



Helpful contacts for germ cell cancer patients

This leaflet provides details of organisations that offer information and support to young patients with a germ cell cancer

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 ovarian cancer

Ovacome

Tel: 0800 008 7054
www.ovacome.org.uk

Target Ovarian Cancer

Tel: 020 7923 5475
www.targetovariancancer.org.uk

● Information about testicular cancer

Orchid

Promotes awareness and funds research of male cancers.

Tel: 0808 802 0010
www.orchid-cancer.org.uk

● Useful organisations

Shine Cancer Support

Support, information and networks for cancer patients in their 20s, 30s and 40s
www.shinecancersupport.org

● 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 including videos by young people
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

● Holidays and breaks for young cancer patients

Willow Foundation

Works with seriously ill young adults aged 16 to 40 to fulfil uplifting and unforgettable Special Days
www.willowfoundation.org.uk

Youth Cancer Trust

The Youth Cancer Trust provides support and free holidays in Bournemouth for teenagers and young adults (aged 14 to 30) with cancer
www.youthcancertrust.org

● After treatment

Take Control

This is a 3-hour workshop for cancer patients who have finished, or are just about to finish treatment. It focuses on practical and emotional skills, self-management techniques and coping strategies to help you move forward and 'take control' of life after treatment has finished.

HOPE

A course that helps people who have had cancer to move on with life after treatment. It runs for six weeks, 2½ hours a week. The course aims to enable people to cope emotionally, psychologically and practically by focusing on building on their existing strengths.

For dates and details of courses, contact:

Lynda Jackson Macmillan Centre

020 3826 2555

or

Lister Macmillan Information Centre

01438 284657