

COVID and cancer: Help Us Help You

If you have cancer symptoms you are worried about, please contact your GP without delay. While some routine GP appointments may be postponed to free up more capacity for booster jabs, if you have potential cancer symptoms your GP will want to see you.

Finding cancer early makes it more treatable. Cancer services will keep running safely – if you need tests, you'll get them promptly.

Symptoms that could be possible signs of lung cancer are:

- A cough for three weeks or more that isn't COVID
- Chest infections that keep coming back
- Coughing up blood

Symptoms that could be possible signs of abdominal or urological cancers include:

- Discomfort in the tummy area for three weeks or more
- Diarrhoea for three weeks or more
- Blood in your pee – even just once

Please share the above messaging on your websites, in your community settings and through your social media and e-newsletters.

A full set of resources for the Help Us Help You lung campaign can be downloaded from the Public Health England website [here](#) and for the Help Us Help You abdominal or urological cancer it is [here](#). You will need to register to access the resources which will include posters like these above and social media assets.

Suggested social media post:

If you have cancer symptoms you are worried about, contact your GP without delay. Online or over the phone. Finding cancer early makes it more treatable.





Cancer services are open and your GP will want to see you. #HelpUsHelpYou
<https://www.nhs.uk/conditions/cancer/symptoms/>

COVID booster now available for ALL adults

As from Wednesday, 15 December, all adults are now eligible to book their COVID-19 booster vaccination.

You can book your booster vaccination through the NHS [National Booking System](#)

Although you can pre-book a booster dose from 2 months (61 days) after your 2nd dose, the appointment dates you'll be offered will be from 3 months (91 days) after your 2nd dose.

Or you can find a walk-in vaccination centre [here](#). You do not need to be registered with a GP to use a walk-in site.

Our NHS partners across Surrey and Sussex have been working extremely hard to roll out the COVID-19 booster vaccination programme to communities. Find all the latest updates for the area where you live here:

Sussex: [Sussex Health and Care COVID-19 Vaccination Information](#)

Surrey: [Surrey Health and Care COVID-19 Vaccination Information](#)

Frimley: [Frimley Health and Care COVID-19 Vaccine Information](#)

If you have a question about NHS Test and Trace, including help getting a test, test results, the self-isolation and quarantine rules, or raising a complaint, you can get help by visiting the [Test and Trace Digital Service](#) or by calling 119.



Third dose and booster for people with weakened immune system

People with a weakened immune system are being offered a 3rd dose of COVID-19 vaccine to give them better protection. This includes people aged 12 and over who have had or have:

- a blood cancer (such as leukaemia or lymphoma)
- a weakened immune system due to a treatment (such as steroid medicine, biological therapy, chemotherapy) or
- an organ or bone marrow transplant

If you're eligible, your GP or hospital consultant will contact you. If you have a weakened immune system, you can get a booster dose from 3 months after your 3rd dose. Again, your GP or hospital specialist will contact you when it is due. Find out more [here](#).

If you think you're eligible for a 3rd dose but have not been contacted, speak to your doctor.

Macmillan support lines open throughout Christmas

Macmillan's national support line will remain open every day between 8am to 8pm throughout the Christmas holidays.

Anyone affected by cancer can call free on **0808 808 00 00**.

There is lots of information on its website and an option for you to chat to an expert online –

www.macmillan.org.uk

Your health and wellbeing supported over Christmas - and beyond

In collaboration with a number of partners and patient representatives, the Alliance has created a Health and Wellbeing Resource pack for patients living with and beyond cancer and for their families and carers.

The pack includes information on organisations throughout Surrey and Sussex which offer physical and wellbeing support.

You can find the Health and Wellbeing Resource pack [here](#). And you can find the Christmas opening times for the organisations mentioned in the pack [here](#).



Take part in the COVID Antibody Survey

Are you aged 18 or over and have either been diagnosed with cancer in the last year or are currently receiving cancer treatment? If so, take part in the NHS COVID Cancer Antibody Survey.

It is one of the first surveys of its kind to be carried out with vulnerable/immunosuppressed groups and will help to understand the protection provided by antibodies generated following COVID-19 infection and/or vaccination in cancer patients.

All information and insight gained will link into wider attempts to help control the spread of COVID-19. Find out more here <https://covidcancersurvey.uk/>



For more information on any of the items in this newsletter and the work of Surrey and Sussex Cancer Alliance, email: rsch.sscaadmin@nhs.net

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