



## Head & neck cancer

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

Your specialist nurses: 020 3826 2089

**Audrey Scott** 07768 237522  
(Mon, Tues & Wed)

**Head & neck support nurses**  
(Mon-Fri) 07825 025499

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

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## Organisations for head and neck cancer

### Laryngeal cancer

#### Cancer Laryngectomy Trust

Provide support and understanding  
for people who are about to have,  
or have had, a laryngectomy.

01422 205522

[www.cancerlt.org](http://www.cancerlt.org)

#### National Association of Laryngectomy Clubs

National network of clubs offering  
non-medical help and information.

020 7730 8585

[www.laryngectomy.org.uk](http://www.laryngectomy.org.uk)

### Thyroid cancer

British Thyroid Foundation

01423 810093

[www.btf-thyroid.org](http://www.btf-thyroid.org)

## Other organisations

### ENT UK

Website includes information for patients.

020 7404 8373

[www.entuk.org](http://www.entuk.org)

### Changing Faces

Practical and emotional support for people  
and families who are living with conditions,  
marks or scars that affect their appearance.  
Also runs skin camouflage service.

0300 012 0275

[www.changingfaces.org.uk](http://www.changingfaces.org.uk)

### Stopping smoking

#### Smokefree Helpline

Expert advice and encouragement from  
specialist advisers.

0300 123 1044

[www.smokefree.nhs.uk](http://www.smokefree.nhs.uk)

## Local support groups

### Amersham

Chiltern Chatterbox Club  
Contact: Speech & Language Therapy  
Department 01494 734415

### Luton

#### Head and Neck Social Group

Contact: Hugh McGrath 01462 711556  
Web: [www.hansg.co.uk](http://www.hansg.co.uk)

### Stevenage

The New Speakers Club (laryngectomees)  
Contact: Hugh McGrath 01462 711556 or  
Valeria Seddon 01992 500071

### Northwood

Head and Neck Support Group  
Contact: Audrey Scott  
020 3826 2089

## 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](http://www.cancerresearchuk.org)

### HealthTalk

Website with videos in which patients share their experiences of cancer.  
[www.healthtalk.org](http://www.healthtalk.org)

### Macmillan Cancer Support

Provides practical, medical and financial support. 0808 808 0000  
[www.macmillan.org.uk](http://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](http://www.community.macmillan.org.uk)

### NHS Choices

[www.nhs.uk](http://www.nhs.uk)

## Videos

The head & neck support group at Mount Vernon Cancer Centre has produced some videos about aspects of head and neck cancer and its treatments. These can be viewed on the 'Links' section on: [www.ljmc.org](http://www.ljmc.org)

## 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  
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