

Macmillan Breast Care Nursing Service

Information for patients

Breast Unit

What is the Macmillan Breast Care Nursing Service?

The aim of the Macmillan Breast Care Nursing Service is to provide a confidential and individualised programme of care for you. To offer essential emotional support, important to you as well as your family and friends.

Our role is to provide education, advice and support concerning all aspects of your breast cancer, treatment plan and rehabilitation.

We value you and your relatives as an important part of the team, and feel it is vital for you to maintain control over your care wherever possible.

During your treatment there may be times when you need extra help, both physically and emotionally. If there are issues which you are finding difficult to deal with as a result of your breast cancer, talking through your feelings can help. Please do not hesitate to contact us on the number available on the reverse side of this leaflet. If we are not available to take your call, please don't be put off by the answer machine, just leave your name, number and a short message and we will contact you as soon as possible.

We can help with:

- Emotional support
- Physical/body image concerns
- Family concerns
- Treatment concerns
- Benefits Advice
- Just someone to talk to

During your cancer journey you may find you see several members of your care team. If at any time you are unsure who you should contact for a particular problem please contact us and we will liaise with the rest of the team on your behalf.

We are available in all clinics if you ever need to speak to one of us. If we aren't around just ask the clinic nurses to call us. If you have any concerns or questions between appointments please don't hesitate to contact us for advice. If need be we can see you in our daily dressing clinic or if necessary we will arrange for you to be reviewed by a consultant in clinic.

Even when your treatment is all over and you are trying to get back to your normal routine, this can still be a difficult time. Trying to move forward, feel positive and have the confidence to plan for the future again can be difficult. Don't struggle on your own we are always here to listen and help.

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Your Macmillan Breast Care Nursing team are:

- **Cathy Zaide-Crosse** – Lead Macmillan Breast Care Nurse
- **Amanda Jones** – Macmillan Breast Care Nurse
- **Elaine Williams** – Macmillan Breast Care Nurse
- **Helen Taylor** – Macmillan Breast Care Nurse
- **Geraldine Sheridan** – Macmillan Breast Care Nurse
- **Nazi Ahmadi-Doulabi** – Macmillan Breast Care Nurse

One of us will be your Breast Care Nurse (key worker), just so you have a face to a name, but if you have any questions or concerns rest assured all of us will be able to help you.

Your Breast Care Nurse [key worker] is

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Contact Details

If you have any questions, please contact us on the following numbers:

City Hospital

0121 554 3801

Macmillan Breast Care Nurses

0121 507 4976

Breast Screening

0121 507 4967 [option1]

Breast Consultant Secretaries

0121 507 4593

Plastic Consultant Secretaries

0121 507 5961

Oncology Secretaries

0121 507 2791

Surgical Unit

0121 507 6192

Ward D17

0121 507 4517

We are here to help you. If you have any questions or concerns about your health, please ask.

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Further Information

Macmillan - 0808 808 0000

Breast Cancer Care - 0808 800 6000

NHS Choices - www.nhs.uk

Courtyard Patient Information Centre - 0121 507 3816

BTC Information Centre - 0121 507 5836

Support Network

Self Help Group (West Bromwich)

0121 557 2561

Walsall Breast Cancer Self Help Group

01922 412731

Wolverhampton Mastectomy Support Group - 01902 761339

Breast Friends (Sutton Coldfield)

0121 378 3037

Solihull Cancer Support Group

0121 711 1966

Freshwinds - 0121 415 6670

Well Being Services - 0303 033 9903

White House Cancer Centre Dudley

01384 231232

Sutton Cancer Centre - 0300 012 0245

Butterflies (Breast Reconstruction)

07582 747103

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For more information about our hospitals and services please see our website www.swbh.nhs.uk, follow us on Twitter @SWBHnhs and like us on Facebook www.facebook.com/SWBHnhs.

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