



## Lung cancer

This leaflet is for patients with lung 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 lung cancer

#### **British Lung Foundation**

0300 003 0555  
[www.blf.org.uk](http://www.blf.org.uk)

#### **Mesothelioma UK**

0800 169 2409  
[www.mesothelioma.uk.com](http://www.mesothelioma.uk.com)

#### **Roy Castle Lung Cancer Foundation**

0333 323 7200  
[www.roycastle.org](http://www.roycastle.org)

### ● Stopping smoking

#### **Smokefree**

Expert advice and encouragement from specialist advisers.  
[www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)

### ● 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)**

#### **Letchworth**

**Lung Cancer Patient Support Group**  
07990 566190

#### **Welwyn Garden City**

**Lung Cancer Patient Support Group**  
07771 872947

## ● General information about cancer

### **Cancer Research UK**

Funds research into cancer. Provides information on cancer and its treatments.  
0808 800 4040  
[www.cancerresearchuk.org](http://www.cancerresearchuk.org)

### **HealthTalk**

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

### **NHS**

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