



Breast cancer (secondary)

This leaflet is for patients with secondary breast cancer and provides details of organisations you may find helpful.

For information and support:

Lynda Jackson Macmillan Centre

Mount Vernon Cancer Centre
Mon – Fri: 9.30am – 4.30pm
Telephone: **020 3826 2555**

Lister Macmillan Information Centre

Lister Hospital, Stevenage
Mon – Fri: 10.00am – 4.00pm
Telephone: **01438 284657**

For urgent advice about treatment and side effects:

Call the centre where you are receiving treatment:

Mount Vernon Cancer Centre (MVCC)

24hr Emergency Advice Line: **07825 028855**

Lister Hospital

Mon-Fri 9.00am-5.00pm: **07827 823509**
At other times, call the MVCC number above

For appointment enquiries, contact your consultant's secretary

● Information about breast cancer

Breast Cancer Now

Provides a free helpline, supportive listening service, online programme and virtual meetings.

Tel: 0808 800 6000

<https://breastcancernow.org>

For details of online courses email:

nrc@breastcancernow.org or

call 0345 077 1893

Hereditary Breast Cancer Helpline

Provides information and support to women concerned about a family history of breast cancer.

Tel: 01629 813000

www.breastcancergenetics.co.uk

● Relevant organisations

Daisy Network

Supports women who have experienced a premature menopause due to a medical condition or treatment.

www.daisynetwork.org.uk

Lymphoedema Support Network

Tel: 020 7351 4480

www.lymphoedema.org

My New Hair

Provides help, advice and support to people living with the effects of medical hair loss

www.mynewhair.org

Exercise class

Gentle aerobic exercise classes for patients who have had breast cancer. Classes held on Tuesdays at Mount Vernon Hospital.

Tel: 07977 907588

● Local support groups

For details of local support groups, look at the 'In your area' section of the Macmillan Cancer Support website:
www.macmillan.org.uk

Northwood

Living with Secondary Breast Cancer

Course run by Breast Cancer Now
Tel: 0345 077 1893

● General information about cancer

Cancer Research UK

Funds research into cancer. Provides information on cancer and its treatments.
Tel: 0808 800 4040
www.cancerresearchuk.org

HealthTalkOnline

Website with videos in which patients share their experiences of cancer.
www.healthtalk.org

Macmillan Cancer Support

Provides information on all aspects of cancer and its treatments including medical, practical and financial issues.
Tel: 0808 808 0000
www.macmillan.org.uk

Macmillan Online Community

Anonymous, free network of people affected by cancer. Join and get support from others.
www.community.macmillan.org.uk

NHS

www.nhs.uk