

FURTHER HELP WITH FATIGUE

The Scarborough Health and Wellbeing Team are here to help you with support, advice and free services in the local area. Below are some other organisations and services that you may find useful.

Local Services

Age UK Scarborough

Age UK offer a "Get Moving" scheme, including chair-based exercise classes, based in the Evron Centre in Filey and the Scarborough YMCA.

Age UK, 39 Aberdeen Walk, Scarborough, YO11 1BD
01723 379058

The Rainbow Centre

The Rainbow Centre offer services for people experiencing financial distress, including access to food, clothing and support.

Parish House, Castle Road, Scarborough, YO11 1TH
01723 500663

Dial-a-ride Scarborough

Dial-a-ride offers discounted lifts for people over 60 and those who have difficulty using other forms of transport. They cover a 10-mile radius around the Scarborough area.

01723 354434

North Yorkshire Citizens Advice and Law Centre

The Citizens Advice Service offer free, confidential and impartial advice on a range of issues, including money and finances. Ask the Wellbeing Team to pass you on to Tracy, the cancer-specific CAB worker, or contact them directly.

www.cany.org.uk
0808 278 7900



National Services

Salus Fatigue Foundation

Salus offer online services for anyone affected by fatigue, including a Facebook Community, webinars and online workshops, as well as in-person meet-ups.

www.salus.org.uk

info@salus.org.uk

Free Bupa Counselling

Macmillan Cancer Support and Bupa are offering up to six sessions of free virtual counselling to people who are struggling emotionally while living with cancer.

[Call the Macmillan Support Line free on 0808 808 00 00 and ask about the Bupa Service.](#)

Penny Brohn UK

Penny Brohn are a charity offering online sessions and webinars on topics to do with cancer and wellbeing, including several on fatigue and fatigue management.

www.pennybrohn.org.uk

Services for Carers

Support for Carers - Scarborough and District

Support for Carers offer volunteer sitting services to allow carers some free time, along with support groups and a telephone support service.

www.scarboroughsupportforcarers.org

01723 364808

Carers Plus Ltd - Scarborough and District

Carers Plus offer impartial financial information and emotional support to carers, as well as practical support, such as shopping and prescription collection.

www.carersplus.net

96 High Street, Snainton, Scarborough, North Yorkshire YO13 9AJ

01723 850155

