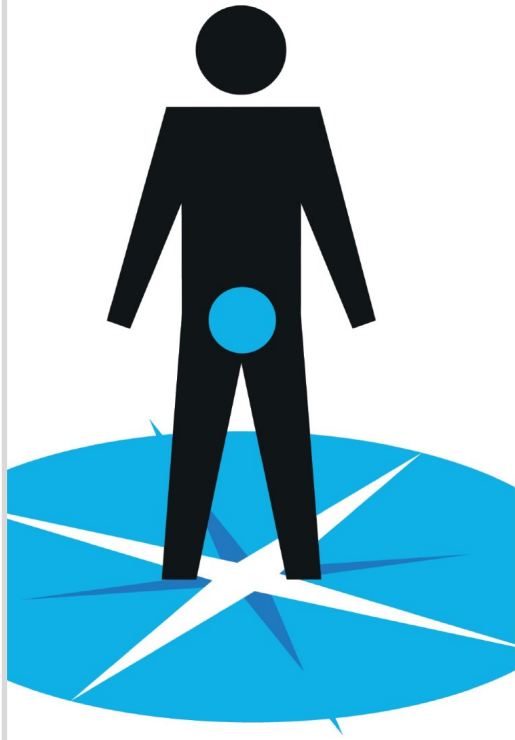


# Prostate cancer?



## Join a Living Well with Prostate Cancer Course

Hear from experts about managing side effects, the practicalities of living with prostate cancer, finances and what you can do to live well. Meet others and pick up tips to reduce the impact on your life.

Find out more at:  
[prostatescotland.org.uk/help-and-support-for-you](http://prostatescotland.org.uk/help-and-support-for-you)

## Talk to a Cancer Support Specialist

They'll listen, answer your questions and guide you to the right information about anything from your diagnosis, to your treatment options or side effects.

Visit us in the Maggie's Centre, or we can speak on the phone or by video call.

Prostate Scotland and Maggie's Edinburgh have teamed up to make sure there is help available when you need it most. Just call or email us to arrange a time to visit, to speak on the phone or by video call, or to join our next course.

**Phone:** 0131 537 3131

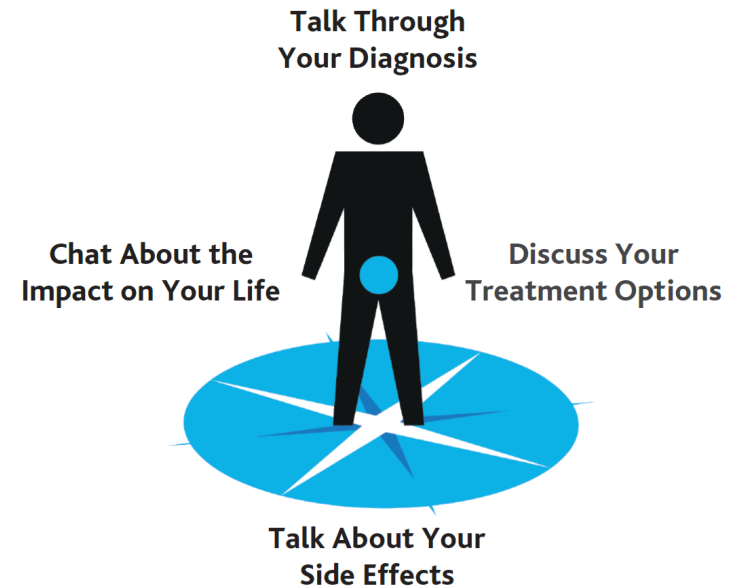
**Email:** [edinburgh@maggies.org](mailto:edinburgh@maggies.org)

**Visit us at:** Maggie's Edinburgh, The Stables, Western General Hospital, Crewe Road, Edinburgh, EH4 2XU

**Find out more:** [prostatescotland.org.uk/help-and-support-for-you](http://prostatescotland.org.uk/help-and-support-for-you)

These services are part of Prostate Scotland's COMPASS project which aims to help men across Scotland navigate prostate cancer and disease through a range of support and wellbeing services. Find out more about Prostate Scotland and the help and support we offer at [prostatescotland.org.uk](http://prostatescotland.org.uk) or phone 0131 603 8660.

# Prostate cancer?



**If you or someone you care about has been diagnosed with prostate cancer, we're here to help**

Prostate Scotland and Maggie's Highlands have teamed up to make sure there is help available when you need it most.

Just call or email us to arrange a time to visit, to speak on the phone or by video call/online.

**Phone:** 01463 706306

**Email:** [highlands@maggies.org](mailto:highlands@maggies.org)

**Visit us at:** Maggie's Highlands, Old Perth Road, Raigmore Hospital, Inverness, IV2 3FL

**Find out more:** [prostatescotland.org.uk/help-and-support-for-you](http://prostatescotland.org.uk/help-and-support-for-you)

These services are part of Prostate Scotland's COMPASS project which aims to help men across Scotland navigate prostate cancer and disease through a range of support and wellbeing services. Find out more about Prostate Scotland and the help and support we offer at [prostatescotland.org.uk](http://prostatescotland.org.uk) or phone 0131 603 8660.