



Skin cancer

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

Gail Prout 020 3826 2095
or 07825 934217

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 skin cancer

British Association of Dermatologists

Professional organisation for dermatologists in the UK. Website includes information sheets on skin diseases and treatments.

020 7383 0266

www.bad.org.uk

Other organisations

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

SunSmart

UK's national skin cancer prevention campaign, run by Cancer Research UK.

www.sunsmart.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

HealthTalk

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
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.

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