



Breast cancer

This leaflet is for patients with breast cancer and provides details of organisations you may find helpful.
Your specialist nurses are:

Julie Elliott (Mon-Wed)

Jenny Gradwell (Wed-Fri)

020 3826 2097 or 07770 442922

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 – 1pm & 2pm – 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 breast cancer

Breast Cancer Now

0333 207 0300

www.breastcancernow.org

Breast Cancer Care

0808 800 6000

www.breastcancercare.org.uk

Lavender Trust

Support and information for younger
women with breast cancer.

See Breast Cancer Care

Other organisations

Daisy Network

Supports women who have experienced
a premature menopause due to a
medical condition or treatment.

www.daisynetwork.org.uk

Hereditary Breast & Ovarian Cancer Helpline

Provides information and support
to women concerned about a
family history of breast cancer.

01629 813000

www.breastcancergenetics.co.uk

Headstrong Hair Loss Advisory Service

see Breast Cancer Care

Lymphoedema Support Network

020 7351 0990

www.lymphoedema.org

My New Hair

Provides public advice and supports
independent salons and professionals who
provide a wig styling service for people
suffering from cancer and medical hair loss.

www.mynewhair.org

Local support groups

Ashford

Breast Cancer Support Group

Contact: Pat Morrison

01784 252344

Web: www.ashfordbreastcancersupportgroup.org

Great Missenden

Up Front (Chiltern Breast Cancer Support Group)

01494 890890

Web: www.upfront.org.uk

Luton

Breast Cancer Support Group

Contact: Jan Chalkley

01582 497103

Milton Keynes

Bosom Pals Breast Cancer Support Group

Contact: Jaff Newton

01908 610598

Web: www.bosompals-miltonkeynes.btck.co.uk

Northwood

Living with Secondary Breast Cancer

0845 077 1893

Northwood

Trojans Breast Cancer Support Group

Contact: Wendy Pollard

01923 266728

Web: www.trojansupport.me.uk

Stevenage

Secondary Breast Cancer Support Group

Contact: Gill Hutson

01438 284877

Tring

Bosom Buddies

Contact: Sue Gore

07715 107800

Web: www.bosombuddiestring.com

Windsor

Bosom Friends Breast Cancer Support Group

Contact: Pamela Sanders

01753 817315 (Daytime)

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 Choices

www.nhs.uk

After treatment

Take Control

This is a 3-hour workshop for cancer patients who have finished, or are just about to finish treatment. It 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.

Lynda Jackson Macmillan Centre

Mount Vernon Hospital tel: 020 3826 2555

HOPE

A course that helps people who have had cancer to move on with life after treatment. It runs for six weeks, 2½ hours a week, at the Lynda Jackson Macmillan Centre. The course aims to enable people to cope emotionally, psychologically and practically by focusing on building on their existing strengths.

Lynda Jackson Macmillan Centre

Mount Vernon Hospital tel: 020 3826 2555

Exercise class

Gentle aerobic exercise classes for patients who have had breast cancer. Classes held on Tuesdays at Mount Vernon Hospital.

07977 907588