

Fact Sheet

Information for people diagnosed with cancer

The suggestions made here are not a substitute for information and advice given by your doctor, nurses, or other healthcare specialists. The hospital or clinic should be able to give you information on your specific medical condition. However there will be many questions that the newly diagnosed cancer patient will want to ask.

This fact sheet has been produced to help answer some of these questions. It contains information that will help you, your family and friends find out more about cancer resources and useful organisations that offer additional advice and support.



This fact sheet has been produced by

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Cancer Support Groups

A support group gives you the opportunity to meet and share experiences with people in a similar situation.

Macmillan Cancer Support

89 Albert Embankment, London, SE1 7UQ

T: 020 7840 7832

E: cancerline@macmillan.org.uk

W: www.macmillan.org.uk

Organization that exists to improve the lives of people affected by cancer by providing practical, medical and financial support.

Macmillan Cancer Support has up to date information at

<http://www.macmillan.org.uk/HowWeCanHelp/CancerSupportGroups/CancerSupportGroups.aspx>

Documents are available to download.

Macmillan Cancer Voices

Part of Macmillan Cancer Support. Gives support, training and financial assistance to those wanting to start a support group. You can also find details of a local cancer support group in your area.

<http://www.macmillan.org.uk/GetInvolved/CancerVoices/CancerVoices.aspx>

Macmillan Support Line

For cancer information, support or just a chat, call free on 0808 808 00 00 Monday to Friday from 9am to 8pm. There is an interpretation service in over 200 languages. Just state, in English, the language you wish to use when you call the free phone number.

<http://www.macmillan.org.uk/HowWeCanHelp/TalkToUs/Talktous.aspx>

Useful Organisations

Bbc.co.uk Health

Provides information for the patient on their illness and its treatment, including a section on patients' rights and a useful list of contacts.

http://www.bbc.co.uk/health/physical_health/conditions/in_depth/cancer/index.shtml

Cancer Black Care

79 Acton Lane, London, NW10 8UT

T: 020 8961 4151 (Best time to telephone is Monday to Friday 9.30pm - 4.30pm)

F: 020 8961 4152

E: info@cancerblackcare.org

W: <http://www.cancerblackcare.org.uk/>

Raises awareness of cancer within the black and ethnic minority communities. Provides culturally appropriate and relevant information on all aspects of cancer care. There are links to other organisations including the African Caribbean Leukaemia Trust:

<http://www.actl.org>

Cancer Research UK

PO Box 123, 61 Lincoln's Inn Fields, London, WC2A 3PX

T: 020 7242 0200 (Switchboard)

Helpline: Freephone 0808 800 4040 (9am to 5pm, Mon to Friday with specialist cancer nurses available to give advice).

F: 020 7121 6700

W: <http://www.cancerresearchuk.org/>

Leading research organisation that provides authoritative cancer information to the public. Patient information is available at <http://www.cancerhelp.org.uk/index.htm> for everything from symptoms to coping after treatment.

Publications are available to order or to download.

Marie Curie Cancer Care

89 Albert Embankment, London, SE1 7TP

T: 020 7599 7777

Freephone: 0800 716 146

E: info@mariecurie.org.uk

W: <http://www.mariecurie.org.uk/>

National charity providing care for patients in their own homes. Network of Marie Curie nurses give nursing care and emotional support to the patients, their families and carers. The service is free. There is also information about hospices.

NHS Direct

W: <http://www.nhs.direct.nhs.uk>

Has information on many different types of cancer.

Information for speakers of languages other than English

EQUIP

<http://www.equip.nhs.uk/HealthTopics/languages.aspx>

NHS site that includes links to resources in languages other than English. There are also links to general information services, interpretation services and specific medical topics.

Macmillan Cancer Support also has links to translation services that offer help in other languages. (See page 3)

Counselling

Counselling can provide emotional support. Counsellors are trained to listen to your concerns and to help you find ways of coping with any problems to do with your illness.

British Association for Counselling and Psychotherapy

BACP House, Unit 15, St John's Business Park, Lutterworth, Leicestershire, LE17 4HB

T: 01455 883300 (General enquiries Mon – Fri 8.45am – 5pm)

F: 014550550243

E: bacp@bacp.co.uk

W: <http://www.bacp.co.uk/>

Can provide information on counselling for cancer patients and their families. You can find a local counsellor on their website

Organisations for Children and Young People with Cancer

These organisations specialise in meeting the needs of the young person undergoing cancer treatment. There is also advice and support for young people who know someone affected by cancer.

Macmillan Youthline

T: 0808 808 0800 (9am - 9pm Mon – Fri) Calls are free.

E: youthline@macmillan.org.uk

New telephone helpline offers information and support to 12 to 21 year olds with questions and concerns about cancer. Operators are trained in talking to young people, and are there to provide information, support and the chance for callers to talk openly about their experiences. The YouthLine also provides information for teachers and health professionals who want advice and information targeted at young people.

Teenage Cancer Trust

3rd Floor, 93 Newman Street, London W1T 3EZ

T: 020 7612 0370

F: 020 7612 0371

E: tct@teenagecancertrust.org.uk

W: <https://www.teenagecancertrust.org/>

Dedicated to the particular needs of UK teenagers and young adults with cancer, leukaemia, Hodgkin's and related diseases. They can advise patients about the location of specialist adolescent services and names of key contacts. Also information on education and social activities.

TIC Teen Info on Cancer

T: 0808 808 0000 Monday to Friday 9am – 8pm (Macmillan Cancer Support specialists)

E: <http://www.click4tic.org.uk/shareit?>

W: <http://www.click4tic.org.uk/Home>

Produced and maintained by Macmillan Cancer Support, TIC is a website with cancer information written specifically for teenagers. You can contact a specialist nurse by email or if you prefer on the telephone. It's user friendly and includes the latest information, a TIC blog and a 'share it' section.

CLIC Sargent

Hammersmith Office, Griffin House, 161 Hammersmith Road, London W6 8SG

T: 020 8752 2800

Child cancer helpline : 0800 197 0068 (Mon-Fri 9am-5pm)

E: helpline@clicsargent.org.uk

F: 020 8752 2806

W: www.clicsargent.org.uk

Offers practical hands-on information for children affected by cancer and their families. Provides clinical services and emotional support. Also provides financial assistance to families in need and arranges short therapeutic holidays for young patients and their families.

Financial Assistance

You should discuss any concerns that you have about your financial situation with your doctor, nurse or social worker. The following organisations can advise you.

Islington Social Services

If you have problems meeting healthcare costs or day-to-day expenses you may be entitled to welfare benefits. Ask medical staff to refer you to Social Services. Islington Social Services Welfare Rights & Social Inclusion Unit helps users of Islington Council's Social Services to maximise their income by claiming all the benefits to which they are entitled.

Calshot Community Care Centre, 57 Calshot Street, London N1 9XH

T: 020 7527 6400

F: 020 7527 6407

Minicom: 020 7527 6475

E: Calshot.intray@islington.gov.uk

W:

http://www.islington.gov.uk/directories/page.aspx?dir=LTASS&dir_name=LTASS&docid=0901336c805a5db6

The Centre provides information and is open 9am-5pm, Monday to Friday.

Macmillan Cancer Financial Support

<http://www.macmillan.org.uk/HowWeCanHelp/FinancialSupport/FinancialSupport.aspx>

Helps with information on finding benefits and financial help for people affected by cancer

Macmillan Benefits Helpline

Part of Macmillan Cancer Support, this website helps you find a Macmillan benefits adviser near you by typing in your post code or location.

<http://www.macmillan.org.uk/HowWeCanHelp/FinancialSupport/BenefitsAdvisers/MacBenefitsAdvisers.aspx>

Cripplegate Foundation

76 Central Street, London, EC1V 8AG

T: 020 7549 8181

F: 020 7549 8180

E: grants@cripplegate.org.uk

W: <http://www.cripplegate.org/>

A South Islington charity working to improve the quality of life for local people. Applicants must have lived in the Cripplegate area for at least 1 year to qualify for a grant. The website has links to other sites that offer grants.

See also CLIC Sargent (page 5)

Travel

For help with travel cost you will find information at:

<http://www.nhs.uk/Planners/Yourhealth/Pages/Travelcosts.aspx>

Congestion Charge Reimbursement Scheme for NHS patients

T: 0845 900 1234

W: <http://www.tfl.gov.uk/roadusers/congestioncharging/>

If your finances have been affected by cancer and you are travelling to a London hospital for treatment you may be entitled to a congestion charge refund.

Complementary therapies

These may sometimes be found helpful for both cancer patients and their carers. They can be used alongside conventional treatment. Your medical team or cancer support nurses can help you decide on treatment.

Macmillan Cancer Support

<http://www.macmillan.org.uk/Cancerinformation/Cancertreatment/Complementarytherapies/Complementarytherapies.aspx>

Institute of complementary medicine

<http://www.i-c-m.org.uk/>

Every attempt has been made to ensure the information included is accurate. We cannot accept responsibility if an organisation no longer exists or if information has changed.

Islington Library & Heritage Services

Archway Library
T: 020 7527 7820

Hamlyn House, Highgate Hill N19 5PH
E: archway.library@islington.gov.uk

Central Library
T: 020 7527 6900

2 Fieldway Crescent N5 1PF
E: centrallending.library@islington.gov.uk

Finsbury Library
T: 020 7527 7960

245 St John Street EC1V 4NB
E: finsbury.library@islington.gov.uk

John Barnes Library
T: 020 7527 7900

275 Camden Road N7 0JN
E: johnbarnes.library@islington.gov.uk

Lewis Carroll Library
T: 020 7527 7936

166 Copenhagen Street N1 0ST
E: lewiscarroll.library@islington.gov.uk

Mildmay Library
T: 020 7527 7880

21-23 Mildmay Park N1 4NA
E: mildmay.library@islington.gov.uk

N4 Library
T: 020 7527 7800

26 Blackstock Road N4 2DW
E: n4.library@islington.gov.uk

North Library
T: 020 7527 7840

Manor Gardens N7 6JX
E: north.library@islington.gov.uk

South Library
T: 020 7527 7860

115-117 Essex Road N1 2SL
E: south.library@islington.gov.uk

West Library
T: 020 7527 7920

Bridgeman Road N1 1BD
E : west.library@islington.gov.uk