

## Contact details

The best way to contact us is:

**020 3826 2097** or **07770 442922**

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 service and we may not return your call that same day.

This service is covered:

**Monday–Friday**                      **9.00am–5.00pm**

If you need emergency medical advice, please contact the **24–hr Acute Oncology Service** on: **07825 028855**

For general enquiries and appointments, call the MVCC Contact Centre  
tel: 0333 332 5470

**Please note:** When you start your treatment, potential side effects will be explained to you. If you are having chemotherapy or immunotherapy and there is anything which you are concerned about, any new symptoms or showing any signs of 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 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–4.30pm

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

Telephone Helpline: **020 3826 2555**

Website: **[www.ljmc.org](http://www.ljmc.org)**

# Macmillan Nursing Service for Secondary Breast Cancer

**Jenny Gradwell**

**Julie Elliott**

Clinical Nurse Specialists

**Lynn Dubberley**

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 **Lynn Dubberley**. 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
- Signposting 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 details from the Lynda Jackson Centre (see overleaf).

Breast Cancer Now runs online and face-to-face support groups which are facilitated by experienced counsellors. They also run a group specifically for younger women aged 45 and under.

You can register for these on their website: **[www.breastcancernow.org](http://www.breastcancernow.org)** or call 0345 077 1893 for further information.

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**We have a number of activities at MVCC** designed to support our patient's health and wellbeing before, during and after treatment.

Some run on site, some are offered virtually or by phone and some are available to friends and family members.

The programme is published each month and is available to view using this QR code or at:-



[https://ljmc.org/health\\_wellbeing](https://ljmc.org/health_wellbeing)