



A guide to...

Patient Information

Macmillan Haematology Clinical Nurse Specialists

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The Haematology Clinical Nurse Specialist Service consists of three haematology nurses who support the haematology team at Watford General and Hemel Hempstead Hospitals.

As your Macmillan Haematology Clinical Nurse Specialists, we are members of the multi-professional disciplinary team and also act as your key workers.

We are a direct point of contact for you from diagnosis and throughout your cancer treatment.

We are available Monday to Friday 9.00am to 5.00pm and you will be provided with a contact card with our details.

We can also be contacted via The Helen Donald Unit, which is our day unit at Watford General Hospital where chemotherapy and other treatments take place.

The Helen Donald Unit opening times are Monday to Friday, 8.00am to 6.00pm.

Contact numbers during cancer treatment:

- For symptom management **07341 866 199** (See Alert card)
- For Helen Donald Unit appointments and general enquiries: **01923 217 386**
- For chemotherapy patients requiring urgent medical advice outside of normal working hours please contact:
Acute Oncology Service at Mount Vernon Hospital on: **07825 028 855.**

What we can do for you:

- Provide you with written information on your disease and treatment but this information can also be accessed online
- Give advice on managing your symptoms when not on cancer treatment
- Pre chemotherapy counselling and consent to treatment (provide you with relevant information to help you decide)
- Give you help and advice about coping with late effects from cancer treatment
- Give you a point of contact after discharge from hospital, and be a link between hospital and community
- Provide information about other support organisations
- Holistic Needs Assessments. This is a one to one, in depth review of any concerns you would like to discuss and get more information and advice on. For example:
 - Nutrition and diet
 - Benefits, finance or welfare
 - Emotional support
 - Coping with the side effects of treatment or the illness
 - Family support
 - Spiritual concerns
 - Exercise

Other information and support for patients and carers with haematological cancers:

Macmillan Cancer Support

Tel: **0808 8080 000** Website: <https://www.macmillan.org.uk/>

Hertfordshire Macmillan Benefits Advice Service offers benefits information, advice and support to local people affected by cancer.

Tel: **01438 843 456**

macmillan.benefitsadvice@hertfordshire.gov.uk

Blood Cancer UK

Blood Cancer UK is an organisation that offers support and information to patients diagnosed with a blood cancer.

39-40 Eagle Street

London

WC1R 4TH

Tel: 0808 208 0888

Bloodcancer.org.uk

support@bloodcancer.org.uk

Leukaemia Care

Leukaemia Care support any patient diagnosed with a blood cancer.

One Birch Court

Blackpool

East Worcester

WR3 8SG

Tel: 0808 8010 444 (24 hour helpline)

www.leukaemiacare.org.uk

Myeloma UK

Myeloma UK offers support and information to patients diagnosed with Myeloma, Amyloidosis, Plasmacytoma, MGUS.

22 Logie Mill

Edinburgh

EH7 4HG

Tel: 0800 980 3332

www.myeloma.org.uk

myelomauk@myeloma.org.uk

MDS UK

Supporting patients with bone marrow failure.

Tel: 020 7733 7558 (Mo-Fri)

www.mdspatientsupport.org.uk

info@mdspatientsupport.org.uk

CLL Support Association

The CLL Association offers support and information to patients diagnosed with Chronic Lymphocytic Leukaemia
39-40 Eagle Street
London
WC1R 4 TH
Tel: 0800 9774 396
www.clisupport.org.uk
info@clisupport.org.uk

WMUK

The UK charity for Waldenstrom's macroglobulinemia
Tel: 0300 303 5870
www.wmuk.org.uk
support@wmuk.org.uk

African Caribbean Leukaemia Trust

Tel: 020 3757 7700
www.aclt.org

Chai Cancer Care

The Jewish community cancer support organisation
Tel: 0808 808 4567
www.chaicancercare.org

Cancer Research UK

Tel: 0808 800 4040
www.cancerresearchuk.org

Chronic Myeloid Leukaemia

www.cmlsupport.org.uk

Anthony Nolan

www.anthonynolan.org

MPN Voice

MPN Voice offers support and information to patients diagnosed with a myeloproliferative disorder. www.mpnvoice.org.uk

Lymphoma Action

The Lymphoma Action offers support and information to patients diagnosed with lymphoma.
3 Cromwell Court
Aylesbury
Bucks HP20 2PB
Tel: 0808 808 5555
www.lymphoma-action.org.uk

Shine Cancer Support

Information and support for young adults living with cancer (20s, 30s and 40s)
www.shinecancersupport.org

NHS Choices www.nhs.uk**Local Support Groups****St Albans Haematology Support Group**

Contact: Leukaemia Care Team
Tel: 08088 010 444
Email: care@leukaemicare.org.uk

Pinner (NW London) Lymphoma Action Support Group

Pinner Village Hall,
HA5 1AA
www.lymphoma-action.org.uk Tel: 0808 808 5555

Lymphoma Support Group (Cherry Lodge)

Barnet
Contact: Fiona Kiddle
Tel: 020 8441 7000

Chronic Myeloid Leukaemia Support Group Stevenage

Contact: Leukaemia Care Patient Services Team
Tel: 0808 801 0444
Email: support@leukaemicare.org.uk

Other Local Support and Well being Services

Grove House

St Albans Hospital
Cancer Information & Support Service
Tel: 01727 731000

The Lynda Jackson Centre

Mount Vernon Hospital
Tel: 020 3826 2555

The Spring Day Centre

St Francis Hospice
Berkhamstead
Tel: 01442 869550

The Starlight Day Centre

Peace Hospice
Watford
Tel: 01923 330330

Macmillan Cancer Information and Support Centre situated in the main entrance of Watford Hospital. Please ask for further details if required.

Open: Monday to Friday 10.00am to 4.00pm.
Tel: 01923 436 326

Carers in Herts

Provide support and information to unpaid family and friends who look after someone.

Tel: 01992 586 969
www.carersinherts.org.uk

Adult Care Services Hertfordshire

Provide support and information on organising adult care, blue badge, equipment and many more.

Tel: 0300 123 4042
www.hertfordshire.gov.uk/adults

Watford General Hospital

Hemel Hempstead Hospital

St Albans City Hospital

If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217 187** or email **westhertspals@nhs.net**



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