



## Helpful contacts: Germ cell cancer

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

For **information and support**, visit or call:

**Lynda Jackson Macmillan Centre**

Mount Vernon Cancer Centre

Mon–Fri: 9.30am–4.30pm

Telephone: **020 3826 2555**

For details of other local support centres, visit:

[www.ljmc.org/information/support-centres](http://www.ljmc.org/information/support-centres)

For **urgent advice** about treatment and side effects, call:

**Mount Vernon Cancer Centre (MVCC)**

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

For **appointment and other enquiries** call:

**0333 332 5470**

### ● Information about ovarian cancer

**Ovacome**

Tel: 0800 008 7054

[www.ovacome.org.uk](http://www.ovacome.org.uk)

**Target Ovarian Cancer**

Tel: 020 7923 5475

[www.targetovariancancer.org.uk](http://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](http://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](http://www.shinecancersupport.org)

**Trekstock**

Support for young adults in their 20s and 30s including events, exercise programmes, meet-ups (online and face-to-face)

[www.trekstock.com](http://www.trekstock.com)

### ● General information about cancer

**Cancer Research UK**

Funds research into cancer; provides information on cancer and its treatments

Tel: 0300 123 1022

[www.cancerresearchuk.org](http://www.cancerresearchuk.org)

**HealthTalkOnline**

Website with videos in which patients share their experiences of cancer including videos by young people

[www.healthtalk.org](http://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](http://www.macmillan.org.uk)

**Macmillan Online Community**

Anonymous, free network of people affected by cancer; join and get support from others

[community.macmillan.org.uk](http://community.macmillan.org.uk)

**NHS website**

[www.nhs.uk](http://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](http://www.willowfoundation.org.uk)

### **Youth Cancer Trust**

Provides support and free activity holidays in Bournemouth for teenagers and young adults (aged 14 to 30) with cancer  
[www.youthcancertrust.org](http://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