



In partnership with

**MACMILLAN
CANCER SUPPORT**

NHS

**Wessex
Cancer Alliance**

Right by You

Right by You is an NHS support service available to anyone with a diagnosis of cancer living within Portland.

Good support is about more than medicine, it is about understanding the things that matter and are important to you. This will be different for everyone. The Right by You service will focus on the things you want to talk about and you need support with. The Cancer Nurse Specialist will help you to create a plan of support based around your needs and preferences.

They will work together with existing teams involved in your healthcare (this may include hospital based cancer teams, GP practices and other community services). The aim is to ensure a joined up approach to cancer support that puts what matters to you first.

How to get in touch:

We can accept self-referrals, or a healthcare professional can refer you.

Service Working Hours:

Monday-Thursday 9am-5pm

Contact our Right by You Team:
Angela Ingram (Cancer Nurse Specialist) by:

Email: angela.ingram@dchft.nhs.uk

Telephone: **07796 938707**

(messages can be left out of hours)

Talking about your diagnosis and the impact on you and your loved ones

Managing emotional and physical wellbeing

Balancing your commitments, eg. work, family, finances

Support could include:

Helping you to access support services in your community

Managing change or uncertainty

Further information about Right by You can be found at:
wessexcanceralliance.nhs.uk/right-by-you-wessex