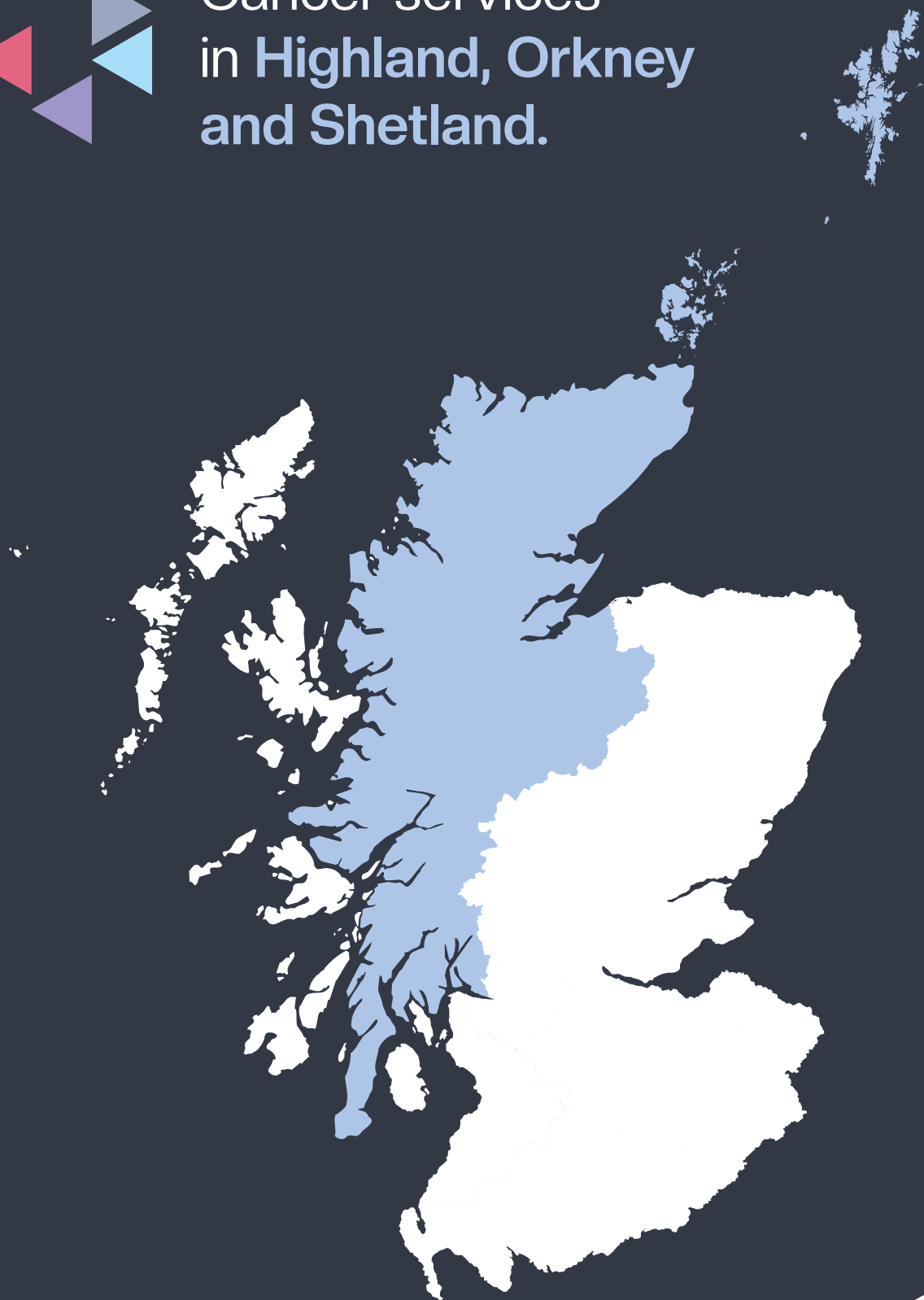




Cancer services in Highland, Orkney and Shetland.



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CANCER SUPPORT



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Board	Organisation and contact number	Sign poster	Movement and activity	Emotional support	Eating and diet
Highland	Macmillan Cancer Support Workers Highland Email: nhsh.cswservice@nhs.scot Argyll & Bute Email: nhsh.cswserviceab@nhs.scot				
	Macmillan CAB at Raigmore Hospital , Zone 6, Raigmore Hospital, Old Perth Road, Inverness, IV2 3UJ, Tel: 01463 706178 macmillancab@raigmorecab.org				
	Macmillan Cancer Support Workers (Single Point of Contact: SPOC) Via your CNS / Clinical Team Macmillan CAB, Raigmore Hospital, Tel: 01463 706178				
	Maggies Inverness Prehabilitation Session/Gynae Group/Outreach/Fitness Old Perth Road, Raigmore Hospital, Inverness, IV2 3FL, Tel: 01463 382900 Email: highlands@maggies.org				
	North Highland Cancer Information and Support Centre 5a High Street, Thurso, Caithness, KW14 8AG, Tel: 01847 890996 cancer.support@btconnect.com				
	Highland Highlife (Inverness and online) High Life Highland, Highland Archive Centre, Bught Road, Inverness, IV3 5SS, Tel: 01349 781700 Email: info@highlifehighland.com				
	The Ledge Climbing Centre , Unit 2, Telford St Retail Park, Inverness, Tel: 07873 818868				



Board	Organisation and contact number	Sign poster	Movement and activity	Emotional support	Eating and diet
Highland	Green Health Partnership Great Glen House, Leachkin Road, Inverness IV3 8NW Tel: 01463 725 000 Email: info@thinkhealththinknature.scot Connect with Nature Think Health Think Nature		 		
	Lochaber Macmillan CAB (financial advice) Dudley Road, Lochaber, Fort William, PH33 6JB, Tel: 01397 705311 www.lochabercab.org.uk				
Orkney	Clan Cancer Support 30 Victoria Street, Kirkwall, KW15 1DN Tel: 01856 873 393 orkney@clancancersupport.org		  		
	Maggies Aberdeen Elizabeth Montgomerie Building, Aberdeen Royal Infirmary, Aberdeen, AB25 2UZ Tel: 01224 645928 aberdeen@maggies.org				
Shetland	Clan Cancer Support First floor Islesburgh Community Centre, King Harald St, Lerwick, ZE1 0EQ Tel: 01595 697275 shetland@clancancersupport.org				
	Maggies Aberdeen Elizabeth Montgomerie Building, Aberdeen Royal Infirmary, Aberdeen, AB25 2UZ, Tel: 01224 645928 aberdeen@maggies.org				