



Breast cancer resources

This leaflet gives extra resources to help support you with your breast cancer diagnosis and treatment.

Your breast clinical nurse specialist (CNS) has given you some written material. If you cannot access the online resources below, speak to your CNS team, who can give you paper copies.

While we recommend that you do not search your cancer diagnosis on the internet, there are lots of reliable resources available. Below is a list of trusted sites for information, and charities that provide support - locally and nationally.

Useful sources of information

Breast Cancer Now (formally Breast Cancer Care), **web:** www.breastcancernow.org/
Breast Cancer Now have information for breast cancer patients. It can be read online and downloaded as a PDF. They cover different areas of breast cancer diagnosis, treatment and support. They also have moderated support forums, a nurse-led helpline and face-to-face patient events. For advice, **tel:** 0808 800 6000.

Macmillan Cancer Support, **web:** www.macmillan.org.uk/
Macmillan provide information for patients with cancer and their carers or supporters. It can be read or ordered online, or downloaded as a PDF. While there are some booklets specific to breast cancer, a lot of the information is more general. They have very good information on support services, financial concerns and lifestyle issues such as: diet, exercise, and wellbeing. There is also access to one-off financial support through a Macmillan grant.

Helpline for support and advice on all areas of cancer care, **tel:** 0808 808 00 00.

Information from Breast Cancer Now and Macmillan Cancer Support is available in a variety of languages and accessible formats.

Cancer Research UK, **web:** www.cancerresearchuk.org
Cancer Research UK have information on cancer treatments, and developments in cancer treatment and research. They explore recent news articles and explain how these relate to patient care.

Cancer Care Map, **web:** www.cancercaremap.org/
This online tool helps you find local cancer services.

Dimbleby Cancer Care, **web:** www.dimblebycancercare.org/
This is our in-house support centre with services based at Guy's Cancer Centre (London Bridge) and Queen Mary's Cancer Centre (Sidcup). Patients and carers can access a range of support including a drop-in information service, relaxation and stress management courses, counselling, and complementary therapies. Dimbleby staff can also give advice on eligibility for reclaiming travel costs and provide forms for this.

The early breast cancer support group runs on the first Friday of every month at 1pm, and is held in Dimbleby Cancer Care at Guy's.

For more information about any of the services, you can visit us, or call, **tel:** 020 7188 5918

Maggie's Centres, **web:** www.maggiescentres.org

Maggie's centres support patients with all types of cancer. They have centres across London and offer a variety of support services and online resources.

The Primrose Centre, **web:** www.primrosecentre.org.uk

The Primrose Centre is located in Orpington, Kent, and is a support centre for breast cancer patients. They offer a range of complementary therapies.

Citizens Advice, **web:** www.citizensadvice.org.uk

Citizens Advice are a great source of general information on concerns such as housing, benefits and legal advice.

Contact us

If you have any questions or concerns about your diagnosis or support needs, please contact the breast nurse team, **tel:** 020 7188 0869, Monday to Friday, 9am to 5pm.

Guy's and St Thomas' hospitals offer a range of cancer-related information leaflets for patients and carers, available at www.guysandstthomas.nhs.uk/cancer-leaflets. For information leaflets on other conditions, procedures, treatments and services offered at our hospitals, please visit **w:** www.guysandstthomas.nhs.uk/leaflets



Dimbleby Cancer Care provides cancer support services for Guy's and St Thomas'. We have a drop-in information area staffed by specialist nurses and offer complementary therapies, psychological support and benefits advice for patients and carers.

Dimbleby Cancer Care is in the Welcome Village of the Cancer Centre at Guy's, **tel:** 020 7188 5918, **email:** DimblebyCancerCare@gstt.nhs.uk

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or contact our helpline, **tel:** 020 7188 8748, Monday to Friday, 9am to 5pm, **email:** mymedicines@gstt.nhs.uk

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A list of sources is available on request



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