

At the Macmillan Cancer Information & Support Centre we offer free information and support for anyone affected by cancer. You may have cancer yourself, care for someone with cancer, work as a health professional or simply want to know more about cancer.

What is available?

- Confidential individually tailored emotional support in a relaxed environment
- Information on all aspects of living with cancer and treatments.
- Benefits advice
- Stress management and relaxation tips, exercise, nutritional and dietary advice.
- Gentle massage and 'reiki' therapies
- The opportunity to meet others in a similar situation through our groups and courses.
- Links to national and local organisations.
- A travel pack for patients having treatment in Edinburgh.
- Information on travel insurance.
- Maps and directions to other hospitals.
- Details of local complementary therapists.

Drop-in service

If you have any concerns about cancer please drop by for a chat. You do not need to make an appointment.

We are normally open Monday to Friday 10am to 4pm, and on the first Tuesday evening of the month from 7pm to 8.30pm for our Cancer Support Group meeting. We can also be available at other times by arrangement.

For more information you can contact us by:
Telephone 01387 241979 or email claire.drummond2@nhs.scot

There is an answering machine, please leave your name, number and a short message.



Our team

The centre is staffed by an experienced cancer health care professional, supported by a team of trained volunteers. Some of our volunteers have personal experience of cancer.

Information

We have a comprehensive range of high quality information materials on all aspects of living with cancer, including books for children. We also offer guided access to the internet and lists of relevant websites. If you need help finding information do ask one of our team. If it is not available from the centre we will do our best to find it for you.



Support

We can direct you to self help and support groups or offer you confidential emotional support on a one to one basis.

We can signpost you to other sources of professional support or counselling services.

Where to find us

The centre is located on the ground floor. When you enter the hospital turn left past the lifts and as you walk towards the oncology department you will see the centre on the right hand side.

Normal Opening hours are
Monday to Friday 10am to 4pm
(except for bank holidays)

Address

Macmillan Cancer Information and
Support Centre
Dumfries and Galloway Royal Infirmary
Cargenbridge
Dumfries
DG2 8RX
Tel: 01387 241979
Email: claire.drummond2@nhs.scot
Website:
<https://dghscp.co.uk/cancer-support-information/>

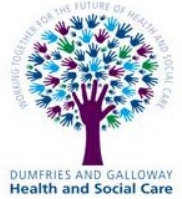
The Macmillan Cancer Information
and Support Centre
was developed as a joint venture
between Macmillan Cancer
Support and NHS Dumfries and
Galloway.

Our aim is to help ensure that
those affected by cancer
have access to good quality,
comprehensive and
appropriate information
and support.

This information is also available on request
in other formats by phoning
01387 241979

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MACMILLAN
CANCER SUPPORT



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