

# FURTHER HELP WITH FATIGUE

The York 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. If you'd like to find out more about any of the services listed, you can give the Cancer Health & Wellbeing team a call on 01904 721166.

## Local Services

### 5K Your Way - York

5k Your Way is a community support group that encourages those living with and beyond cancer, to walk, jog, run or cheer at a parkrun event on the last Saturday of every month. All abilities are welcome and you can do as little or as much as you want.

[www.5kyourway.org/joining-a-5kyw-group](http://www.5kyourway.org/joining-a-5kyw-group)

York Sport Village, Lakeside Way, Heslington, York YO10 5FG

Email: [heslingtongroup@5kyourway.org](mailto:heslingtongroup@5kyourway.org)

### York Against Cancer

The Leveson Centre at York Community stadium offers complementary therapy sessions and a welcoming space to chat. York against Cancer also offer minibus transport to St James' hospital, respite breaks and support groups.

[www.yorkagaincancer.org.uk/cancer-support/](http://www.yorkagaincancer.org.uk/cancer-support/)

Community Stadium, Kathryn Ave, Huntington, York YO32 9AF

01904 764466

### York Wheels - Dial-a-ride

York Wheels offer discounted lifts for elderly people or people with disabilities with no other means of transport. They cover many popular destinations including local shopping centres and the city centre.

[www.yorkwheels.org.uk](http://www.yorkwheels.org.uk)

01904 551441

### Ramblers - York Health Walks

York Health Walks offer a programme of free easily accessible routes of 30 to 90 minutes led by experienced guides. The walks are over easy ground and taken at steady pace to suit everyone.

[www.ramblers.org.uk/go-walking/wellbeing-walks-groups](http://www.ramblers.org.uk/go-walking/wellbeing-walks-groups)

Email: [yorkhealthwalks@gmail.com](mailto:yorkhealthwalks@gmail.com)

## York Citizens Advice and Law Centre

The Citizens Advice Service offer free, confidential and impartial advice on a range of issues, including money and finances.

[www.citizensadviceyork.org.uk](http://www.citizensadviceyork.org.uk)

0808 278 7895

## Age UK York

Age UK run social clubs for people over 60 in the York area and offer a 'home from hospital' service, to help people feel more comfortable at home after a stay in hospital.

Email: [firstcall@ageukyork.org.uk](mailto:firstcall@ageukyork.org.uk)

01904 634061

## National Services

### Move Against Cancer

Move Against Cancer have a wide range of online resources and videos to support you to be active, whether you have just been diagnosed, are undergoing treatment for cancer or are recovering after cancer treatment. Find these on YouTube here:

[www.youtube.com/@moveagainstcancer](http://www.youtube.com/@moveagainstcancer)

### 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](http://www.salus.org.uk)

[info@salus.org.uk](mailto: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](http://www.pennybrohn.org.uk)

## Services for Carers

### York Carers Centre

York Carers Centre offer confidential information, advice and support to unpaid carers in the York area. Including information on benefits and finances, mental health and counselling.

[www.yorkcarerscentre.co.uk](http://www.yorkcarerscentre.co.uk)

01904 715490



**01904 721166**

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