

Many cancer care centres and public libraries have access to the internet. While the internet can provide a vast range of information, patients should be advised to act cautiously as they may not have the means of determining the accuracy or reliability of a site.

Cancerbackup Scotland Suite 2, Third Floor, Cranston House 104/114 Argyle Street, Glasgow G2 8BH Tel: 0141 223 7676/0808 800 1234 • Fax: 0141 248 8422 www.cancerbackup.org.uk

A free one to one service which provides counselling and emotional support for people with cancer and their families and friends. Produces over 50 booklets and a BACUP NEWS three times a year.

Cancer Help UK www.cancerhelp.org.uk

CancerHelp UK is the patient information website of Cancer Research UK. It provides a free information service about cancer and care for people with cancer and their families. It includes specific information on cancer and pain control.

Cancer in Scotland Scottish Executive Health Department, St Andrew's House, Regent Road Edinburgh, EH1 3DG Fax: 0131 244 2989 • Email: Cancer@scotland.gsi.gov.uk website www.show.scot.nhs.uk/sehd/cancerinscotland/

Cancer in Scotland identifies the wide range of actions necessary to prevent, detect and improve treatment and care for people with cancer in Scotland.

DIPEX (Database of individual experiences) www.dipex.org

DIPEX is a website that reports on a wide variety of personal experiences of health and illness. People can watch, listen to or read interviews, find reliable information on treatment choices and where to find support. The site covers heart disease, epilepsy, screening programmes and cancers.

Healthyliving Helpline: 0845 2 78 88 78 www.healthyliving.gov.uk

Promotes Scotland's healthy living programme and is designed to help people attain a healthier diet and a more active lifestyle by providing resources, advice and support on healthy eating and physical activity.

Macmillan Cancer Support (Scotland) Osborne House, 1-5 Osborne Terrace, Edinburgh EH12 5HG Tel: 0131 346 5346 • Fax: 0131 346 5347 www.macmillan.org.uk • Email: agow@macmillan.org.uk

The Scottish office of the UK charity, which supports people with cancer and their families with specialist information, treatment and care.

Maggie's Centres Scotland Maggie's Dundee, Tom McDonald Avenue, Ninewells Hospital, Dundee DD2 1ZV Tel: 01382 496 384 www.maggiescentres.org • Email: maggies.centre@ed.ac.uk

The aim of Maggie's Centres is to help people with cancer to be as healthy in mind and body as possible and enable them to make their own contribution to their medical treatment and recovery.

Maggie's Edinburgh, The Stables, Western General Hospital, Crewe Road South Edinburgh EH4 2XU. Tel: 0131 537 3131 • Fax: 0131 537 3130

Maggie's Glasgow, The Gatehouse, Western Infirmary, 10 Dumbarton Road Glasgow G11 6PA Tel: 0141 330 3311 • Fax: 0141 330 3363

Maggie's Highlands, Raigmore Hospital, Old Perth Road, Inverness IV2 3UJ Tel: 01463 706306

Marie Curie Cancer Care (Scotland) 29 Albany Street, Edinburgh, EH1 3QN Tel: 0131 456 3710 • Fax: 0131 456 3711 www.mariecurie.org.uk

Marie Curie Cancer Care, a comprehensive cancer care charity, provides practical nursing care at home and specialist multidisciplinary care through its ten Marie Curie Centres.

Pain Association Scotland Cramond House, Cramond Glebe Road, Edinburgh, EH4 6NS Tel: 0131 312 7955 Freephone: 0800 783 6059 • Fax: 0131 312 6007 www.painassociation.com

The Pain Association Scotland is for all cancer patients suffering from pain and offers the opportunity for patients and their carers to join support groups.

Samaritans The Upper Mill, Kingston Road, Ewell, Surrey, KT17 2AF Tel: 020 8394 8300 Helpline: 0845790 90 90 • Fax: 020 8394 8301 www.samaritans.org.uk Email: admin@samaritans.org write to Chris, P.O. Box 90, Stirling, FK8 2SA

Samaritans is available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

Health Talk Online has information and interviews with real patients, on a wide variety of topics, including cancer and palliative care – the latter has a section on cancer pain.

http://www.healthtalkonline.org/Dying_and_bereavement/Living_with_Dying/Topic/1199/