



TRANSFORMING
YOUR
CANCER CARE

WE ARE
MACMILLAN.
CANCER SUPPORT

NHS
SCOTLAND

Successful Cancer Care Project embedded across Scottish Borders

A service aimed at providing one-to-one personal support to people with cancer which enables them to live as independently as possible is being embedded across the Scottish Borders.

The project is being delivered in partnership between Macmillan Cancer Support, NHS Borders, British Red Cross and the Scottish Borders Council. It is part of a joint national programme called 'Transforming Care After Treatment' which is funded by Macmillan aimed at testing and spreading new ways of supporting people with cancer across Scotland after their treatment has finished.

Cancer is a life changing experience which can affect all aspects of life and results in changes that can last long after treatment ends. Many people don't know where to turn to for help with these changes and struggle on alone.

Originally operating in and around Peebles, the service which is free of charge provides tailored advice, information and support to people with cancer to help them regain control over their life.

The service works with the person, their family and friends to help them:

- Focus on what is important to their recovery
- Build up emotional and physical strength
- Help re-engage with friends and activities

TCAT is a **free** service available throughout the Scottish Borders.

To find out more contact the Red Cross on 01896 751888.