

Sheffield Services

For Cancer Patients and their Families

Weston Park Cancer Support Centre

☎ 0114 226 5666

Website: www.cancersupportcentre.co.uk

Carers in Sheffield

☎ 0114 272 8362

Website: www.sheffieldcarers.org.uk

Macmillan Cancer Support

☎ 0808 808 0000

Website: www.macmillan.org.uk

St Luke's Hospice

☎ 0114 236 9911

Website: www.stlukeshospice.org.uk

Sheffield Occupational Health Advisory Service (SOHAS)

☎ 0114 275 5760

Website: www.sohas.co.uk

Active Every Day

☎ 0114 225 5645

Website: www.movemoreshffield.com

Age UK Sheffield

☎ 0114 250 2850

Website: www.ageuk.org.uk/sheffield

Cavendish Cancer Care

☎ 0114 278 4600

Website: www.cavcare.org.uk

Benefits of the scheme for You

- Gives **you** a better experience with quick access, less travelling and better car parking)
- Brings **your** care closer to home
- Reduces visits to hospital
- Quick access to medication during and following **your** treatment
- Helps **you** to manage **your** treatment and care



Sheffield

Clinical Commissioning Group

Living With and Beyond Cancer

Community pharmacy support
for patients who are undergoing
or who have completed
treatment for cancer



CANCER CARE
SHAPED BY YOU

WE ARE
MACMILLAN.
CANCER SUPPORT



Working with you to make Sheffield



Supporting those living with and beyond cancer

NHS Sheffield Clinical Commissioning Group is committed to improving care for those who are undergoing or have completed treatment for cancer. Where possible we want patients to have more support closer to home and fewer hospital visits.

Parking at Weston Park Hospital is limited and alternatives are not easily accessible for patients.

Why Community Pharmacy?

Pharmacists and the pharmacy team can be seen without an appointment. They are experts in healthcare and able to deal with the minor symptoms that you may suffer with, both during and following treatments involving chemotherapy and radiotherapy.

Most have a quiet area where you can speak more privately and many are open in the evenings and at weekends

Most pharmacies are easily accessible with convenient parking nearby.

This service is free to all patients registered with a Sheffield GP.

How can the pharmacy help?

The pharmacist can help you with the following symptoms which, although minor are unpleasant and can cause complications if not treated.

- Constipation
- Dry Mouth
- Dry Skin
- Eye Irritation
- Skin Inflammation
- Sore Mouth

Important Note (If you are still undergoing treatment)

If you suffer any of the following symptoms the pharmacist will direct you to Weston Park Hospital

- Temperatures of 37.5° or more
- Symptoms of infection
- Feeling generally unwell
- Bleeding or bruising
- Nausea and vomiting
- Diarrhoea
- Chest pains
- Breathlessness
- Changes affecting sensations

Self-care

Taking care of your general health by looking after your heart, bones and lungs may help reduce the risk of certain late effects. You can do this by:

- **taking regular physical activity**
- **keeping to a healthy weight and eating healthily**
- **not smoking**
- **avoid alcohol**

