

## How to contact me

The best way to contact me is by telephone on:

**07825 073522**

If I am not available, please leave me a message on my voicemail and I will return your call as soon as I am able. Please note: this is not an emergency number.

My normal working hours are:

<b>Monday</b>	<b>8.00am–5.00pm</b>
<b>Tuesday</b>	<b>8.00am–4.00pm</b>
<b>Wednesday</b>	<b>8.00am–4.00pm</b>
<b>Thursday</b>	<b>8.00am–2.00pm</b>

For admin/appointments, call **0333 332 5470** or email: [mvccgermcellsec.enh-tr@nhs.net](mailto:mvccgermcellsec.enh-tr@nhs.net)

If you need urgent medical advice or are feeling unwell, please contact the **24 hour 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, a raised temperature or feel unwell, you should call the 24 hour 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)

# Introducing your Clinical Nurse Specialist:

## Linda Charalambous

Macmillan Clinical Nurse Specialist  
for Germ Cell cancers  
and Teenage + Young Adults

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 **Linda Charalambous**. I am the Clinical Nurse Specialist with responsibility for patients with germ cell cancers. I also provide support for teenagers and young adults with cancer.

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 usually try to meet you at one of your first appointments at the Mount Vernon Cancer Centre or if you are staying in the hospital overnight.

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

## 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 Centre (see overleaf for details).

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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)