

My Wellbeing Space: Cancer support at your fingertips



County Durham
and Darlington
NHS Foundation Trust

My Wellbeing Space has been developed to help you during and after cancer treatment by providing good quality information and support, whenever you need it.

The **free** app contains links to resources and advice about the things we know are important to you, including:

- New diagnosis
- Cancer treatments
- Emotional wellbeing
- Fatigue
- Physical activity
- Food and nutrition
- Late effects of treatment
- Financial concerns

Bite-sized video clips featuring real-life local people, including a patient, specialist nurse, GP, wellbeing practitioner and oncologist provide lots of advice to help you live well with cancer. As well as hints and tips to help improve your own wellbeing, the app provides details of organisations that can provide more support.

If you would like to register for the app, please speak to your cancer care team, pop into any of our Macmillan Information Centres, call us on 01325 743008 or email cdda-tr.macmillanccdft@nhs.net We will need your name, NHS number, date of birth, email address and mobile phone number (if possible) to get you started.

“The app is very simple to use and because the support information is tailored to your local area, very relevant” – Tina, County Durham

- If you would like to receive information about cancer health and wellbeing by email, telephone or post, please contact the Macmillan Information Centre on 01325 743008.
- By requesting this service, you are consenting to County Durham and Darlington NHS Foundation Trust (CDDFT) searching NHS Digital’s database to verify your details. You can find out more about how your information is used by visiting <https://www.cddft.nhs.uk/about-the-trust/privacy-notice.aspx>

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