How to contact us?

MACMILLAN Vocational Rehabilitation Service
Telephone: 0191 404 7125
(Monday - Friday 9:30am – 2:30pm)

Supported by the National Cancer Survivorship Initiative:

NHS South of Tyne and Wear (serving Gateshead Primary Care Trust, South Tyneside Primary Care Trust and Sunderland Teaching Primary Care Trust) is committed to raising the standard of written information for patients, their carers, people who use the NHS and the general public.

This information can be made available in another format or language on request. For further copies of this leaflet please contact the MacMillan Vocational Rehabilitation Service Tel: 0191 404 7125
Who are we?

We are a team of NHS Practitioners experienced in health and work issues, particularly for those who have been affected by cancer.

If you have had a cancer diagnosis, this service may help you remain in work, return to work or find a new job. We offer information, support and skills to help you manage the next step on that journey. The service is offered to people in Gateshead, South Tyneside and Sunderland.

How can we help?

The type of things you may want help with could include:

- Regaining your confidence
- Pacing your activities
- Understanding your changing energy levels
- Overcoming fatigue
- Building supportive working relationships
- Stress and anxiety management
- Support to remain in or return to work
- Help to make decisions regarding your working future
- Help to support employers to understand your needs
- Access to a return to work service

What can you expect?

- To be supported by Practitioners experienced in health and work issues
- A plan of action tailored to your needs
- Dependent upon your circumstances, one to one appointments can be offered
- Meetings will be held at a location convenient for you

How to contact us

If you think you would benefit from our help and support you can either contact us directly on 0191 404 7125 (see over) or speak to your nurse, GP or employer who can contact us on your behalf.

Confidentiality

This is a confidential service all of your information is kept confidential and stored in a secure NHS system.