

# Specialist nursing support for people with Secondary Breast Cancer

**Your Specialist Cancer Nurses are:**

---

---

**Tel:** \_\_\_\_\_

**Monday to Friday, 8:30am to 4:30pm**

## How can we help you?

As specialist nurses, we will use our knowledge and experience to provide information to help you, and those close to you, to understand your diagnosis and treatment. We will also be able to give you details of helpful support services.

We work closely and liaise with other healthcare professionals such as your GP, and can arrange referrals to specialist healthcare services based on your needs.

## Tell us your concerns

You may have many different needs and concerns.

We offer all patients the option of meeting us face to face, or we can offer telephone or virtual appointments if you would prefer.

Before your initial appointment with us, a brief questionnaire will be sent for you to complete. This will be about your current symptoms and concerns.

Please do not feel obliged to complete this form if you would rather not, however it can help guide us with the support that you may need going forward.

Reference No.

**GHPI1638\_01\_24**

Department

**Oncology**

Review due

**January 2027**

## Patient Information

### Finding information and support

Coping with a diagnosis of secondary breast cancer can be overwhelming, but support is available.

**Breast Cancer Now** has produced a 'Secondary Breast Cancer' information pack that contains information about treating the disease and coping with its effect, as well as signposting you to sources of support. You can ask for a copy by calling:

#### **Breast Cancer Now**

Helpline: 0808 800 6000

Both your call and copy of the 'Secondary Breast Cancer' pack will be free of charge.

### Meeting others

It can be hard to find anyone who understands what it is like to be diagnosed with Secondary Breast Cancer.

A secondary breast cancer support group is held at the Maggie's Centre in Cheltenham once a month. This provides you with the chance to meet others who understand what you are going through.

You can register to join the support group through **Breast Cancer Care Now**:

Tel: 0345 077 1893 or

Email: [secondaryservices@breastcancernow.org](mailto:secondaryservices@breastcancernow.org)

### Keeping in contact

You can telephone us as your Keyworker/Specialist Cancer Nurses on the number at the beginning of this leaflet and leave a voicemail if necessary.

While we are often busy, we will respond to your message as soon as we can, although this may not be the same working day. Please do not leave any urgent messages on the answerphone.

## Patient Information

If you are feeling unwell and are receiving Oncology treatment, then please contact the Chemotherapy Helpline instead:

### **Chemotherapy Helpline**

Tel: 0300 422 3444

Available 24 hours, 7 days a week

## **Useful contact information**

### **Chemotherapy Helpline**

Tel: 0300 422 3444

### **Chemotherapy Booking Appointments**

Tel: 0300 422 3366

### **General Oncology Appointments**

Tel: 0300 422 4027

### **Community Palliative Care Team**

Tel: 0300 422 5370

### **Gloucestershire Hospitals Switchboard**

Tel: 0300 422 2222

When prompted ask for the appropriate person or department or the operator.

### **Cobalt Unit Cheltenham (scans)**

Tel: 01242 535910

Website: [www.cobalthealth.co.uk/](http://www.cobalthealth.co.uk/)

## **Further local information**

### **Maggie's Centre Cheltenham**

The Lodge

College Baths Road

Cheltenham

GL53 7QB

Tel: 01242 250 611

Monday to Friday, 9:00am to 5:00pm

Email: [Cheltenham@maggies.org](mailto:Cheltenham@maggies.org)

**Patient  
Information****Cancer Information Centre Cheltenham (Focus)**

Oncology Centre  
Cheltenham General Hospital

Tel: 0300 422 4414  
Monday to Friday, 8:30am to 4:30pm

**Macmillan Cancer Support Information Hub**

The Atrium  
Gloucestershire Royal Hospital

Tel: 0300 422 8880  
Monday to Friday, 9:00am to 4:00pm  
Email: [ghn-tr.macmillanhub@nhs.net](mailto:ghn-tr.macmillanhub@nhs.net)

**Macmillan Next Steps Gloucester**

2<sup>nd</sup> Floor  
Southgate Moorings  
2 Kimbrose Way  
Gloucester  
GL1 2DB

Tel: 0300 421 6586  
Email: [nextsteps@ghc.nhs.uk](mailto:nextsteps@ghc.nhs.uk)  
Website: [www.ghc.nhs.uk/our-teams-and-services/macmillan/](http://www.ghc.nhs.uk/our-teams-and-services/macmillan/)

**Charlies Cancer Support and Therapy Centre (Gloucester)**

Unit 2  
Venture Business Centre  
Madleaze Road  
Gloucester  
GL1 5SL

Tel: 01452 939000  
Email: [charlies2014@yahoo.co.uk](mailto:charlies2014@yahoo.co.uk)  
Website: [www.charlies.org.uk](http://www.charlies.org.uk)

**Sue Ryder Hospice (Cheltenham)**

This is available to all patients who are receiving, have received or are in the process of being referred to any of our care services.

Patient Helpline: 0300 303 1395

**Patient  
Information**

**Great Oaks Dean Forest Hospice**

The Gorse  
Coleford  
Gloucestershire  
GL16 8QE

Tel: 01594 811 910

Email: [clerical@great-oaks.org.uk](mailto:clerical@great-oaks.org.uk)

Website: [www.great-oaks.org.uk](http://www.great-oaks.org.uk)

**Longfield Community Hospice (Stroud)**

Burleigh Lane  
Minchinhampton  
Gloucestershire  
GL5 2PQ

Tel: 01453 886868

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

**Other support**

**Breast Cancer Care Now**

Helpline: 0808 800 6000

**Macmillan Cancer Support**

Tel: 0808 808 0000

Content reviewed: January 2024

## Making a choice

### Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



### Ask 3 Questions

**To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.**

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

\* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84:379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>