



## Helpful contacts: Gastrointestinal cancer

This leaflet is for patients with gastrointestinal 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](http://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 enquiries**, contact your consultant's secretary

### ● Bowel cancer

**Bowel Cancer UK**

Tel: 020 7940 1760  
[www.bowelcanceruk.org.uk](http://www.bowelcanceruk.org.uk)

**Bladder & Bowel Community**

[www.bladderandbowel.org](http://www.bladderandbowel.org)

### ● Cancer of unknown primary (CUP)

**Jo's Friends** (Cancer of Unknown Primary Foundation)

[cupfoundjo.org](http://cupfoundjo.org)

### ● GIST

**GIST Cancer UK**

Tel: 0300 400 0000  
[www.gistcancer.org.uk](http://www.gistcancer.org.uk)

### ● Oesophageal cancer

**Ochre**

Tel: 0800 822 3370  
[www.ochrecharity.org.uk](http://www.ochrecharity.org.uk)

**Oesophageal Patients Association**

Tel: 0121 704 9860  
[www.opa.org.uk](http://www.opa.org.uk)

### ● Pancreas cancer

**Pancreatic Cancer UK**

Tel: 0808 801 0707  
[www.pancreaticcancer.org.uk](http://www.pancreaticcancer.org.uk)

### ● Sarcoma

**Sarcoma UK**

Tel: 0808 801 0401  
[www.sarcoma.org.uk](http://www.sarcoma.org.uk)

### ● Relevant organisations

**Colostomy UK**

Offers support, reassurance and practical information to anyone who may be about to have, or already has, a stoma.  
Tel: 0800 328 4257  
[www.colostomyuk.org](http://www.colostomyuk.org)

**Guts UK**

Provides information for patients and families affected by digestive diseases.  
[www.gutscharity.org.uk](http://www.gutscharity.org.uk)

**Hollister Ltd**

Provides products for ostomy care and continence care.  
Tel: 0800 521377  
[www.hollister.co.uk](http://www.hollister.co.uk)

### **Ileostomy & Internal Pouch Association**

Provides support and information; also runs 1-2-1 support volunteer listening service.

Tel: 0800 018 4724

[www.iasupport.org](http://www.iasupport.org)

### **My New Hair**

Provides provide help, advice and support to people living with the effects of medical hair loss

[www.mynewhair.org](http://www.mynewhair.org)

### **White Rose Collection Ltd**

Useful products to make life with a stoma more comfortable including underwear, swimwear and accessories.

Tel: 0345 460 1910

[www.whiterosecollection.com](http://www.whiterosecollection.com)

## ● **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](http://www.cancerresearchuk.org)

### **HealthTalkOnline**

Website with videos in which patients share their experiences of cancer.

[www.healthtalk.org](http://www.healthtalk.org)

### **Macmillan Cancer Support**

Provides information on all aspects of cancer and its treatments including medical, practical and financial issues.

Tel: 0808 808 0000

[www.macmillan.org.uk](http://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](http://community.macmillan.org.uk)

### **NHS website**

[www.nhs.uk](http://www.nhs.uk)

## ● **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](http://www.macmillan.org.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