



Helpful contacts: 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**, visit or call:

Lynda Jackson Macmillan Centre

Mount Vernon Cancer Centre

Mon–Fri: 9.30am–4.30pm

Telephone: **020 3826 2555**

For details of other local support centres, visit:

www.ljmc.org/information/support-centres

For **urgent advice** about treatment and side effects, call:

Mount Vernon Cancer Centre (MVCC)

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

For **appointment and other enquiries** call:

0333 332 5470

● Information about breast cancer

Breast Cancer Now

Tel: 0808 800 6000

www.breastcancer.org

Hereditary Breast Cancer Helpline

Provides information and support to people concerned about a family history of breast cancer.

Tel: 01629 813000

www.breastcancer.genetics.co.uk

● Relevant organisations

Daisy Network

Supports women who have experienced a premature menopause due to a medical condition or treatment.

www.daisynetwork.org

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

● General information about cancer

Cancer Research UK

Funds research into cancer. Provides information on cancer and its treatments.
Tel: 0300 123 1022
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.
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

Moving Forward

This course is run by Breast Cancer Now. It is suitable for people who have completed or are near the end of their treatment for primary breast cancer.

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

This course is also run online.

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