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](http://www.ljmc.org)

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

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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](http://www.bladderandbowelfoundation.org)

Bladder cancer

**Fight Bladder Cancer**
[www.fightbladdercancer.co.uk](http://www.fightbladdercancer.co.uk)

**Kidney cancer**

**Kidney Cancer UK**
0800 002 9002
[www.kcuk.org.uk](http://www.kcuk.org.uk)

**National Kidney Federation**
0845 601 0209
[www.kidney.org.uk](http://www.kidney.org.uk)

**Prostate cancer**

**Orchid**
Promotes awareness and funds research of male cancers.
0808 802 0010
[www.orchid-cancer.org.uk](http://www.orchid-cancer.org.uk)

Testicular cancer

**Orchid**
Promotes awareness and funds research of male cancers.
0808 802 0010
[www.orchid-cancer.org.uk](http://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](http://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](http://www.urostomyassociation.org.uk)
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