

Support services available at Mount Vernon Cancer Centre

There are many services offered at Mount Vernon Cancer Centre to support you during and after your treatment. Many of these services are run from the Lynda Jackson Centre (LJC), the support and information centre located between the main Cancer Centre building and the Cancer Treatment Suite. If you have questions or concerns, are struggling to cope or need some support, please drop in to the Lynda Jackson Centre (LJC) or call the Helpline – services are available both to patients and their families.

Who is eligible to use these services?

All Lynda Jackson Centre services are available to NHS patients (and their carers) who are under the care of an oncologist based at Mount Vernon Cancer Centre (MVCC).

Private patients having treatment at MVCC may also be eligible to use our services. Please call the Helpline for details.

How much do these services cost?

There is no charge for our services. However, financial contributions towards our costs are always gratefully received as many of our services are funded by charitable donations.

Are these services available elsewhere?

If you are unable to get to the LJC, please call us and we will help identify suitable services which are more convenient for you.

In addition, you will find a number of helpful resources about relaxation, breathing, exercise and other topics on our website: www.ljmc.org

Lynda Jackson Centre opening hours:

Mon–Fri: 9.30am–4.30pm
(except bank holidays)

Telephone Helpline: 020 3826 2555
(answerphone during busy periods)

www.ljmc.org

Drop-in service

Members of the team are available to help you with questions or concerns you may have about cancer and treatment. A health care professional is available each day. They will listen to you, answer your questions and guide you to further information and services to help you.

Some of the issues with which you may like help include:

- cancer treatment
- side effects of treatment
- day-to-day living with cancer
- complementary therapy
- relaxation services
- benefits advice
- talking to family and friends (including children)
- counselling
- someone to talk to
- emotional support
- practical support
- diet and nutrition
- exercise
- health and wellbeing
- life after cancer
- support groups
- courses when treatment ends

In addition to the drop-in service, there is also a telephone helpline which is staffed during opening hours.

Complementary therapy

A range of services are offered to relieve stress, reduce anxiety and aid relaxation. These include:-

Touch therapy: We offer aromatherapy, reflexology, indian head massage and reiki, which are available on Monday and Thursday.

Ear acupuncture: A short course of 6 weekly sessions in a mixed group setting to help relieve some of the side effects from cancer treatment.

Relaxation: breathing exercises, visualisation and relaxation techniques. This service is offered via telephone and group sessions.

Group sessions:

Monday	10.00am–11.15am
Tuesday	11.00am–12.15pm
Wednesday	2.00pm–3.15pm
Thursday	2.30pm–3.45pm

All complementary therapy services are by appointment and should be booked via the LJC Helpline or Drop-in centre. You can refer yourself for all services.

For more information ask for our leaflet 'Complementary therapy service at MVCC' (PI16).

Qigong: Qigong consists of simple flowing movement, breathwork and self-help acupressure to support wellbeing and bring a sense of calm. This class is open to patients, staff and volunteers. Please ask for further details.

Counselling

Many people who have had cancer say they experience a wide range of emotions and thoughts, both expected and unexpected. Many people find it to be a stressful, anxious and confusing time.

Counselling is a process which may help you to manage your concerns and worries more effectively and feel better able to cope. Often it is easier to talk to a professional person than to your family or friends and counselling provides a safe place to explore issues in confidence.

If you find it difficult to talk, our Art Psychotherapist may be able to help you by using more visual methods.

You can refer yourself for counselling at the LJC – speak to a member of the team. Following an assessment, if counselling is suitable, you will be offered up to six appointments.

For more information ask for our leaflets:

Counselling service at MVCC (PI46)

Art psychotherapy at MVCC (PI70)

Mindfulness

A free 8-week course, exploring techniques to help you manage stress, increase resilience and be present for each moment.

Taster sessions & Retreat days also available.

For details, call the LJC Helpline or email: enh-tr.hcpmvcc@nhs.net

Courses for patients and carers following cancer treatment

We run courses to help you move forward after cancer treatment has finished:

Course	Length	Suitable for...
HOPE	6 weeks (half days)	People following cancer treatment
HOPE	2 day course (10–3pm)	People following cancer treatment
Moving Forward*	2 weeks (half days)	People recovering from primary breast cancer
Take Control	Half day	People following cancer treatment
Time & Space	Half day	Carers supporting patients following and/or living with cancer

For more information, ask for our leaflet 'Courses when treatment is finished' (HHC264).

* Moving Forward is run by Breast Cancer Now