

Contact details

The best way to contact us is by telephone on:

020 3826 2097 or **07770 442922**

email: mvbreastcns.enh-tr@nhs.net

If we are not available, please leave a message on the voicemail and we will return your call as soon as we are able to do so. Please note: this is not an emergency number.

Our normal working hours are:

Jenny: Mon, Fri 8.30am-4.30pm
Wed 8.30am-4.00pm

Julie: Mon, Fri 8.00am-5.30pm
Tues, Wed & Thurs 8.00am-3.00pm

Laura: Mon, Tue, Thurs, Fri 9.00am-5.00pm
Wed 8.30am-3.00pm

If you need emergency medical advice at night, weekends or public holidays, please contact the **24 hr Acute Oncology service** on: **07825 028855**

Please note: When you start your treatment, potential side effects will be explained to you. If you are having chemotherapy and show signs of an infection, ie, serious cough, breathlessness and/or raised temperature, you should call the 24 hr Acute Oncology Service directly.

Getting more support and information

Visit or call the Lynda Jackson Macmillan Centre at Mount Vernon Cancer Centre.

The centre is staffed by healthcare professionals and specially trained volunteers who are able to provide support and information on all aspects of cancer and its treatments.

- Drop-in centre
- Telephone Helpline
- Benefits advice
- Pre-treatment visits
- Complementary therapies
- Relaxation classes
- Counselling

Opening hours

Monday - Friday
9.30am - 1.00pm & 2.00 - 4.30pm

The Lynda Jackson Macmillan Centre is situated between the Cancer Centre and Gate 3 (White Hill)

Telephone Helpline: **020 3826 2555**

Website: www.ljmc.org

Macmillan Nursing Service for Secondary Breast Cancer

Jenny Gradwell

Julie Elliott

Clinical Nurse Specialists

Laura Cheshire

Support Nurse

As you are starting treatment at Mount Vernon Cancer Centre, we would like to introduce ourselves to you and explain how we may be able to help you throughout your time in our care.

Our names are **Jenny Gradwell, Julie Elliott** and **Laura Cheshire**. We are the specialist nurses with responsibility for patients with secondary breast cancer.

We will be involved in the co-ordination and organisation of your individual treatment programme and work closely with other members of your treatment team.

Starting treatment for cancer can be a confusing and worrying time for you and your family and it is our role to help reduce the stress and anxiety that you may be experiencing.

Please feel free to contact us if you feel there is anything with which we can help you.

If you are admitted to the ward, please ask one of the nurses to contact us and, if we are here we, will try to visit you.

Some of the ways in which we may help you include:

- Explaining your diagnosis
- Explaining your test results and treatment options
- Providing you with written information
- Assessing and advising you if you are concerned about any side effects of treatment
- Assisting you and your family to manage your health at home both during and after your treatment
- Explaining current research and information from websites and the media
- Offering support and signposting you to appropriate services, eg, counselling
- Advising you on how to apply for financial welfare benefits
- Liaising with the multi-disciplinary team (MDT) treating you
- Liaising with your GP and/or local hospital as appropriate

Support Groups

Support groups are self-help groups for people affected by cancer to share feelings and gain mutual support.

There are many groups in the local area for people who have had treatment for breast cancer. You can obtain a list from the Lynda Jackson Macmillan Centre (see overleaf).

There is also a local group for people who have secondary breast cancer. This is run by Breast Cancer Care at the Windmill Centre, Ruislip. Further details available from Breast Cancer Care (0345 077 1893).