

Support Groups

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

They offer a range of services, such as meetings, telephone helplines, drop-in centres, home visiting, information and practical help. Some have complementary therapists or provide information about therapies.

You can obtain a list of local groups from the Lynda Jackson Macmillan Centre (see overleaf for details).

There is a support group for lymphoma patients that meets monthly at Mount Vernon Hospital. Please ask me for details.

A myeloma support group for patients, carers and family members takes place every alternate month in Welwyn Garden City. Please see separate leaflet for details.

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 - 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**

Introducing your Clinical Nurse Specialist:

Cathy Evans

Macmillan Haematology
Clinical Nurse Specialist



How to contact me

The best way to contact me is by telephone:

020 3826 2373

07769 880405

My working hours are:

Monday–Thursday 8.30am–4.30pm

If I am not available, please leave me a message and I will return your call within 24 hours. **Please note: this is not an emergency number.**

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

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.

If you are an inpatient, please ask one of the nurses to call and I will come and see you on the ward.

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

My name is **Cathy Evans** and I am the Clinical Nurse Specialist with responsibility for patients with haematological cancers.

My role is to be a key point of contact for you here at the Cancer Centre. I 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 my role to help reduce the stress and anxiety that you may be experiencing.

I will try to meet you with the doctor at your first appointment at Mount Vernon Cancer Centre.

If I am not available for your first appointment, I will telephone you, following the consultation. If you do not hear from me please contact me on the mobile number.

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

- Explain your diagnosis
- Explain your test results and treatment options
- Provide you with written information
- Assess and advise you if you are concerned about any side effects of treatment
- Assist you and your family to manage your health at home both during and after your treatment
- Explain current research and information from websites and the media
- Offer support and signpost you to appropriate services, eg, counselling
- Advise you on how to apply for financial welfare benefits
- Liaise with the multi-disciplinary team (MDT) treating you
- Liaise with your GP and/or local hospital as appropriate