



Helpful contacts: Head & neck cancer

This leaflet is for patients with head and neck 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

● Mouth cancer

Mouth Cancer Foundation

Provides support for people with mouth, throat and other head and neck cancer.

Tel: 01924 950950

www.mouthcancerfoundation.org

● Throat cancer

Throat Cancer Foundation

Support and information on treatment and care.

Tel: 020 3475 4065

www.throatcancerfoundation.org

Cancer Laryngectomy Trust

Provides support and understanding for people who are about to have, or have had, a laryngectomy.

www.cancerlt.org

National Association of Laryngectomy Clubs

National network of clubs offering non-medical help and information, online and by telephone.

Tel: 020 7730 8585

www.laryngectomy.org.uk

● Thyroid cancer

British Thyroid Foundation

Provides support to people with thyroid disorders.

Tel: 01423 810093

www.btf-thyroid.org

● Relevant organisations

Changing Faces

Practical and emotional support for people and families who are living with conditions, marks or scars that affect their appearance. Also runs skin camouflage service.

Tel: 0300 012 0275

www.changingfaces.org.uk

ENT UK

Professional body representing ear, nose and throat surgery. Information for patients written by experienced surgeons.

www.entuk.org

Smokefree

Expert advice and encouragement from specialist advisers.

www.nhs.uk/smokefree

● 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

Codicote

Head & neck cancer support & social group
Tel: 01438 284941

The Swallows

National head & neck cancer support group. Provides help, support and information.

Tel: 07504 725059

www.theswallows.org.uk

● 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

HealthTalk

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.

Tel: 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

● Videos

The head & neck support group at Mount Vernon Cancer Centre has produced some videos about aspects of head and neck cancer and its treatments. These can be viewed in the 'Information and links' section on:

www.ljmc.org

● 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

Tel: 020 3826 2555