

LINCOLNSHIRE EAST COAST CANCER FACTSHEET

For cancer support in Lincolnshire visit
www.cancersupportlincolnshire.nhs.uk



This factsheet has been co-produced by The Mablethorpe Cancer Co-production group. The group brings people with experience of cancer together to work with services for the benefit of others. Designed by Amy Wallis Marketing Consultant. For more information visit www.every-one.org.uk

LOCAL GROUPS & SUPPORT

Community In Mablethorpe

Royal British Legion

SSAFA

Help for Heroes

Royal Air Force Benevolent Fund

Lincolnshire Sensory Services

Spiritual / Faith Groups



LOCAL GROUPS & SUPPORT



Community In Mablethorpe

Community In Mablethorpe Website has information on various groups and activities, detailing; groups and activities; churches; community spaces; education; emergency services; help and advice; sports and fitness: [Community in Mablethorpe, Lincolnshire](#)

Royal British Legion


The Royal British Legion is the UK's leading Armed Forces charity and one of its largest membership organisations. Members get together through the network of branches and clubs all over the country and overseas to participate in social, fundraising and welfare activities. Mablethorpe & District Branch meets at 7:30pm on the 1st Wednesday of every month (except August) at the Conservative Club in Victoria Road Mablethorpe. Membership is open to everyone. If you have an interest in the objectives of the Legion and want to help and support for those who have served and their families, come and join us. We welcome men and women of all ages, whether they have served in the Armed Forces or not. [Become a Member](#) | [Get Involved](#) | [Royal British Legion](#)



SSAFA


SSAFA is the Armed Forces Charity, they offer welfare, health and support services to members for the UK's military serving personnel, veterans and their families. Our support covers both regulars and reserves in the Royal Navy, the Royal Marines, the British Army and the Royal Air Force and their families, including anyone who has completed National Service. They are all entitled to lifelong support from SSAFA, no matter how long they have served.

Our recent research shows that service leavers aged 25-64 need more specialised support. The challenges they face are complex – from low income to life-changing injuries or hidden wounds, like depression or post-traumatic stress disorder. Website: [SSAFA, the Armed Forces charity](#)

 0800 260 6767

Help for Heroes

We help veterans, and those still serving, by providing physical, psychological, financial and welfare support for as long as they need it. We also support families, because they too can be affected by their loved one's wounds. If you'd like to help us support veterans and their families, call us on 0300 303 9888 – Monday to Friday, 9am – 5pm. Calls to this number are charged at your standard network rate. Website: [UK Armed Forces & Military Veterans Charity](#) | [Help for Heroes](#)

 0300 303 9888




LOCAL GROUPS & SUPPORT



Royal Air Force Benevolent Fund

Royal Air Force Benevolent Fund are dedicated to supporting not only serving and ex-serving personnel but also the whole of the RAF Family, including dependants and carers. For support and advice please call their Helpline on: 0300 102 1919

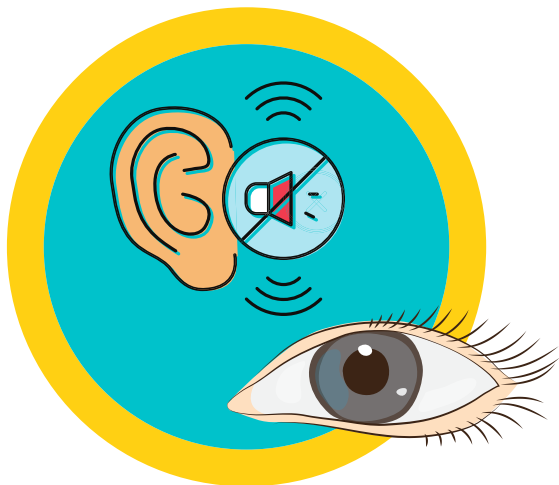
 0300 102 1919


 rafbf.org




Lincolnshire Sensory Services

Lincolnshire Sensory Services provides specialist information, guidance and support for anyone in Lincolnshire living with sight and/or hearing loss. The Lincolnshire Sensory Services team understands the practical and emotional challenges that people with sensory loss can face in their everyday lives and we focus on promoting independence, wellbeing and accessibility. We aim to help people maintain independence and dignity in every aspect of their lives, and we work closely with carers, families and other organisations to increase their understanding of the impact of sensory loss. Our service is delivered on behalf of Lincolnshire County Council by BID Services, a specialist charity supporting children, young people and adults along with their families and carers, who are deaf, hard of hearing, visually impaired or have a dual sensory loss.





 03333 202667

 07710 155104

 contact@lincolnshiresensoryservices.org.uk

Spiritual / Faith Groups

- Mablethorpe Christian Fellowship, Hope House, 97 Victoria Road, Mablethorpe  07775 844206
- Saint Joseph's Roman Catholic Church, Seaholme Road, Mablethorpe
- St Mary's Church, Church Road, Church Lane Junction, Mablethorpe  01507 443948
- St Peter's Methodist Church, Victoria Road, Mablethorpe  01754 768194
- Skegness Mosque, St Clements Church Hall, Skegness (temporary until new mosque is built)
[Skegness Mosque](#)

TRANSPORT INFORMATION

We are here to support you throughout your journey off and on the road

Blue Badge Car Parking Scheme

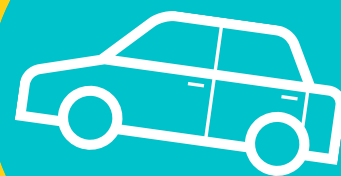
Lincolnshire Transport Helpline

**Sutton on Sea Community Voluntary Car Scheme
(covering Mablethorpe)**

Car Parking - United Lincolnshire Hospital's Trust

Please note: The following information relates to transport, charges may apply; ensure you confirm actual costings where necessary

TRANSPORT INFORMATION



Blue Badge Car Parking Scheme



01522 782232



disabledcarparking@lincolnshire.gov.uk



www.lincolnshire.gov.uk/bluebadge

The Blue Badge scheme helps people with an ongoing substantial disability which causes them to:

- be unable to walk
- experience very considerable difficulty whilst walking, which may include psychological distress
- be at risk of serious harm or pose a risk to other people whilst walking

You can apply for yourself, someone else or an organisation. The Blue Badge is issued to a person, not a vehicle. The badge holder must be in the vehicle when it is being used unless they are being picked up or dropped off.

Lincolnshire Transport Helpline



0345 456 4474



www.lincsbus.info/accessing-lincolnshire-transport

The Transport Helpline will point you in the right direction for any of your transport needs across the county. From frequent timetabled bus and rail services to rural on-demand buses providing vital connections plus a wide range of community and volunteer transport schemes that offer assistance to those looking for extra help: Local Transport, Timetable Information, Voluntary Car Scheme, Hospital Transport, Concessionary Passes, CallConnect, ConnectBus, Other Help & Advice



Sutton on Sea Community Voluntary Car Scheme (covering Mablethorpe):

A service to support those experiencing extreme difficulties in accessing transport to get to Doctors/hospital etc appointments, contact the co-ordinator for further details and costs:



www.cvcars.org.uk



01507 442502 or 01507 441934

**Car Parking - United
Lincolnshire Hospital's Trust**
You are normally entitled to free car parking when attending hospital for some cancer related treatments. Please check with the hospital of their processes in relation to this prior to starting your treatment.

MONEY MATTERS

Here to help you through life's necessities

Citizens Advice

Help to Claim (Universal Credit support)

St Barnabas Hospice

Macmillian Cancer Support

Cancer Research UK

Turn2Us



Lindsey



St Barnabas
Hospice • Care • Support

MACMILLAN
CANCER SUPPORT



CANCER
RESEARCH
UK

turn
2US

MONEY MATTERS



Citizens Advice

Provides a first point of contact for information and guidance on a wide range of matters.



0808 278 7904 (Freephone)



Mon-Fri, 9am-5pm

Help to Claim (Universal Credit support)

We can support you to make a new claim for Universal Credit, from opening your account to receiving



0800 144 8 444 (Freephone)



Mon-Fri, 8am-6pm



[Contact us - Mablethorpe Citizens Advice \(www.citizensadvice.org.uk/local/lindsey\)](http://www.citizensadvice.org.uk/local/lindsey)

St Barnabas Hospice

The welfare services team can provide you with practical support and help you understand what financial help is available, including what you are entitled to, health costs including travel, advice on benefit decisions:

Welfare Services Team:



01476 513 544



[When given a diagnosis, Welfare and Benefits advice can help \(stbarnabashospice.co.uk\)](http://stbarnabashospice.co.uk)

Macmillian Cancer Support



0808 808 00 00



Advice line available 7 days a week 8am – 8pm



Email support and online chat available via website: [Financial help - Financial Guidance | Contact us - Macmillan Cancer Support \(www.macmillan.org.uk\)](#)



Macmillan contact centre in Louth - [In your area \(macmillan.org.uk\)](http://macmillan.org.uk)

An Overview of Support available: [Benefits For People Affected By Cancer - Macmillan Cancer Support](#)

Cancer Research UK



[Financial support and cancer | Coping | Cancer Research UK \(www.cancerresearchuk.org\)](http://www.cancerresearchuk.org)

Turn2Us

Is sign posted from the DWP website to enable you to use their [calculator](#) to see what, if any, benefits and financial support you may be able to access either for yourself or someone you may be caring for.

GRANTS

INFORMATION

Giving you that helping hand

Lincolnshire Volunteer Centre Services

Lincolnshire Community Foundation

East Lindsey District Council

Macmillan Grants

Turn2Us

Cancer Research UK



East Lindsey
DISTRICT COUNCIL



CANCER
RESEARCH
UK



GRANTS INFORMATION



Lincolnshire Volunteer Centre Services

VCS in Lincoln, Sleaford and Gainsborough & LCVS in Boston, Spalding and the coastal strip) have been commissioned by Lincolnshire County Council to provide funding and grant information to support groups and individuals, the following is a link to this site and allows various searches in relation to what you are searching for funding for

 [Find a funder – Lincolnshire Volunteering & Funding](#)


Lincolnshire Community Foundation

Manage and support various grants available to groups and individuals:

 [Lincolnshire Community Foundation
\(lincolnshirecf.co.uk\)](http://lincolnshirecf.co.uk)

East Lindsey District Council

Disabled Facilities Grant is available for people to support changes to the home, this has various criteria. Grants are available for owners and tenants, they are means tested and you need to be intending to live in the property for a further 10 years

 [Disabled Facilities Grants - East Lindsey District Council
\(e-lindsey.gov.uk\)](http://e-lindsey.gov.uk)

Macmillian Grants

They offer a one-off grant to support a payment of approx £350; application details and criteria are available

 [Macmillian Grants - Macmillian Cancer Support](#) they also detail other support agencies that offer grants or loans on this page


Turn2Us

Please enter your particular details and needs and this will detail any support available

 [Your situation - Turn2us](#)

Cancer Research UK

Cancer Research have details on various charities that offer grants to support adults and children, the application process may vary per funder:

 [Charity grants | Coping with cancer | Cancer Research UK](#)



WELLBEING INFORMATION

Let's work together to do what's best for you

Embrace Breast Cancer Support Group

Mablethorpe Friendship Group

Social Prescribing Staff

Age UK Lindsey

Cancer Research UK



CANCER
RESEARCH
UK

WELLBEING INFORMATION



Embrace Breast Cancer Support Group

Embrace offers peer support, activities, and signposting to promote physical and emotional wellbeing and body image.



Maddie West



07800 802660



Suzanne Lowes



07990 583866



embracelincs@gmail.com

Mablethorpe Friendship Group

The volunteers and members welcome you to come along, relax and meet over refreshments for the cost of £2. You will find time to unwind, make new friends, and the friendly volunteers and members will help you feel at home within the Friendship Group.



The group meets fortnightly on a Tuesday afternoon 1.30pm - 3.30pm



Frank or Beryl



01507 478117

Social Prescribing Service

Can be accessed in the area and they will be able to support you to identify, specific local groups and activities that are taking place in your area and support you to access these – speak to your local GP receptionist for referral or indeed just self-refer by giving them a call, although some surgeries do have their own employed SP, if in doubt please speak to your GP surgery or contact LCVS directly:



01205 314479



[Social Prescribing Home | Lincolnshire Community and Voluntary Service \(CVS\) \(lincolnshirecvs.org.uk\)](#)



lincolnshirecvs.socialprescribing@nhs.net

Cancer Research UK

Cancer Research has information on how to cope with cancer and your emotions, coping with special occasions, how to support your children when going through cancer: [Coping emotionally with cancer](#) | [Coping with cancer](#) | Cancer Research UK Nurse Helpline:



0808 80 4040

Age UK Lindsey

Age UK Lindsey has a wealth of information available on befriending, information and advice, keeping connected and winter wellness. They have various activities and events running in the area and get involved in a variety of ways including volunteering



01507 524 242



[Age UK Lindsey | Welcome to our charity](#)

PHYSICAL ACTIVITY

Building your fitness for wellbeing

Fighting Fit

One You Lincolnshire

Magna Vitae

Sports & Fitness in Mablethorpe



**Lincoln City
Foundation**



ONE YOU LINCOLNSHIRE

MAGNA VITAE
TRUST FOR LEISURE & CULTURE



**active
lincolnshire**

PHYSICAL ACTIVITY



Fighting Fit

Delivered through Lincoln City Foundation is a specific fitness program to support those recovering from or living with cancer in Lincolnshire. Designed to help build back balance, posture, strength and flexibility. It's not all about the body though! This is a group session, where you can connect with people with shared experiences. Please go online and complete the referral form

 [Fighting Fit | Cancer Rehabilitation | Charity | Lincolnshire \(lincolncityfoundation.com\)](#)

Active Lincolnshire

Active Lincolnshire works with partners to address inequalities and the challenge of inactivity across Lincolnshire.


 [Welcome to active Lincolnshire - Active Lincolnshire](#)

One You Lincolnshire

One You run various fitness programmes across the county and will support you to get back to a fitness / health level that you would like to personally achieve



 [Services | Healthy Lifestyle Service | One You Lincolnshire](#)


 01522 705 162

 hello@oneyoulincolnshire.org.uk

Magna Vitae


They operate various sports and cultural facilities across the East Lindsey area. They run the sports centre and have various fitness opportunities available, they also run various fitness programmes for different levels of health needs

 [Station Sports Centre - Magna Vitae](#)

 01507 472129

 info@mvtlc.org

Sports & Fitness in Mablethorpe

 [Sports & Fitness in Mablethorpe](#)

This website details all links to sports and fitness that is available within the Mablethorpe area



YOUR MENTAL HEALTH

Building your mental health for wellbeing

Lincolnshire Partnership Foundation Trust



Lincolnshire Partnership
NHS Foundation Trust

YOUR MENTAL HEALTH



Lincolnshire Partnership Foundation Trust can support those in Lincolnshire needing mental health support in a variety of ways:

Tick as you go

Steps to Change: How we can help : steps2change Lincolnshire (lpft.nhs.uk)

Recovery College Recovery_College (lpft.nhs.uk)

Night Light Cafés : Lincolnshire Partnership NHS Trust (lpft.nhs.uk)

IAPT / Night Light Café Night Light Cafes –

Acts Trust (not currently located in Mablethorpe)

ConnecttoSupport is a site that holds various information about
mental health support agencies in Lincolnshire Mental Health | Lincolnshire
(connecttosupport.org)

MIND is an organisation dedicated to support people with their mental
health, they have various support mechanisms available on-line that
anyone can access: Website: Home - Mind
MIND Information Line: 0300 123 3393

Macmillan: Emotional help - Macmillan Cancer Support
Macmillan support line: 0808 808 0000 (7 days a week 8am-8pm)
Macmillan Information & Support Specialist on 01205 446392
(Boston Pilgrim Hospital)

Samaritans: If you are having a difficult time, or someone else is, they are
available for a chat 24/7, 7 days a week. Call free on 116 123

Kooth – An online support site specifically for young people to support
their mental health Home - Kooth

Young Minds – Mental Health Support YoungMinds | Mental Health Charity
For Children And Young People | YoungMinds

ChildLine – Telephone helpline to support young people under 19 that may
be experiencing difficulties 0800 11 11

YOUNG PEOPLE

CANCER SUPPORT

&

CARERS

INFORMATION




YOUNG PEOPLE

CANCER SUPPORT




Young Lives vs Cancer

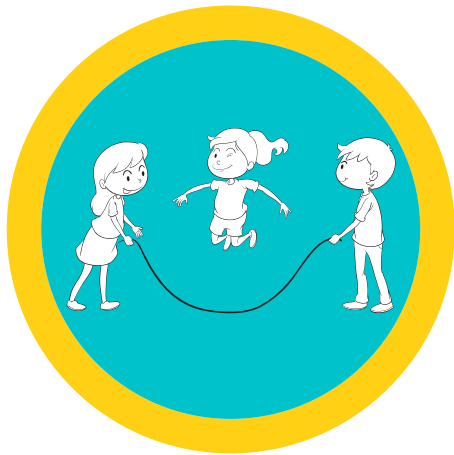
National organisation that offers a variety of help and support to the young people and their family [Young Lives vs Cancer - we'll face it all, together](#)

 0300 303 5220

Youth Cancer Trust

A national organisation that provides support and also offers free holidays to young people diagnosed and or living with cancer (aged 14-30) [Youth Cancer Trust | Holidays for teenagers & young adults with cancer](#)

 01202 763591



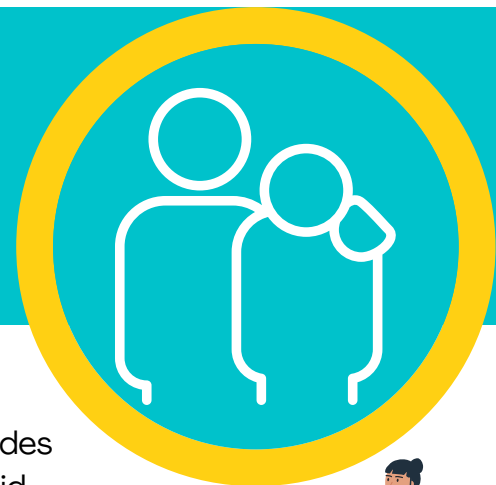
Shine Cancer Support

Supporting adults in their 20s, 30's and 40's with their cancer diagnosis with online, networks and meet up's home

 shinecancersupport.org


CARERS

INFORMATION



Carers Support Service

Go online to either self-refer or refer someone else. The site also includes support for young carers; [Online, Phone & In Person Support for Unpaid Carers - Lincolnshire | Carers First](#). You can contact Lincolnshire County Council Customer Service Centre for a referral on 01522 782224

 01522 782224

Young Carers Support

Supporting adults in their 20s, 30's and 40's with their cancer diagnosis with online, networks and meet up's home - Cancer support charity for young people



PRESCRIPTIONS

WHERE, WHAT AND HOW

PRESCRIPTIONS

WHERE, WHAT AND HOW



Marisco Medical Practice Repeat Prescriptions

General Queries email: LECCG.MariscoReception@nhs.net

Prescription queries email: LECCG.mariscoprescriptions@nhs.net

You can order repeat medication:

In person, at either Sutton or Mablethorpe surgery;

Letterbox located on the front of the buildings at Mablethorpe and Sutton

Online, by using the <http://systmonline.tpp-uk.com/> system. Ask at reception for the details of your username and password

Marisco also offers (EPS) Electronic Prescription Service. Quite a few of our patients are already registered.

Lloyds Pharmacy

23, High Street, Sutton on Sea, Mablethorpe, Lincolnshire LN12 2EY

Tel: 01507 443913

Website: <https://lloydspharmacy.com>

Switch to online prescriptions and get free delivery with the LloydsDirect app. Timely reminders. Delivered to your door. No hidden charges. Discreet packaging. Free service.

Boots Pharmacy | [Online NHS repeat prescriptions](#) | [Free delivery](#).

Free delivery via the Boots registration

Beacon Medical Practice – [Skegness](#) | [Ingoldmells](#) | [Chapel St Leonards](#) Tel: 01754 897000

Beacon Medical Practice uses the Electronic Prescription Service (EPS). This enables electronic prescriptions to be generated by your Practice. Which is then electronically sent to the pharmacy of your choice. This makes the prescribing and dispensing process more efficient and convenient for patients and staff. We offer a free delivery service for our dispensing patients who are unable to collect their medication. The dispensary is open Monday to Friday from 8:00 am to 4:30 pm we are closed Thursday afternoons from 12.30pm. If you wish to collect your prescription from our Skegness Practice, we can organise this for you.

Message in a Bottle: The Lions Club created an initiative that enables a person to record their medical needs within a bottle that enables anyone to be able to access this easily and be able to support that individual as needed – an individual or an organisation can request these using the request for online [Message in a Bottle](#) | [Lions Clubs International](#)

MACMILLAN SERVICES

A warm and friendly environment for support

**The Macmillan Cancer Information and
Support Service**

Information Centres

Lincoln

Boston

**MACMILLAN
CANCER SUPPORT**

MACMILLAN SERVICES

MACMILLAN
CANCER SUPPORT

The Macmillan Cancer Information and Support Service

United Lincolnshire Hospitals NHS Trust partnership with Macmillan Cancer Support, has three hospital-based information centres at Lincoln County Hospital outpatient department, Pilgrim Hospital, Boston main reception and Grantham and District Hospital outpatient department.





Information Centres

The information centres currently provide a warm and friendly environment with bookable appointments. You are able to contact the service without being referred by your surgeon or doctor. The service is available whether you have a cancer diagnosis, need help and advice on behalf of a friend or relative, or are worried about cancer.

As well as bookable appointments the Macmillan Information Centre, also offers Video Consultation to help support patients. This is available for patients to 'drop in' between the hours of 9am and 3.30pm.


Lincoln

 01522 573799

 Monday to Friday, 9am – 4pm

 macmillan.infosupport@ulh.nhs.uk

Boston

 01205 446392

 macmillan.infosupport@ulh.nhs.uk



Macmillan Cancer
Information and Support
Service -
United Lincolnshire
Hospitals (ulh.nhs.uk)

HOSPICE, PALLIATIVE & END OF LIFE SERVICES

Your local hospices in Lincolnshire

St Barnabas

Butterfly Hospice

Marie Curie



St Barnabas



THE **BUTTERFLY** TRUST
HOSPICE
Your local hospice for local people



**Marie
Curie**

Care and support
through terminal illness

HOSPICE, PALLIATIVE & END OF LIFE SERVICES

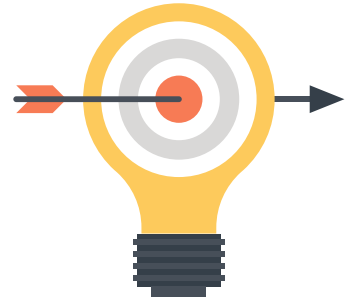


St Barnabas

Their aim is to enable people to live as fully as they are able for however many days, weeks, or months they have left.




The services and expertise they offer for people from the age of 18 years and upwards have been developed in a variety of care settings to support a wide range of needs from controlling pain and other distressing symptoms to accessing welfare benefits advice.



They can offer advice and support on the following:

- Hospice at Home
- Care in the Hospice
- Palliative Care Coordination Centre
- Day Therapy, Wellbeing Support
- Healthcare Professionals
- Dementia Support

Self-Refer:

 0300 020 0694




Butterfly Hospice Trust

Provides free 24-hour patient care to those who need it most. You must be aged 18 and over and referred to by a healthcare professional. Dedicated to improving the quality of life for patients and families facing a life-limiting illness by providing choice, care and support in a Hospice setting.

Marie Curie

Offers end of life palliative care and support through terminal illness: If you're living with a terminal illness or caring for someone, we're here with practical and clinical information, and emotional support. We're here for family and friends too. All support offered is free: Tel: 0800 090 2309 Care and support through terminal illness | Marie Curie

 0800 090 2309



credit 2022: www.mariecurie.org.uk



HEALTHWATCH LINCOLNSHIRE

Here to make sure that those running services, put people at the heart of care.

Who?

Purpose

Contact

HEALTHWATCH LINCOLNSHIRE

healthwatch
Lincolnshire

Healthwatch Lincolnshire are the independent champion for people who use health and social care services. We are here to make sure that those running services, put people at the heart of care.

Purpose

Our sole purpose is to understand the needs, experiences and concerns of people who use health and social care services and to speak out on their behalf. We focus on ensuring that people's worries and concerns about current services are addressed. We work to get services right for the future.



credit 2022: www.healthwatchlincolnshire.co.uk/what-we-do



01205 820892



info@healthwatchlincolnshire.co.uk



Rooms 33-35 The Len Medlock Centre, St George's Road, Boston, Lincs PE21 8YB



[Healthwatch Lincolnshire | Your spotlight on health and social care services](http://www.healthwatchlincolnshire.co.uk)
(www.healthwatchlincolnshire.co.uk)

HOUSING & VOLUNTEERING



HOUSING INFORMATION



East Lindsey District Council Housing

Support team are able to offer free impartial help and support to those within the Mablethorpe area Housing Advice and Options - East Lindsey District Council

 e-lindsey.gov.uk  01507 601111

Citizens Advice East Lindsey

Can give advice and guidance to those in financial hardship:

 www.citizensadvice.org.uk/lindsey  0808 278 7904  01427 810914

 Inter Agency Centre Stanley Avenue, Mablethorpe LN12 1DP

ongoing clients/to cancel appointments

initial advice

VOLUNTEERING INFORMATION




For a wide range of volunteering opportunities...

Lincolnshire Community Voluntary Service (LCVS)

Supports a wide range of organisations to recruit volunteers and will also have up to date information about those locally that may be looking for support. Volunteering opportunities are wide ranging and can range from administration to retail or for one off event attendance, the choice is yours how much or little time you can offer. Contact LCVS on: Volunteering | Lincolnshire Community and Voluntary Service (CVS)

 lincolnshirecvsv.org.uk

 01205 510888



WIGS & DENTISTS

GLENN JAMES

MACMILLAN
CANCER SUPPORT




CANCER
RESEARCH
UK

WIGS INFORMATION



Glenn James

Woodhall Spa Wig Specialist NHS Wigs | Glenn James

 01526 353015

Wigbank

Wigs for all occasions! - New wigs and donated wigs which are cleaned and recycled are available

 www.wigbank.com

Cancer Research

Have compiled a list of wigs and headwear organisations that have been recommended from people visiting their website [Where to find hats, wigs and scarves](#) | [Coping with cancer](#) | [Cancer Research UK](#)

 www.cancerresearchuk.org

Macmillan

Wigs for cancer treatment - Macmillan Cancer Support details information on wig fitting to a grant application to help support the cost of purchasing a wig

 www.macmillan.org.uk



DENTIST INFORMATION





Mablethorpe Emergency Dental Practice Access Centre

 Stanley Avenue, Mablethorpe, LN12 1DP  01507 201500

Alford Dental Practice

 8 South St, Alford LN13 9AQ  01507 462666

Spilsby Dental Surgery

 1 Queen Street, Spilsby, PE23 5JE  01790 753243

Looking after your mouth and teeth is essential before, during and after any treatment to ensure you get no infections there are various sites that offer advice about this, but it is essential you speak to your Nurse, Doctor and/or Dentist if you are experiencing problems. Cancer Research UK has some good information available on their website [Mouth care](#) | [coping physically](#) | [Cancer Research UK](#)

PALS

(PATIENT ADVICE &
LIAISON SERVICE)

Let's discover the answers to your questions
regarding care and treatment

PALS

United Lincolnshire Hospitals



PALS (PATIENT ADVICE & LIAISON SERVICE)



NHS

PALS

Patient Advice and Liaison Service (PALS) is a confidential service that helps patients, their families and carers to find answers to questions or concerns regarding the care or treatment received from NHS Trusts in Lincolnshire.

As a patient, relative or carer you may sometimes need to turn to someone for on-the-spot help, advice and support. This is what the Patient Advice and Liaison Service does on a daily basis.

We provide confidential advice and support, helping you to sort out any concerns you may have about the care provided by the NHS and guiding you through the different services available. [Patient Advice and Liaison Service: Lincolnshire Community Health Services NHS Trust](#)



0300 123 9553



LHNT.LincsPALS@nhs.net



Write to us:

Patient Advice and Liaison Service

Lincolnshire Community Health Services NHS Trust

Beech House, Witham Park, Waterside South, Lincoln, LN5 7JH

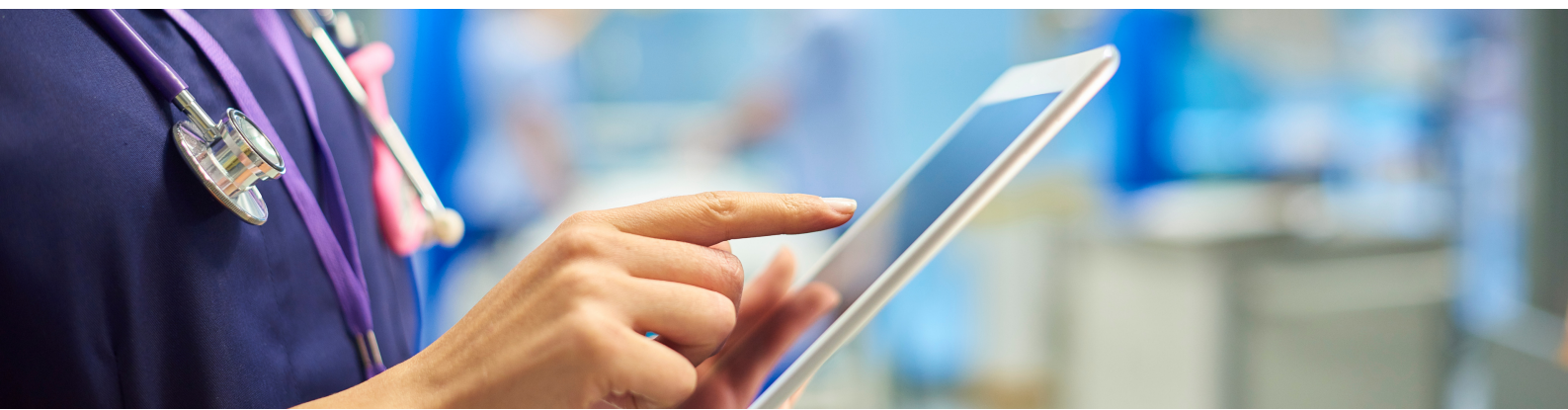


United Lincolnshire Hospitals

Complaints: The following link details all avenues (alongside PALS) of how to complain around a service/treatment etc and the various ways of doing so [see-it-my-way-version-3.pdf](#)



ulh.nhs.uk



RESPECT INFORMATION

Be Prepared, Make Plan




Lincolnshire
Clinical Commissioning Group

RESPECT INFORMATION



Be prepared, make a plan

This plan empowers you to guide them on what treatments you would or would not want to be considered for, and to have recorded those treatments that could be important or those that would not work for you. Many treatments that can be life-sustaining for some people carry a risk of causing harm, discomfort or loss of dignity. Many people choose not to accept that risk if the likelihood of benefit from treatment is small. This plan is to record your preferences and agreed realistic recommendations for emergency situations, whatever stage of life you are at.

 [The Respect Process - Lincolnshire CCG](#)



A screenshot of a video player interface. The video title is 'ReSPECT Launch Video' by 'Lincolnshire NHS'. The video content shows the 'ReSPECT' logo (with a heart over the 'e') and the text 'Recommended Summary Plan for Emergency Care and Treatment' and the website 'www.respectprocess.org.uk'. The video player controls at the bottom show a play button, a progress bar with '01:40' remaining, and the 'vimeo' logo. On the right side of the video player, there are icons for heart, clock, and share.

**DID YOU
KNOW?**

DID YOU KNOW?



Waste Collection – having trouble moving your bin to kerbside, contact East Lindsey District Council and you could get support with putting your bin out, for example this might be if you are struggling to move this after surgery, this is called the Assisted Collection Assisted Collection – East Lindsey District Council (e-lindsey.gov.uk) go online and complete the registration form

Anglian Water also offer help and support to those people that might need it for various circumstances and further information is detailed here under [Priority services](http://anglianwater.co.uk) (anglianwater.co.uk)

Everyone who has a cancer falls under the **Equality Act** and anyone with a cancer diagnosis is protected from the time they are diagnosed and the act considers this a disability. The Act gives you important rights within work, education, places and services, insurances and housing more information on this is available here: [The Disability Discrimination Act, Equality Act and cancer](#) | [Cancer Research UK](#)

Breast Prosthesis, what is this? who is it for? what is involved? please click on the following link at Breast Cancer Now charity – they have very comprehensive information available for you to read and hopefully will ask any initial questions you have around this [Breast prosthesis](#) | [Breast Cancer Now](#) read

For more information on **United Lincolnshire Hospitals Trust** cancer care within their hospitals across the county, please click on this link: [Cancer – United Lincolnshire Hospitals](http://cancer-ulh.nhs.uk) (ulh.nhs.uk)

YOU ARE **NOT** ALONE.

Help is never far away.



www.every-one.org.uk



01522 811582



hello@every-one.org.uk

The information contained on this factsheet has been gathered using online and verbal connections. This is accurate as at July 2022, although contacts and projects may change continuously, it will be our best endeavour to update where possible, please contact Every-One on (T) 01522 811582 (E) hello@every-one.org.uk to let us know if anything needs amending for the future.



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Marketing that reflects you.