



Helpful contacts: Skin cancer

This leaflet is for patients with skin 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 skin cancer

Melanoma UK

Tel: 0808 171 2455

www.melanomauk.org.uk

● Relevant organisations

British Association of Dermatologists

Professional body for dermatologists in the UK. Website includes information sheets on skin diseases and treatments.

www.bad.org.uk

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

● 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

● 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

● 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