



Brain tumour

This leaflet is for patients with a brain tumour and provides details of organisations you may find helpful.

Your specialist nurse is:

Tanya Betts Wednesday 8.00am - 4.00pm
 Thursday 8.00am - 4.00pm
 Friday 9.30am - 4.00pm
 020 3826 2096 or 07766 244768

For appointment enquiries contact your consultant's secretary

**For emergencies:
 24 hr Emergency Advice Line:
 07825 028855**

If you have any questions about your cancer, please do not hesitate to contact the **Lynda Jackson Macmillan Centre** at Mount Vernon Cancer Centre. The drop-in centre and telephone helpline are open:

Mon – Fri: 9.30am – 4.30pm

Helpline: **020 3826 2555**

Website: **www.ljmc.org**

List of **local support and information services:** ask for a copy of LJMC leaflet HHC200

Organisations for brain tumours

Brain & Spine Foundation

0808 808 1000
www.brainandspine.org.uk

Brain Tumour Action

0131 466 3116
www.braintumouraction.org.uk

Brain Tumour Charity

0808 800 0004
www.thebraintumourcharity.org

Brainstrust

01983 292405
www.brainstrust.org.uk

Meningioma UK

01787 374084
www.meningiomauk.org

Other organisations

Epilepsy Action

0808 800 5050
www.epilepsy.org.uk

Headway - the brain injury association

0808 800 2244
www.headway.org.uk

Stroke Association

Supports and empowers people with Aphasia
 0303 303 3100
www.stroke.org.uk

Local support groups

Bedford

Brain Injury Charity, Headway Bedford
 01234 310 310

Hertfordshire

Headway Hertfordshire
 0300 330 1455

High Wycombe

South Bucks Hospice
 01494 463198

Hillingdon

Hillingdon Brain Tumour and Injury Group

07769 323142

hbtg.org.uk

Luton

Headway Luton

01582 876 729

North London

Meningioma UK

Enfield Town Library

01787 374 084

For more support groups, please check on the Macmillan Cancer Support website, under 'In your area' on www.macmillan.org.uk

Other sources of support and information

Cancer Research UK

Funds research into cancer. Provides information on cancer and its treatments.

0808 800 4040

www.cancerresearchuk.org

HealthTalkOnline

Website with videos in which patients share their experiences of cancer.

www.healthtalk.org

Macmillan Cancer Support

Provides practical, medical and financial support.

0808 808 0000

www.macmillan.org.uk

Macmillan Online Community

Anonymous, free network of people affected by cancer. Join and get support from others.

www.community.macmillan.org.uk

NHS

www.nhs.uk

After treatment

HOPE (Help Overcoming Problems Effectively)

This course helps people who have had cancer to move on with life after treatment.

It runs for 6 weeks, 2½ hours a week, at the Lynda Jackson Macmillan Centre (LJMC).

The course aims to enable people to cope emotionally, psychologically and practically by focusing on building on their existing strengths.

Please drop in or call the LJMC on 020 3826 2555 for further details.

Take Control

This is a 3-hour workshop at the LJMC for both men and women who have had any type of cancer to move on with life after treatment.

This session focuses on practical and emotional skills, self-management techniques and coping strategies to help you move forward and 'take control' of life after treatment has finished.

The course content is based on the 6-week HOPE course.

It is held at the LJMC and runs every few months.

Patients who attend Take Control are also welcome to do the 6-week HOPE course at a later date.

Time & Space

This is a 3-hour workshop at the LJMC for people who are caring for someone who has cancer as they move on together.

It provides a safe and supportive place for you to reflect and learn practical and emotional skills to help in your caring role.

These include:

- stress management
- fatigue management
- relaxation
- coping strategies

There may also be 6-week courses for carers. Please ask for availability.