



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 in Southampton.

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 team will focus on the things you want to talk about, and you need support with. The team will help you to create a plan of support based around your needs and preferences.

The team includes a Cancer Nurse Specialist and Cancer Support Worker. 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-Friday 9am-5pm

Contact our Right by You Team:

Catherine Scothmer-Clay, Pathway Navigator

Jo Dowle, Cancer Nurse Specialist

Marian Parfitt, Cancer Nurse Specialist

Carol Gillett, Nurse Specialist

Alison Farmer, Psycho-Oncology Nurse

Beth Hawkins, Care Coordinator

Email: [RBYteam@uhs.nhs.uk](mailto:RBYteam@uhs.nhs.uk)

Telephone: **07585 625461**

(Messages can be left out of hours)

Managing  
emotional  
and physical  
wellbeing

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

Balancing  
your  
commitments,  
e.g. work,  
family,  
finances

Support  
could  
include:

Helping you  
to access support  
services in your  
community

Community  
Information  
workshops  
for newly  
diagnosed

Further information about Right by You can be found at:  
[cancermatterswessex.nhs.uk/right-by-you-wessex](http://cancermatterswessex.nhs.uk/right-by-you-wessex)