



Breast cancer (primary)

This leaflet is for patients with primary breast cancer and provides details of organisations you may find helpful.

For information and support:

Lynda Jackson Macmillan Centre

Mount Vernon Cancer Centre
Mon – Fri: 9.30am – 4.30pm
Telephone: **020 3826 2555**

Lister Macmillan Information Centre

Lister Hospital, Stevenage
Mon – Fri: 10.00am – 4.00pm
Telephone: **01438 284657**

For urgent advice about treatment and side effects:

Call the centre where you are receiving treatment:

Mount Vernon Cancer Centre (MVCC)

24hr Emergency Advice Line: **07825 028855**

Lister Hospital

Mon-Fri 9.00am-5.00pm: **07827 823509**
At other times, call the MVCC number above

For appointment enquiries, contact your consultant's secretary

● Information about breast cancer

Breast Cancer Now

Tel: 0808 800 6000
www.breastcancernow.org

Hereditary Breast Cancer Helpline

Provides information and support to women concerned about a family history of breast cancer.
Tel: 01629 813000
www.breastcancergenetics.co.uk

● Relevant organisations

Daisy Network

Supports women who have experienced a premature menopause due to a medical condition or treatment.
www.daisynetwork.org.uk

Lymphoedema Support Network

Tel: 020 7351 4480
www.lymphoedema.org

My New Hair

Provides help, advice and support to people living with the effects of medical hair loss
www.mynewhair.org

● Local support groups

For details of local support groups, look at the 'In your area' section of the Macmillan Cancer Support website:
www.macmillan.org.uk

Northwood

Trojans Breast Cancer Support Group

Tel: 01923 266728
www.trojansupport.me.uk

Welwyn Garden City

Breast Friends

Tel: 01707 880632

● General information about cancer

Cancer Research UK

Funds research into cancer. Provides information on cancer and its treatments.
Tel: 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 information on all aspects of cancer and its treatments including medical, practical and financial issues.
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 Website

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.

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. The course aims to enable people to cope emotionally, psychologically and practically by focusing on building on their existing strengths.

For dates and details of courses, contact:

Lynda Jackson Macmillan Centre

020 3826 2555

or

Lister Macmillan Information Centre

01438 284657

Moving Forward

This 4-week course is run by Breast Cancer Now at Mount Vernon Hospital. It is for people who have completed or are near the end of their treatment for primary breast cancer.

The half day sessions aim to provide information, support and professional guidance on a range of topics to help you cope with changes, manage uncertainties and establish a 'new normal'.

For information or to book a place, please call Breast Cancer Now on 0345 077 1893, or email: movingforward@breastcancercare.org.uk

Exercise class

Gentle aerobic exercise classes for patients who have had breast cancer. Classes held on Tuesdays at Mount Vernon Hospital.
Tel: 07977 907588