



Together at every step.

Our services are up and running during COVID-19. We are here to support you – together at every step.

If you or someone you know needs help and support during COVID-19, our helpline – 0114 553 3330 – is open Monday to Friday, 9am to 5pm. Please don't hesitate to call us if you would like to:

- **Speak to a healthcare professional** if you or someone you care about is affected by cancer.
- **Find out about practical help** with shopping or picking up essential supplies.
- **Talk to us if you are facing financial worries.** We'll be able to book you an appointment with a Welfare Benefits Advisor. You may also be able to access an emergency hardship grant.
- **Let us know if you need any emotional support.** We are able to offer one-to-one mindfulness support or can arrange one-to-one psychological therapy. In the meantime, you can download our guided relaxation at www.westonpark.org.uk/cancer-support-services/yoga-nidra/.
- **Join our 'We Care' social group**, which provides regular phone support to people who are self-isolating for a prolonged period.

We are adapting our services and grant-giving to support frontline workers in response to COVID-19.

Being there at every step, means finding new ways to reach people affected by cancer. If you are a community group, frontline NHS staff or a key worker supporting people living with and beyond cancer, our small grants could make a real difference to your work at this time. Contact charityteam@wpcancercharity.org.uk to find out how to apply for a grant (up to £1,500).

westonpark.org.uk 0114 553 3330

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