

Where to go for support and counselling

The following services are available to parents and relatives of children treated on Piam Brown ward. These services remain available when treatment has finished.

CLIC Sargent social worker – can help with practical and social needs as well as offering emotional/counselling support. They can meet parents and relatives separately from the child. Telephone 023 8120 4413.

Clinical psychologist – works closely with the paediatric oncology team and offers advice, support and psychological therapy to the patient, parents and family members. You can self refer or ask anyone on the ward team to refer you. You can contact the clinical psychologist by telephone on 023 8120 4657.

Paediatric oncology outreach nurse specialist (POONS) – can offer support both in hospital and at home, in addition to their clinical role. Telephone 023 8120 6701/2.

Neuro-oncology nurse specialist – provides support for families of children with brain tumours in the same way the paediatric oncology outreach nurses work. Telephone 07867 351127.

Link chaplain – is available to offer spiritual support to parents and relatives and, together with other members of the chaplaincy team, offers a 24 hour on call service. Contact through the ward team or telephone 023 8179 8517.

If you have shared care at a district hospital, there may be additional support available locally. This varies across the region so speak to your local paediatrician or the nursing team in the hospital or community.

Counselling

Many parents find that they are not able to commit to formal counselling whilst their child is actively receiving treatment but find it helpful once treatment has finished or is less intensive.

Wessex Cancer Trust (WCT) – a qualified counsellor offers a free counselling service at:

Macmillan Centre, Southampton General Hospital
Telephone: 023 8120 6037 for an appointment

And also at the following **Wessex Cancer Trust Centres**:

Bournemouth – Fairview House, 17 Hinton Road, Bournemouth, BH1 2EE
Telephone: 01202 315824

Chandler's Ford – 91-95 Winchester Road, Chandler's Ford, Eastleigh, SO53 2GG
Telephone: 023 8051 6576

Cosham – 77-79 The High Street, Cosham, Portsmouth, PO6 3AZ
Telephone: 023 9232 6511

Hythe – Waterside Cancer Support Centre, The Grove, 25 St John's Street, Hythe, SO45 6BZ
Telephone: 023 8178 0409

Isle of Wight – 19-21 Lugley Street, Newport, Isle of Wight, PO30 5HD
Telephone: 01983 524186

Salisbury – Suite 4 Beckett House, Bridge Street, Salisbury, SP1 2LX
Telephone: 01722 421781

Winchester – 68 St George's Street, Winchester, SO23 8AH
Telephone: 01962 868576

Your family GP – your GP surgery may have a counselling service attached, but most GP's now seem to be using the IAPT services for treating depression and anxiety which is not well suited for support in this situation.