

A photograph of a man with dark hair, wearing a blue polo shirt, sitting at a table. He is looking towards the right of the frame with a slight smile. On the table in front of him is a white mug with a heart-shaped cutout, a plate with a slice of cake, and a fork. The background is a blurred kitchen setting.

# WE'RE HERE TO SUPPORT YOU

Robert, 44, diagnosed  
with Hodgkin lymphoma

## The Macmillan Beyond Diagnosis Gateway

In partnership with



**self help uk**  
[www.selfhelp.org.uk](http://www.selfhelp.org.uk)

**MACMILLAN**  
**CANCER SUPPORT**

## Who we are

**The Macmillan Beyond Diagnosis Gateway provides support with all non-clinical needs a person living with cancer in Nottinghamshire may be experiencing. Our team of Macmillan specialists can help with everything from preparing for hospital appointments to practical tasks such as occasional shopping or household jobs. We can also refer onto other services which may be of assistance.**

**Di, my Macmillan volunteer, became my walking buddy. She also came to the hospital with me when no one else could and was very supportive.**

**Patricia, 64, diagnosed with lung cancer**

## How we help

- Carry out a holistic needs assessment to identify the person's needs
- Help with joining peer support groups and other groups or activities in your area
- Follow up calls at regular intervals
- Short term or one off practical support such as help with shopping, moving furniture, house clean/garden clearance and accompaniment to hospital appointments
- Referral and signposting to other specialist services
- Preparing for hospital appointments
- Liaison with clinical teams when necessary
- Advocacy – e.g. ensuring housing services are aware of a person's specific needs
- Support with IT such as providing guidance on how to do a zoom call.



## Macmillan Beyond Diagnosis volunteers

We also offer longer term emotional support through volunteers, enabling people to talk about their cancer and the concerns they have, or to have some 'time out' from their cancer, for example going out for a walk or simply having a chat about their hobbies and interests. Our trained volunteers can also help people find out about local activities and groups and help them feel more confident about accessing them.

## Get in touch

We accept referrals from anyone including health professionals and patients themselves.

To get in touch with the Macmillan Beyond Diagnosis Gateway please contact:



### Macmillan Beyond Diagnosis Gateway

21–23 Pelham Road  
Nottingham  
NG5 1AP



0115 911 1662



[referrals@selfhelp.org.uk](mailto:referrals@selfhelp.org.uk)

We know cancer worries can't wait. And we're here to help. We are doing everything we can to support you right now, whether you're concerned about symptoms, your treatment, your finances, or need to talk to someone who understands.

For information, support or just someone to talk to, call **0808 808 00 00** or visit **[macmillan.org.uk](https://www.macmillan.org.uk)**



**[Macmillan.org.uk](https://www.macmillan.org.uk)**