

## 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.

There are a number of nurse-led support groups specifically for people with brain tumours and their carers. The nearest ones are:

- Bedford
- High Wycombe
- Hillingdon
- Luton
- North London

For further details of these and other local cancer support groups please call the Lynda Jackson Centre (see overleaf for details).

**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)

## 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)**

# Introducing your Macmillan Clinical Nurse Specialists for Neuro-oncology:

## Tanya Betts

## Heidi Rana

## How to contact

The best way to contact us is by telephone:

**020 3826 2092**

**07766 244768**

Email: [enh-tr.mvccneurocns@nhs.net](mailto:enh-tr.mvccneurocns@nhs.net)

### Tanya Betts:

Tuesday 9.00am–5.00pm

Wednesday 7.00am–5.30pm

Thursday 8.00am–7.00pm

Friday 9.00am–7.00pm

### Heidi Rana:

Monday, Thursday and Friday  
8.00am–4.00pm

If we not available, please leave a message on the voicemail and we will return your call as soon as we can. **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**

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 and show signs of an infection, ie, serious cough, breathlessness and/or raised temperature, you should call the 24 hr Acute Oncology Service directly.

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

We are the Clinical Nurse Specialists with responsibility for patients with neurological cancer.

Our role is to be a key point of contact (Key Worker) for you while you are having treatment at the Cancer Centre.

We will be involved in your individual treatment programme and work closely with other members of the multidisciplinary teams (MDTs) responsible for your care.

The MDTs include health professionals who, together with you and your specialist doctor, discuss your diagnosis and plan your care and treatment.

There are two MDTs:

**Neuroscience MDT:** discusses surgical options appropriate to your diagnosis.

**The Rehabilitation and Non-Surgical MDT:** discusses other treatments, your rehabilitation, supportive and palliative care needs.

**No decisions about your treatment or care will be made without discussion with you.**

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.

We will meet you at your first appointment at the Mount Vernon Cancer Centre. If you are staying in the hospital overnight, please ask one of the nurses to contact us and we will try to visit you on the ward.

Some of the ways in which we 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