



Urological cancer: bladder, kidney, prostate, testicular

This leaflet is for patients with urological (bladder, kidney, prostate and testicular) cancer and provides details of organisations you may find helpful.

Your specialist nurse is:

Kate Eldridge (bladder and prostate cancers only)

Mon: 9.00am–7.00pm, Tues: 9.00am–6.00pm

Wed: 10.00am–3.00pm

020 3826 2090 or 07825 934067

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 urological cancer

Bladder & Bowel Foundation

Provides information and support to people with bladder and bowel control problems.

0845 345 0165

www.bladderandbowelfoundation.org

Bladder cancer

Fight Bladder Cancer

www.fightbladdercancer.co.uk

Kidney cancer

Kidney Cancer UK

0800 002 9002

www.kcuk.org.uk

National Kidney Federation

0845 601 0209

www.kidney.org.uk

Prostate cancer

Orchid

Promotes awareness and funds research of male cancers.

0808 802 0010

www.orchid-cancer.org.uk

Prostate Cancer UK

0800 074 8383

www.prostatecanceruk.org

Testicular cancer

Orchid

Promotes awareness and funds research of male cancers.

0808 802 0010

www.orchid-cancer.org.uk

Other organisations

Hollister Ltd

Provides products for ostomy care and continence care.

0800 521377 (customer services)

www.hollister.com/uk

Urostomy Association

Offers support, reassurance and practical information to anyone who may be about to undergo, or who has already had surgery resulting in a urostomy.

01889 563191

www.urostomyassociation.org.uk

White Rose Collection Ltd

Useful products to make life with a stoma more comfortable including underwear, swimwear and accessories.

0345 460 1910

www.whiterosecollection.com

Local support groups

Barnet

Men Down Under

Contact: Fiona Kiddle 020 8441 7000

Chorleywood

Friends of Prostate Sufferers

Contact: Dennis and Gabrielle

01923 286804

www.thefops.org.uk

High Wycombe

Chilterns Prostate Cancer Support Group

Contact: Keith, tel: 01494 531570

www.chilternsprostatecancersupportgroup.co.uk

London

Metro Walnut

Monthly group held in Greenwich, London for gay and bisexual men affected by prostate cancer.

020 8305 5000

www.metrocentreonline.org

Northwood

Prostate Cancer Support Group

Mount Vernon Hospital

Contact: Sue Hordyj, tel: 020 3826 2555

Stevenage

Prostate Cancer Support Group

listerprostatecancersupportgrp.jimdo.com

Yiewsley

Community Cancer Centre

For men worrying about prostate, testicular and other cancers.

01895 461016

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