



Breast cancer

This leaflet is for patients with breast cancer and provides details of organisations you may find helpful.

The specialist nurses for secondary breast cancer are:

Jenny Gradwell Mon, Fri 8.30am-4.30pm
Wed 8.30am-4.00pm

Julie Elliott Mon 8.30am-4.30pm
Wed, Fri 9.30am-2.30pm

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 – 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 Cancer Helpline

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

01629 813000

www.breastcancer genetics.co.uk

Lymphoedema Support Network

020 7351 4480

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

01784 252344/455760

Web: www.ashfordbreastcancersupportgroup.org

Great Missenden

Up Front (Chiltern Breast Cancer Support Group)

Web: www.upfront.org.uk

info@upfront.org.uk

Luton

Breast Cancer Support Group

01582 497103

Milton Keynes

Bosom Pals Breast Cancer Support Group

01908 610598

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

Northwood

Living with Secondary Breast Cancer

0845 077 1893

Northwood

Trojans Breast Cancer Support Group

01923 266728

Web: www.trojansupport.me.uk

Stevenage

Secondary Breast Cancer Support Group

01438 284877

Windsor

Pink Rainbow Breast Cancer Support Group

01628 625465 or 07989 862941

Other sources of support and information

Cancer Research UK

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

0300 123 1022

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

Breast Cancer Care - Moving Forward

This 4-week Moving Forward course is led twice a year by the charity Breast Cancer Care at Mount Vernon Hospital. It is for people who have completed or are near the end of their treatment for primary breast cancer.

The half day sessions aim to provide information, support and professional guidance on a range of topics to help you cope with changes and manage uncertainties and establish a 'new normal'. This is done with the support of expert speakers.

For information or to book a place for the Moving Forward course, please call Breast Cancer Care directly on 0345 077 1893, or email: movingforward@breastcancercare.org.uk

Exercise class

Gentle aerobic exercise classes for patients who have had breast cancer. Classes held on Tuesdays at Mount Vernon Hospital tel: 07977 907588