

Patient name and hospital number:

INFORMATION PRESCRIPTION FOR PATIENTS

Support services for patients with breast cancer

The aim of this leaflet is to provide information and details of support services available to people diagnosed with breast cancer.

Breast surgeons

Ms E Gutteridge Mr M Dube Mr D Puthu Dr A Mumtaz	Dr Muntean Dr Elkouly Dr B Riaz	The surgeon you saw today was:
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Breast nurse team

Clinical Nurse Specialists: Lisa Yvonne Carolyn Beccy Kim	Breast Care Nurses: Nichola Sandra Breast Cancer Support Worker: Charlotte	Your clinical nurse Specialist / key worker is: Contact number: 01623 622515, extension 3884
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The breast nurse team working hours are Monday to Friday between 8am and 4pm. Please leave a message on the answerphone at times when they are unavailable.

Messages are picked up periodically. Calls are returned within 48 hours on a priority basis.

Today’s clinic appointment date:

You will be sent a copy of your letter. This is a summary of the consultation in which your diagnosis and treatment options were discussed. If you have any concerns about this, please contact your key worker.

Please also write down any questions you may have as your key worker will be able to answer these and provide any further information you may require.

Additional information

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Breast nursing team

The team consists of Clinical Nurse Specialists (CNS), Breast Care Nurses (BCN), and a Breast Cancer Support Worker (BCSW).

The team is available for patients who are being treated for breast cancer, and their relatives. They provide support and information throughout at all stages of your treatment and follow-up pathway.

The nursing team work across both the surgical and oncology services and provide emotional support, signposting or referrals to other related services (e.g. physiotherapy, counselling, well-being events) and can address any questions or concerns you have by facilitating appropriate appointments or investigations.

At the time of your diagnosis, you will have been assigned a CNS key worker to ensure that your care and treatment is coordinated in a timely manner.

You will have open access to the nursing team while you remain under the breast unit and can contact them on the telephone number provided.

What is the breast Multi-Disciplinary Team (MDT)?

This is a collection of healthcare professionals who specialise in the treatment and care of people who have had a diagnosis of breast cancer.

The team consists of nurse specialists, support workers, radiographers, surgeons, oncologists, and physiotherapists. They hold meetings and work alongside each other to ensure all your care is planned and implemented appropriately.

Free prescriptions

Free prescriptions are offered to patients who are under the age of 60 with a cancer diagnosis. Please ask your key worker about this.

Following your consultation

You may be referred to other healthcare professionals. They are there to ensure support is available for you and your family at all stages of your pathway.

They will help you cope with the illness and symptom control and help with care at home if required. You may also wish to request for a second opinion.

Where will I be seen?

You will be reviewed at the appropriate clinic at either King's Mill Hospital or Newark Hospital.

Telephone clinics are also in operation for certain discussions if appropriate, as decided by your medical team. You and your family/carers can ask to discuss any concerns or problems relating to your treatment pathway with members of the Breast MDT.

Physiotherapist

Before your operation, a physiotherapist will explain the physiotherapy plan and advise you on arm movement and exercise following surgery. You will also be reviewed by the therapy team following your operation.

Social care

Please talk to your key worker if you or your family/carers have concerns regarding:

- Financial problems
- Benefit rights
- Difficulty managing household tasks.

You can request to be referred to a social worker, benefits advice officer, or an occupational therapist, dependent on your needs. Help can also be sought through the Macmillan or Beyond Cancer Diagnosis charities.

Wards

You will be admitted to the Day Case Unit or ward 14 for your surgery. Most patients will be discharged the same day if there is someone who can be at home with you.

Chemotherapy

If you require chemotherapy, it will be given at King's Mill Hospital or Nottingham City Hospital.

Prior to your treatment starting, you will be reviewed by an oncologist, and a new patient telephone appointment will be arranged with a chemotherapy nurse. They will explain what to expect during treatment and are there to support you throughout your treatment.

Contact details for your chemotherapy centre whether at King's Mill Hospital or Nottingham City hospital will be provided to you. You will also be given a Rapid Response Card with a 24-hour helpline.

Open access follow-up

Following completion of your surgery, you will be moved into Patient Initiated Follow Up (PIFU).

This will reduce the amount of follow up appointments you would be required to attend at the Breast Unit and allows for rapid open access to the team and department should you have any concerns.

Where appropriate, at six to eight months following your surgery, you will be invited to attend a patient-only presentation, which is delivered by a member of the nursing team.

This is used as a reminder about the PIFU pathway, to discuss possible side effects following treatment, to highlight symptoms to report and to educate on health and wellbeing.

Other useful information sources and support services:

- **Macmillan Cancer Information and Support Service**

King's Mill Hospital – located in the main reception.

Telephone: 01623 622515, extension 6499

Newark – YMCA, Lorde Hawke Way

www.macmillan.org.uk

Helpline: 0808 808 00 00

- **Macmillan Beyond Diagnosis Service**

www.selfhelp.org.uk

Telephone: 0115 911 1661

Email: info@selfhelp.org.uk

- **Breast Cancer Now Charity**

www.breastcancernow.org

Helpline: 0808 800 6000

- **Maggie's Centre**

Nottingham City Hospital

Telephone: 0115 9246210

www.maggies.org

- **Amazon Breast Support Group**

(also on FaceBook)

Meetings are held on the second Tuesday of the month (except August) from 5pm until 6.30pm

Location: The Amazon Lounge, Clinic 14,
King's Mill Hospital

Telephone: 01623 622515, extension 3884



- **Newark Breast Cancer Support Group**

Meetings are held monthly on Wednesdays
from 7pm to 9pm

Location: Belvedere Club, 29 London Road,
NG24 1TN

Telephone: 01636 706177



- **Newark Cancer Carers' Support Group
(support for those providing care to
someone with cancer)**

Meetings are the first Tuesday of every
month from 1.30pm to 3.30pm

Location: Macmillan Information Centre,
YMCA, Lord Hawke Way, NG24 4FH

Telephone: 07939285308

beyond.diagnosis@selfhelp.org.uk



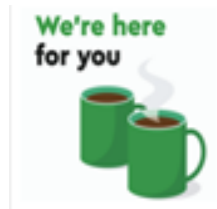
- **Newark Macmillan 'Cuppa and Connect'**

Meetings are on the first Wednesday of the
month from 10am to 12pm

Location: Macmillan Centre, YMCA, Lord
Hawke Way, NG24 4FH

Telephone: 01636 652532 / 07553726425

<https://www.sfh-tr.nhs.uk/services/macmillan-cancer-information-and-support-centre/>



Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns, or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office

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