



## Getting Help

This information aims to offer ways of finding help from health professionals, local services or national organisations for both patients and carers. It is not intended to replace medical advice given to you by your GP (family doctor).

There is a great deal of help available, far more than we have mentioned here, but unless you or a carer asks for it, people may assume that you are managing quite well on your own. We all need some help now and then, so don't be afraid to ask, it could make all the difference to you.

Contact	What they provide	How to contact
Your Specialist Nurse	Specialise in cancer care & give patients information & emotional support.	Name: Tel:
General Practitioner (GP)	This is your family doctor. Please call the surgery for details of individual surgery times, appointments and referrals.	Name: Tel:
Lynda Jackson Macmillan Centre (LJMC) Mount Vernon Hospital Northwood Middlesex. HA6 2RN	For patients/carers. Information on cancer, it's issues, treatments & side-effects. Local/national support. Drop-in centre. Relaxation sessions. Counselling and complementary therapies available to cancer patients under the care of a Mount Vernon oncologist.	Helpline: 01923 844014 Monday - Friday 9.30am - 1pm + 2pm - 4.30pm www.ljmc.org
Community Cancer Centre 18a Fairfield Road, Yiewsley, Middlesex UB7 8EX	Cancer support and information Drop-in Centre for patients/carers and anyone affected by cancer living in the Borough of Hillingdon. Complementary therapies available.	Tel: 01895 461016 Mon - Fri 10am - 4pm www.communitycancercentre.org.uk
Cherry Lodge Cancer Care 23 Union Street Barnet, Herts.EN5 4HY	Cancer support & information centre for patients, their family & carers. Home befriending in North London area. Complementary therapies. Call for appt to become member or for further details.	Tel: 020 8441 7000 Mon - Fri: 9.30am - 4.30pm www.cherrylodgecancercare.org.uk
Grove House Canceri Waverley Rd, St.Albans AL3 5QX	Confidential telephone helpline & drop-in centre for people concerned about or affected by cancer. Services available for St. Albans/ district & Dacorum.	Helpline: 01727 843401 Mon - Fri 10am - 4pm
Macmillan Cancer Support 89 Albert Embankment London SE1 7UQ	National charity. Provides expert care (via nurses) & practical & emotional support to people living with cancer. Services are free, confidential and available to anyone. Financial help may be available to some cancer patients, ask your Macmillan team for details.	Macmillan CancerLine: 0808 808 2020 Mon - Fri 9am - 9pm www.macmillan.org.uk e:cancerline@macmillan.org.uk
Cancer Research UK P O Box 123 London WC2A 3PX	Confidential support regarding cancer treatment and clinical trials, and any questions about cancer. Funds research into the prevention, treatment and cure of all forms of cancer.	Freephone: 0800 226 237 Mon - Fri: 9am - 5pm Support line: 0207 121 6699 www.cancerresearchuk.org
Community Nurse or District Nurse	Provide nursing care and practical advice. Usually based in health clinics.	Contact your GP and ask to be referred.
Benefits Advice www.dwp.gov.uk	Advice on what you may be entitled to claim. Ask at the LJMC or call either the Benefits Enquiry Line or Macmillan Benefits Advice line: 0808 801 0304	Benefits Enquiry Line: 0800 882200 textphone 0800 243355

Contact	What they provide	How to contact
Crossroads - Caring for Carers 10 Regent Place, Rugby Warwickshire CV21 2PN	Service to support carers. Over 210 Attendant schemes throughout the UK. There is usually a small charge. Call for details of a scheme near you.	Info line: 0845 4500350 Mon - Fri: 9am - 5pm www.crossroads.org.uk
Cancer Support Groups There are a number of specific support groups in our catchment area. Ask for details.	Provide support & an opportunity to meet others. For people with cancer, their partners, family and friends. Activities vary and can include information, meetings, telephone helplines, home or hospital visiting.	See factsheet on Support Groups' for a group near you. Can be obtained from the Lynda Jackson Macmillan Centre.
Marie Curie Nursing Service	Nurse trained in cancer care to stay with sick person for periods up to 24 hours.	Contact your Community/Macmillan Nurse.
Specialist Advisors	Specialist advice for particular problems for example stoma care, incontinence problems.	Ask to be referred by your GP.
Meals on Wheels	Hot mid-day meal brought to your home if you are not able to cook. May be incorporated in a Community Care package.	Contact Social Services or your GP. There is a charge for the meals.
Home carer	Help with housework and shopping. Service varies in different areas. (May be a charge.)	Home Help organiser at Social Services.
British Red Cross	Short term loans of equipment such as wheelchairs.	Local telephone directory under British Red Cross.
Disabled Living Foundation 380-384 Harrow Road London W9 2HU	Advice on aids & equipment for disabled and older people. Advice on where to buy them. Demonstration Centre of equipment. email: advice@dlf.org.uk	helpline: 0845 130 9177 textphone: 0207 432 8009 Mon - Fri: 10am-4pm www.dlf.org.uk
Counsel and Care Twyman House, 16 Bonny Street London NW1 9PG	Support, advice and information for older people and carers on their entitlement to care & palliative care. Grants available for help of different kinds. Factsheets available. (Wednesday afternoon closed.)	0207 241 8555 Mon-Fri 10-4 helpline: 0845 300 7585 www.counselandcare.org.uk e: advice@counselandcare.org.uk
DIAL UK Disability Information Advice Line	Free independent advice on all aspects of disability over the phone & in Drop-in Centres. Can arrange to visit less mobile clients in their homes.	01302 310123 www.dialuk.org.uk e: enquiries@dialuk.org.uk
UKHCA 52 Sutton Court Road, Sutton, Surrey SM1 4SL	Organisation providing details of home care and nursing care for people in their own homes.	helpline 020 8288 5291 www.ukhca.co.uk

- Check with your doctor, or the pharmacist when your tablets should be taken, for example, whether with or without food, and write down which tablets can be safely increased, and by how much. This is important and useful, especially with pain control. Find out what each tablet is for.
- Do not worry about asking questions of your doctor or pharmacist. He/she will not mind. It is far better and safer to ask first, rather than worry afterwards.
- If you are taking a large number of tablets, it may be possible for the pharmacist to provide you with a special box, with a daily section for each tablet.
- If you normally pay for NHS prescriptions: People undergoing treatment for cancer do not have to pay NHS prescription charges if they have a valid medical exemption certificate. Apply for an exemption certificate by collecting an application form from your GP or cancer clinic.
- Keep a note of any questions, worries or concerns you may have, as they happen, so that you will remember to tell the nurse, doctor or family member.