



Breast Cancer

This leaflet has been written for patients with breast cancer.

There is a range of information available on cancer and its treatments. The aim of this leaflet is to give you sources of reliable information that will be helpful.

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:

Monday - Friday: 9.30am - 1pm & 2pm - 4.30pm
Helpline: **01923 844014**

Your Specialist Nurse is:

Bernie Phelan 01923 844631

Other sources of information:

NHS Choices: www.nhs.uk
Lynda Jackson Macmillan Centre www.ljmc.org

List of local support and information services:
ask for a copy of LJMC leaflet HHC200

List of local support groups:
ask for a copy of LJMC leaflet HHC243

Breast Cancer Care 5 - 13 Great Suffolk St London SE1 0NS	Provides support and information to women with breast cancer and other breast problems. This service is also available to families, partners and friends. email: info@breastcancercare.org.uk	Helpline: 0808 800 6000 M - F: 9 - 5pm Sat: 9 - 2pm textphone: 0808 800 6001 www.breastcancercare.org.uk
Lavender Trust 5 - 13 Great Suffolk St London SE1 0NS	A subdivision of Breast Cancer Care which raises money to fund breast cancer care, information and support to younger women with breast cancer.	Helpline: 0808 800 6000 M - F: 9 - 5pm Sat: 9 - 2pm textphone: 0808 800 6001 www.breastcancercare.org.uk
Breakthrough Breast Cancer Weston House 246 High Holborn London WC1V 7EX	A national charity providing information and support for people affected by breast cancer. Supporting research and education.	08080 100 200 Mon - Fri: 8am - 8pm www.breakthrough.org.uk e: info@breakthrough.org.uk
Lymphoedema Support Network St Luke's Crypt, Sydney St London SW3 6NH	A national charity providing support & information to people with Lymphoedema. Produces a range of factsheets and a quarterly newsletter. Has information on local Lymphoedema Specialists.	0207 351 4480 www.lymphoedema.org/lsn
Exercise class held in Seminar Room, Physiotherapy Department Mount Vernon Hospital	Gentle aerobic exercise classes for patients with experience of breast cancer. Small charge. Patients need a letter from their doctor / BCN (breast care nurse) giving medical approval to participate.	Weekly on Tuesdays 1.45pm - 2.45pm. For more info call the Class Co-ordinator on: 07977 907588
Trojans	Held at Mount Vernon Hospital in the Postgraduate Centre. Third Wednesday of each month 7pm – 9pm. Offers visiting speakers and mutual support. Please ring before attending.	01923 266728 www.trojansupport.me.uk e: trojanguroup@hotmail.com
The London Haven Effie Road London SW6 1TB	The Haven offers free support, information and complementary therapies to anyone affected by breast cancer. A free CD/DVD package is available if The Haven is too far away.	020 7384 0099 www.thehaven.org.uk For CD/DVD package e: havenathome@thehaven.org.uk

