

**Information for Patients and Carers**

# **Cancer**

**Produced by  
Patients' Voice  
at  
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Welwyn Garden City**

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# Introduction

This guide is for patients diagnosed with cancer and for their families, friends and carers. It aims to give signposts to sources of help and information. For most patients an early source of advice will be the specialist nurses in the hospital who will have useful leaflets and other advice to offer. There is a great deal of support available from different sources and this leaflet is just a starting point.

## 1. Macmillan Cancer support and information service

The services of the Macmillan Cancer charity are available at the Lister and Mount Vernon Hospitals. As well as information booklets relating to cancer and its treatment, they provide:

- Details of local and national support agencies and services  
Information about charities dealing with specific cancers - a few are listed at 5 below.
- Someone to talk to about your concerns or any questions you may have about cancer, its treatment, side-effects and living with and after disease.
- Face-to-face support and advice  
Access to their free six-week HOPE course to help you cope and plan after receiving treatment for cancer
- A benefits advice service

The website for the national Macmillan Cancer charity is at: <https://www.macmillan.org.uk>  
You can also telephone free on 0808 808 0000 7 days a week, 8am – 8pm

### 1.1. Lister Hospital Macmillan Centre

You can drop in Monday-Friday 10am-4pm

Email: [macmillaninfosupport.enh-tr@nhs.net](mailto:macmillaninfosupport.enh-tr@nhs.net)

Telephone: 01438 284657 or 07554 436746

### 1.2. Mount Vernon Hospital Lynda Jackson Macmillan Centre

You can drop in Monday-Friday 9.30am-4.30pm

Telephone: 020 3826 2555

### 1.3. For benefits advice

Contact the local Hertfordshire County Council/Macmillan team.

Telephone 01438 843456 Monday-Friday 9am-5pm

Email: [macmillan.benefitsadvice@hertfordshire.gov.uk](mailto:macmillan.benefitsadvice@hertfordshire.gov.uk)

Website: [www.hertfordshire.gov.uk/macmillanbenefits](http://www.hertfordshire.gov.uk/macmillanbenefits)

## **2. Cancer Support UK**

This charity provides practical and emotional support to people living with cancer, both during and after the treatment period.

Website: <https://www.cancersupportuk.org>

Cancer Support UK,

71-75 Shelton Street,

London, WC2H 9JQ

Telephone: 020 7470 8755

Email: [hello@cancersupportuk.org](mailto:hello@cancersupportuk.org)

## **3. Isabel Hospice**

The hospice provides inpatient care for a small number of patients but also a wide range of care which patients can receive at home. They also promote Living Well activities for those living with life-limiting conditions, such as exercise groups, therapies, singing and walks. They can offer advice and services, links to local community information and have useful leaflets and an informative website.

Website: <https://www.isabelhospice.org.uk>

Telephone: 01707 382500

Email: [enquiries@isabelhospice.org.uk](mailto:enquiries@isabelhospice.org.uk)

The hospice also runs the Compassionate Neighbours Scheme. This provides friendship and support for people who may be lonely or socially isolated. The scheme enables people to receive home visits, help to connect to their wider community, or increase their social networks through our Living Well Cafes. Anyone can contact the scheme for themselves or someone else who needs help.

Telephone: 07826247258

Email: [christine.novelli@isabelhospice.org.uk](mailto:christine.novelli@isabelhospice.org.uk)

## **4. Willow Foundation**

The Willow Foundation is a charity which supports special days for seriously ill people aged between 16 and 40.

Willow Foundation,

Gate House, Fretherne Road,

Welwyn Garden City, Hertfordshire AL8 6NS

Telephone: 01707 259 777

Email: [info@willowfoundation.org.uk](mailto:info@willowfoundation.org.uk)

Website: <https://www.willowfoundation.org.uk>

## 5. Charities for specific cancers

There are numerous charitable organisations concerned with cancer. Some charities provide a lot of information and support. This website lists several hundred charities. It can be searched: <https://www.charitychoice.co.uk/charities/health/cancer>

These are a few examples of charities dealing with specific cancers:

### 5.1. Prostate cancer

Website: <https://prostatecanceruk.org>  
Prostate Cancer UK  
53 Tooley St, London SE1 2QN  
Telephone: 020 3310 7000

### 5.2. Melanoma

Website: <https://www.melanomauk.org.uk>  
31 Market St, Shaw, Oldham, OL2 8NR  
Telephone: **0808 171 2455**

### 5.3. Lymphoma

Website: <https://lymphoma-action.org.uk>  
Email: [enquiries@lymphoma-action.org.uk](mailto:enquiries@lymphoma-action.org.uk)  
Lymphoma Action, 3 Cromwell Court,  
New Street, Aylesbury HP20 2PB  
Telephone: 01296 619400

### 5.4. Skin cancer

Website: <http://www.skcin.org> [Note: This is correct as printed - <http://www.skin.org>]  
Skin: The Karen Clifford Skin Cancer Charity.  
1a Mabel Grove, West Bridgford,  
Nottingham, NG2 5GT  
Telephone: 0115 9819116

### 5.5. Cervical cancer

Website: <https://www.jostrust.org.uk>  
Jo's Cervical Cancer Trust, CAN Mezzanine,  
7-14 Great Dover Street, London, SE1 4YR  
Telephone: 0808 802 8000

## **6. Information about cancer**

There are various websites which give information about cancer.  
The official ones in the UK include:

### **6.1. NHS**

Website: <https://www.nhs.uk/conditions/cancer/>

### **6.2. NICE (National Institute for Health and Care Excellence)**

Website: <https://www.nice.org.uk/guidance/ng12>

Email: [//www.nice.org.uk/guidance/ng12](mailto://www.nice.org.uk/guidance/ng12)

National Institute for Health and Care Excellence

10 Spring Gardens, London SW1A 2BU

Telephone: [0300 323 0140](tel:03003230140)

### **6.3. East and North Herts Care Quality Commission,**

Website: <https://www.enhertsccg.nhs.uk/be-clear-on-cancer>

East and North Hertfordshire CCG, Charter House,

Parkway, Welwyn Garden City, Herts. AL8 6JL

Telephone: 01707 685 000

### **6.4. Social Prescriber**

If you need advice re: financial help Hall Grove Group Practice employs a Social Prescriber who may be able to assist you with this. Please speak to a member of our reception team who will take your details and pass them on to the Social Prescriber.