you to explore all of our websites, online forums and available resources fully.

The following charities have developed a COVID-19 section on their websites with a wide range of information and suggestions for self help and support. Many also offer telephone and online support:

- **Beatson Cancer Charity** - <http://www.beatsoncancercharity.org/coronavirus>, or visit 'My Light' section www.beatsoncancercharity.org/my-light
- **Bowel Cancer UK** - <https://www.bowelcanceruk.org.uk/news-and-blogs/coronavirus-faqs/>, or visit online [forum](#) or email Ask the Nurse
- **Brain Tumour Research** - <https://www.braintumourresearch.org/media/news> for regular updates and advice
- **Breast Cancer Now** <https://breastcancernow.org/about-us/media/statements/advice-coronavirus-people-cancer>, also have a helpline, an online [forum](#) and [Someone Like Me](#) service
- **Cancer Support Scotland** <https://www.cancersupportscotland.org/self-help-for-your-wellbeing/>
- **Cancer Research UK** <https://scienceblog.cancerresearchuk.org/2020/03/19/coronavirus-and-cancer-latest-updates/>, also have a helpline which can provide support.
- **CLIC Sargent** - <https://www.clicsargent.org.uk/supporting-you-through-coronavirus/>, can also be contacted through live chat on their website.
- **Jo's Cervical Cancer Trust** - <https://www.jostrust.org.uk/coronavirus>, also [support services](#)
- **Kidney Cancer UK and Kidney Cancer Scotland** - <https://www.kcuk.org.uk/coronavirus-information-page/>, or call their nurses or visit [friendly online support group](#)
- **Leukaemia Care** - <https://www.leukaemiacare.org.uk/>, including buddy scheme, online forums, and helpline.
- **Macmillan Cancer Support** - <https://www.macmillan.org.uk/coronavirus>, or call telephone helpline.
- **Maggie's** - <http://www.maggies.org/coronavirus>, call or email for support or visit our [online community](#) and [cancer support](#)
- **Melanoma Action and Support Scotland** - <https://www.masscot.org.uk>, provide a helpline and professional counselling
- **Myeloma UK** - a dedicated [information hub](#), contact their infoline or [Ask The Nurse Service](#)
- **Pancreatic Cancer UK** - [Coronavirus \(COVID-19\) section on our website](#), online [discussion forum](#) [Support Line](#)
- **Pancreatic Cancer Scotland** - <http://www.pancanscot.org>
- **Prostate Cancer UK** – [online information about COVID-19 and prostate cancer](#), you can call their nurses or [email](#) them or see them on [social media](#) and [Online community](#)
- **Prostate Scotland** - <https://www.prostatescotland.org.uk>
- **Roy Castle Lung Cancer Foundation** <https://www.roycastle.org/covid-19>, available on line and by phone. Virtual community at <https://healthunlocked.com/lungcancer>
- **Target Ovarian Cancer** - [ovarian cancer and coronavirus](#), nurse-led [Support Line](#). [In Touch](#) private facebook group
- **Teenage Cancer Trust** - <https://www.teenagecancertrust.org/get-help/coronavirus>.
- **The Brain Tumour Charity** - <https://www.thebraintumourcharity.org/living-with-a-brain-tumour/get-support/coronavirus-and-brain-tumours/>

We are committed to updating this Information Sheet if and when any changes occur so that you are able to easily find the most up to date information in one place.

As a Coalition we hope you and your loved ones stay at home, stay safe and stay well.

The Scottish Cancer Coalition