

INFORMATION

Introduction

Cancer information and other leaflets are available on a wide range of subjects. Some of these will be offered to you by your health professionals at relevant stages of your treatment. Useful additional information is available from the Information Centres within the Network. (See details on the following page).

INFORMATION PRESCRIPTIONS

Nationally, the Cancer Action Team, which is part of the Department of Health, is producing pathways for each cancer site with identified pieces of information that should be offered to patients from first diagnosis to discharge. Eventually this will also include information regarding prevention and awareness and post discharge information such as follow-up information and survivorship – living beyond cancer.

This means that when the process begins – which is planned to start during 2010 and be rolled out nationwide by 2012 – patients will be offered consistent, quality information across the country. Patients may also be offered other information in addition to that from the national pathway of information which is also acceptable, providing the core information is also offered. As well as clinical information, information should be offered on other areas such as benefits, diet and nutrition, travel insurance, transport arrangements etc.

An electronic system is being developed to deliver these information pathways and following piloting of the system, it is hoped that this system will be used country-wide to deliver information. Please see the website for updates (www.cancernetworkvoice.nhs.uk)

Please speak to your key worker about any information requirements.

Continue through this section to find local information centres and national information resources.

INFORMATION CENTRES WITHIN THE NETWORK

Cancer Information Centre Cheltenham General Hospital	08454 224414 Open 10 am – 5 pm Monday to Friday
Health Information Room Reception Area Gloucestershire Royal Hospital	08454 228234 Open 10 am – 4 pm Monday to Friday
Cancer Information Resource Centre, Charles Renton Unit Hereford County Hospital	01432 355444 Extn 4107 Open 9 am – 5 pm Monday - Friday
Macmillan Information Pod Worcestershire Royal Hospital	01905 733837 Please telephone for opening hours

Notes

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**The FOCUS Cancer Information and
Support Centre
Cheltenham General Hospital
Telephone 08454 224414**

"Not just an Information Centre"

The FOCUS Cancer Information Centre
Next to the WRVS Coffee Shop

** Large range of Macmillan booklets*

** Personal Folders*

** Complementary therapies*

** Travel insurance information*

** Macmillan welfare benefits advisor by appointment*

** Look Good..Feel Better monthly beauty workshops*

** Weekly NHS wig clinic*

** Pretty scarves & hats*

** Anti-nausea organic sweets*

**Greetings cards and nearly new books*

** Friendly advice & support*

Open Monday - Friday 10am-5pm

Pat and Linda look forward to welcoming you!

The Cancer Information Centre is totally funded by charitable donations made to the FOCUS fund (please see the next page for details)

Version 5 June 2010

An Introduction to FOCUS

Fund for Oncology Centre Users and Supporters

What is FOCUS?

FOCUS is the name for the cancer charitable funds at the Gloucestershire Oncology Centre. It is part of the Gloucestershire Hospitals NHS Trust Charitable Fund.

Why do we need to raise funds?

Cancer care and treatment is constantly advancing, bringing with it demand for advanced technical equipment and improvements in patients care and support. The many fundraising activities undertaken by our supporters enable us to continue to offer the advanced technology and home comforts, which are so important to anyone living with a diagnosis of cancer.

What have funds been spent on so far?

Items purchased range in price from £50 to several thousands of pounds and include the following purchases:

- Special reclining chairs
- Personal cassette recorders & tapes for waiting areas
- Pagers
- Videos and library loan books for patient loan
- Personal folders
- Tens machines & mobile syringe drivers for pain relief
- Garden seats and sunshades
- Lymphoedema Nurse services
- Linaccheck machine for patient monitoring
- Cryopreservation equipment

FOCUS thanks the many dozens of dedicated and generous people from the three counties who have already raised monies for our Specialist cancer care at the Oncology Centre.

To find out more contact: Administration - 08454 224025 or
Cancer Information Centre - 08454 224414

FOCUS is part of the Gloucestershire Hospitals NHS Foundation
Trust Charitable Fund - Charity number 1051606

INFORMATION RECORD

The next couple of pages are for you to record the information you have received from health professionals or obtained yourself, if you so wish. Remember you can ask for leaflets at any time during your treatment and if you do not feel you want the information then and there, make a note of the title so that you can request it at a later date. Once the national system is developed, the information you have been offered or given will be recorded electronically.

Leaflet / booklet / fact-sheet title	Source of information (eg nurse, information centre)	Date

NATIONAL INFORMATION RESOURCES

A number of internet websites offer cancer information. The 3 Counties Cancer Network recommends the **accredited** websites listed below. These websites are carefully monitored to ensure that the content is up to date, accurate and informative.

NHS Direct	0845 4647	www.nhsdirect.nhs.uk
NHS Choices		www.nhs.uk/
CancerBackup	0808 800 1234	www.cancerbackup.org.uk
Macmillan CancerLine	0808 800 0000 Mon – Fri 9 am – 8 pm	www.macmillan.org.uk
Cancer Research UK	0207 242 0200	www.cancerresearchuk.org
Carers UK	0808 808 7777	www.carersuk.org.uk
Hospice information service	0870 903 3903	www.hospiceinformation.co.uk
CancerHelp UK	Website only	www.cancerhelp.org.uk/
NHS Choices	0845 4647	www.nhs.uk
Samaritans	0845 790 9090	www.samaritans.org.uk
CLIC Sargent	0800 197 0068	www.clicsargent.org.uk
Rarer Cancers Forum	01227 738279	www.rarercancers.org.uk
DIPEX (Database of Individual Patient Experience)		www.dipex.org.uk

INFORMATION AND SUPPORT FOR CARERS

A carer is a relative or friend who provides you with a substantial amount of practical and / or emotional care. If you have a carer, please encourage them to read this page.

As a carer for someone living with cancer, you may have many questions and concerns of your own and it is important that you know where to go for information and support. Here are a few useful places to start, in addition to any health and social care professionals with whom you are already in contact:

1. **REQUEST** your **free** copy of 'Hello, and how are you?' from Macmillan - freefone 0808 808 2020: This is a useful handbook written *by* carers of people with cancer, *for* carers, published in 2008.
2. If you are providing substantial personal care, request a Carers Assessment via your local social services department.
3. Contact the Benefit Enquiry Line 0800 882 200 or your local Citizens Advice Bureau to enquire about your benefit entitlements. The local number for Gloucestershire is via the information centre on 08454 224414 or 08454 223056.
4. Visit or phone (08454 224414) the friendly team in the **Cancer Information Centre** at Cheltenham General Hospital, for details on carer support groups, local hospices, B & B's near the hospital and other useful information.
5. Contact Macmillan CancerLine 0808 808 2020
www.macmillan.org.uk
6. Carers UK advice line: 0808 808 7777
www.carersuk.org.uk

Remember to **keep asking** until you get the answers you need.

THE EMOTIONAL IMPACT OF CANCER

Being told you have cancer or hearing that someone you care about has cancer can be an incredibly upsetting and frightening time. There will many questions and worries but Macmillan and Cancer Backup have produced a range of booklets designed to help you talk about your concerns and deal with the many issues that can arise. All booklets are free of charge and can be delivered to your home or accessed online.

Close relationships and cancer

This booklet talks about the impact cancer can have on relationships. It provides useful advice on how to support yourself and others through a difficult and unsure time.

Produced by Macmillan Cancer Support
www.macmillan.org.uk or call freefone 0808 808 2020

Sexuality and cancer

This booklet discusses how surgery and treatment for cancer may affect close relationships, and suggests possible solutions to sexual problems.

Produced by CancerBackup (now merged with Macmillan)
<http://www.be.macmillan.org.uk/> or call freefone 0808 808 2020

The emotional effects of cancer

This booklet deals with the feelings you may experience after being diagnosed with cancer. It covers issues such as anxiety, depression and anger and suggests ways to cope with these emotions.

Produced by CancerBackup (now merged with Macmillan)
<http://www.be.macmillan.org.uk/> or call freefone 0808 808 2020

Talking about your cancer

This booklet provides simple and practical advice on how to talk about your feelings and needs. It covers issues such as talking to family and friends, talking to your doctor, asking questions, as well as the benefits of talking about things.

Produced by CancerBackup (now merged with Macmillan)
<http://www.be.macmillan.org.uk/> or call freefone 0808 808 2020

TALKING TO CHILDREN ABOUT CANCER

Being told you have cancer can cause huge emotional shock and at that moment you may feel unable to tell your children what is happening. However, children will often notice that something is wrong so it is important to think about their needs at an early stage. Obviously you know your family situation best but children who know what is happening are likely to be stronger, more secure and independent, whilst those who do not may keep their worries to themselves and imagine things that are far worse than reality. Below are two booklets that may help.

Talking to children when an adult has cancer

This booklet provides useful advice on how to talk to children about cancer, how to deal with their questions and concerns and impact that the news may have on emotional or physical well being. It is also available on CD.

Produced by Macmillan Cancer Support
<http://www.be.macmillan.org.uk/>
or call freefone 0808 808 2020

What do I tell the children? A guide for a parent with cancer

This booklet provides advice on how to talk to children about cancer, how to deal with their questions and how to share experiences. It also has a good section on how to talk to children with disabilities about cancer.

Produced by CancerBackup (now merged with Macmillan)
<http://www.be.macmillan.org.uk/> or call freefone 0808 808 2020

The above booklets all provide useful and practical advice on how to cope with the emotional affects of cancer but remember that your Clinical Nurse Specialist and Keyworker are there to support you at all times. If you have any concerns you wish to talk about, make sure you talk to them as they will be able to put in you in touch with the most appropriate support and may be able to suggest additional resources which might be helpful to you.