

Breast Care Service



Name:

Who to contact and how:

Notes:

Diana, Princess of Wales
Hospital
Scarcho Road
Grimsby
DN33 2BA

03033 306999

www.nlg.nhs.uk

Scunthorpe General
Hospital
Cliff Gardens
Scunthorpe
DN15 7BH

03033 306999

www.nlg.nhs.uk

Goole & District
Hospital
Woodland Avenue
Goole
DN14 6RX

03033 306999

www.nlg.nhs.uk

Information for patients

Hello, my name is
and I have been identified as your support and contact (key worker).

The Macmillan Clinical Nurse Specialists (CNS) for breast cancer have undertaken further studies to develop knowledge within this area of care. We have a practical nursing background of both Breast Surgery and Oncology along with years of experience in both fields.

The Team

We work within a team of consultants who include:

- Consultant Oncoplastic Breast Surgeons
- Consultant Breast Surgeons specialising in Breast Surgery
- Consultant Breast Surgeons
- Consultant Plastic surgeon working at Castle Hill Hospital, Hull, linking with the service locally
- Consultant Oncologists
- Consultant Radiologists
- Consultant Radiographic Practitioner

Your named surgeon

is:.....

Your key worker / specialist nurse

is:.....

Your oncologist

is:.....

We are also part of a much larger team of many disciplines and professionals known as the multidisciplinary team (MDT) and also work closely with colleagues in Hull and East Yorkshire Hospitals Trust. Professionals such as advanced nurse practitioners, x-ray specialists and pathologists, as well as the staff within the assessment unit, clinic and reception staff all work together to combine all the necessary expertise to provide you with the best care for your treatment.

What We Can Offer You

We appreciate what a difficult and confusing time this can be for you and your family. We aim to offer a supportive and continuing link through all areas of your Breast Care. This includes:

- Helping you and your family understand the treatment and care you will receive
- Helping you make decisions about your care

Information for patients

- Answering any questions you might have
- Helping you talk through the things you feel are important to you
- Taking the time to listen to you and your family
- Supporting you and your family

It can make things less worrying when you talk to someone who has:

- Time to listen
- The experience to answer your questions
- The ability to support you

Availability

Within working hours

The breast specialist nurses work differing hours. However we are available Monday to Friday between the hours of 9am and 5pm, excluding bank holidays.

We regularly attend both the surgical and oncology clinics at Scunthorpe and Grimsby as well as the ward areas on both sites and also, where possible, provide home visits by mutual agreement.

We are contactable on Grimsby 03033 303180 / 304357 and Scunthorpe 03033 305084.

If there is no-one to take the telephone call, a message can be left on the answer machine, alternatively reception staff at the Pink Rose Suite will take messages within normal working hours.

Emergency

Out of hours, it is recommended that you contact your own General Practitioner, the GP Out of Hours Service or the ward from which you were discharged (Laurel Ward, Grimsby, or Ward 25, at Scunthorpe).

If you have any wound problems you can contact the Breast Unit directly within clinic hours.

If the problem is related to a seroma, which will have been discussed with you, please contact your Breast Specialist Nurse.

Useful Contacts and Services

Lymphoedema Service

Provided by specialist nurses, who offer advice and practical information on prevention and management of lymphoedema.

The specialist nurse works at the Pink Rose Suite on Monday mornings between 10am and 1.30pm, by appointment only.

Information for patients

She can also be contacted at St Andrews Hospice for advice on 01472 350908, Ext; 255. Referral is through the breast care nurse or GP.

Lymphoedema treatment is also available through Lindsey Lodge Hospice, Burringham Road, Scunthorpe, Tel; 01724 270835.

Referral to both services is through the breast specialist nurse, GP, or direct referral if you have already been seen by the service.

Look good feel better at Castle Hill Hospital

In every workshop trained consultants cover a twelve step skin care and beauty regime.

This workshop aims to help combat the visible side effects of cancer treatment, in turn boosting confidence and wellbeing.

There is an afternoon of pampering and a gift bag of free cosmetics to take home.

Sessions are held on the second Tuesday every month from 2-30pm till 4-30pm in the Queens Cancer Centre at Castle Hill Hospital in Hull.

Telephone 01482 461088 to book a place. You can contact them yourself or ask your Key Worker to book your place.

Relaxation Class and Guided Imagery

You are invited to join relaxation group sessions with Ann Preston which are held every other Wednesday, from 10-30 until 12 midday in the Parent Craft Room, Family Services, Diana Princess of Wales Hospital, Grimsby.

Scunthorpe patients are also able to access this service.

The session lasts for approximately one hour and is led by a trained complementary therapist.

What is relaxation and guided imagery?

Relaxation is a state of consciousness which helps to induce a feeling of peace and release from tension, fear and anxiety.

Guided Imagery is using the imagination to create a sense of well-being.

Psychology Services

Your breast specialist nurse can arrange a referral to a psychologist for those who are experiencing clinically significant difficulty coming to terms with their diagnosis, treatment or prognosis.

The psycho-oncology centre based at Castle Hill Hospital in Cottingham, Hull, also offers a drop-in facility for those who are receiving, or have received, treatment for cancer locally, and their relatives. The centre is open Monday to Friday 9am to 5pm.

A useful paper highlighting the emotions felt as treatment finishes entitled "After the Treatment Finishes - Then What" by Dr Peter Harvey, Consultant Clinical Psychologist, is available. Ask your breast specialist nurse for details.

Information for patients

Spiritual Services

The chaplaincy service provides pastoral and spiritual care for patients and their relatives regardless any faith.

Details of contacts and conversations are all confidential. They can be contacted on Scunthorpe 03033 302489, or Grimsby 03033 306110.

Social funding / welfare advice

Information and advice on benefits is available from Crosby Community Association, 105-107 Frodingham Road, Scunthorpe, Tel; 01724 330022.

Independent Living North Lincolnshire also provide advice and are contactable at 50 Holydyke, Barton upon Humber, Tel; 01652 636208, email; inl@btconnect.com

Support for Children

If you have children who may benefit from the opportunity to explore their feelings, mixing with other children in a similar circumstances, please ask your Breast Specialist Nurse for more information, or you can ring the Macmillan Social Worker: Weekdays 03033 303798 - Weekends 01472 250623.

She can also offer phone support to parents and grandparents who are unsure what to say, and when to say it, to their children and grandchildren.

Complementary Therapies

A number of people with breast cancer are using complementary therapies to try and control some of the side effects of medical treatment as well as to increase their overall sense of wellbeing and quality of life.

At Grimsby these therapies are offered on an individual basis through referral via your breast specialist nurse to St Andrews Hospice or on a limited basis at the hospital.

Web Information Pink Rose Suite DPoWH and Scunthorpe

Information on local services for breast care patients, for all patients in the Northern Lincolnshire and Goole areas. www.nlg.nhs.uk/services/breastcare

We aim to give you information available that you may wish to access which is local to North East and North Lincolnshire.

This includes individual team members, names and telephone contact numbers.

You may have already accessed some of these services throughout your treatment journey.

Information for patients

Support Groups

Designed to meet the needs of patients, family and friends diagnosed with breast cancer.

These groups offer support, advice and friendship and is a place to meet and encourage members to try and offer each other self-help and mutual support.

Speakers and presentations along with activities for members are organized on a regular basis.

Grimsby – **Bosom Buddies Support Group** Telephone: 01472 590188 email
BosomBuddiesGrimsby@gmail.com

Scunthorpe - **Brigg and District Breast Cancer Support Group**, telephone: 01652 658884.
Website www.breastcancersupport-brigg.org.uk

Scunthorpe- **Bosom Family Support** Telephone: 07861460754

Mablethorpe – **Embrace Breast Cancer Support** Telephone: 07800802660

Useful Consultant and Ward Information:

Consultant Oncoplastic Breast Surgeons:

Miss J Smith 03033 304430

Mr S Mustaffa 03033 304369

Mrs V Chandran 03033 303190

Consultant Breast Surgeons specialising in Breast Surgery:

Mr R Vihj 03033 304821

Consultant Oncologists:

Dr M Butt 03033 306019 Gy

Dr I Ali Gy 03033 306019 Gy

Consultant Radiographer:

Mrs Sarah Fox 03033 306004

Macmillan Breast Care Specialist Nurses:

Pink Rose Suite Grimsby:

Barbara Chaplin: 03033 304357

Claire Hutchinson: 03033 303180

Rachel Walker: 03033 304689

Scunthorpe General Hospital:

Lisa Hall: 03033 305084

Maxine Woollin: 03033 303779

Information for patients

Diana, Princess of Wales Hospital
Scartho Road
Grimsby
DN33 2BA
Tel: 03033 306999

Laurel Ward: 03033 304424

Secretary, Pink Rose Suite, DPoW: SATS Team 03033 306004 Appointments

Dr Butt Oncology Secretaries: Grimsby: 03033 303013

Scunthorpe General Hospital
Cliff Gardens
Scunthorpe
DN157BH
Tel; 03033 306999

Ward 25, SGH: 03033 302211

Mr Vijh Secretary to Breast Surgeon: 03033 306529

Dr Ali / Dr Muzzam Oncology Secretaries: Scunthorpe: 03033 3022263

Useful Websites:

Breast cancer care

Services are for people affected by breast cancer and are there to offer support and information when you need it. Whether you want [someone to talk to](#), [the latest information](#), or practical support to help cope with side effects of living with breast cancer, their [local support services](#) provide a chance to meet others affected by breast cancer in your area.

We have also developed specialist services for [younger women with breast cancer](#) and [people with secondary breast cancer](#).

Help Line 0808 800 6000 www.breastcancercare.org.uk

Macmillan / Cancerbackup Cancer Support

Macmillan Cancer Support improves the lives of people affected by cancer. It provides practical, medical, emotional and financial support and campaigns for better cancer care and support for family and friends. www.macmillan.org.uk

Breast Cancer Haven

Supports the physical and emotional needs of anyone affected by breast cancer.
www.breastcancerhaven.org.uk

National Institute for Health and Care Excellence (NICE) www.nice.org.uk

Cancer Research UK www.cancerresearchuk.org.

Breast cancer breakthrough www.breakthrough.org.uk

Information for patients

Glossary:

Lymphoedema: fluid retention in the arm and or hand, following removal of many of the lymph nodes from the arm pit or after radiotherapy to the armpit.

Oncology: the medical treatment of cancer, under a consultant called an oncologist.

Oncoplastic: The surgical technique of cancer and aesthetic breast surgery, which attempts to remove a cancer while retaining or producing a breast shape that closely resembles a normal breast.

Radiologist: A doctor specialising in radiology x-rays in the diagnosis and treatment of diseases.

Any Comments, Compliments, Concerns or Complaints

If you have any other concerns please talk to your nurse, therapist or doctor. Our Patient Advice and Liaison Service (PALS) are available on 03033 306518 (Grimsby, Scunthorpe and Goole). You can also contact nlg-tr.PALS@nhs.net

As a Trust we value equality of access to our information and services, therefore alternative formats available on request at nlg-tr.interpreters@nhs.net

Date of Issue: February, 2019

Review Period: February, 2022

Author: Macmillan Breast Specialist Nurses

IFP-0596 v1.5

© NLGFT 2019

