

# We're here for you

## Our services

### Specialist Nurse services

We have an expert team of Specialist Nurses who provide information and support. They're here for anyone concerned about or affected by prostate cancer or another prostate problem. And if you're worried about someone close to you, they're also here for friends and family.

#### Talk to our Specialist Nurses:

Call **0800 074 8383\*** (Mon-Fri 9am-6pm, Wed 10am-8pm)

**Live Chat** online (Mon-Fri 9am-4pm, Wed 10am-8pm)

Text **NURSE** to **70004** to ask for a callback

Visit [prostatecanceruk.org/nurses](https://prostatecanceruk.org/nurses)

### Sexual support service

If you or your partner are worried about the impact of treatment on your sex life and relationships, our Specialist Nurses are here to help. Visit [prostatecanceruk.org/sexual-support](https://prostatecanceruk.org/sexual-support) to complete an assessment online or call **0800 074 8383\*** for a referral.

### Translation service

Our telephone translation service can connect you with our Specialist Nurses in over 200 languages. Call **0800 074 8383\*** and state, in English, the language you need.

### Online community

Our online community is a place to talk about whatever's on your mind – your questions, your ups and your downs. Anyone can ask a question or share an experience with like-minded people. Visit [community.prostatecanceruk.org](https://community.prostatecanceruk.org)

### One-to-one support service

Our one-to-one service offers anyone affected by prostate cancer the opportunity to speak to a trained support volunteer who has been through a similar experience. We have over 60 volunteers across the UK who have a wide variety of experiences, including different treatments and side effects. We also have volunteers who have supported a loved one through a diagnosis.



To find out more or to request a referral, visit [prostatecanceruk.org/one-to-one](https://prostatecanceruk.org/one-to-one) or call our Specialist Nurses on **0800 074 8383\***.

### Support groups

Support groups are a great place to get together with other people and share experiences of living with prostate cancer. Some support groups also hold meetings online. You can ask questions, share worries and know that someone understands what you're going through. Some groups have been set up by local health professionals, others by men themselves. Many also welcome partners, friends and relatives. There are over 100 prostate cancer support groups in the UK. We have details of many of them and you can search our online support database to find a group local to you.

We also offer training and resources to help you start your own support group if there isn't one in your local area. To find out more visit [prostatecanceruk.org/supportgroups](https://prostatecanceruk.org/supportgroups)

### Reliable health information

Our award-winning health information is available to read, order or download on our website for free. All our publications are designed to help answer your questions about prostate cancer and other prostate problems and include information on tests, treatments, side effects and what to expect.

To order or download our fact sheets and booklets, visit [prostatecanceruk.org/publications](https://prostatecanceruk.org/publications) or speak to our Specialist Nurses.

### Online 'How to manage' guides

Our interactive guides have lots of tips to help you manage symptoms and side effects. We have guides on fatigue, urinary problems, sex and relationships, advanced prostate cancer, and prostatitis. Visit [prostatecanceruk.org/guides](https://prostatecanceruk.org/guides)

### Fatigue support

If you're experiencing fatigue (extreme tiredness) as a result of prostate cancer or its treatment, our fatigue support service might help.

You'll have four telephone appointments over an eight-week period with one of our Specialist Nurses. We'll support you in making practical changes to your lifestyle, and help you feel better equipped to manage your fatigue.

For more information or to request an assessment, visit [prostatecanceruk.org/fatigue](https://prostatecanceruk.org/fatigue) or call our Specialist Nurses on **0800 074 8383**.