













Current members

### About Us

This leaflet has been jointly written by the Mid Bedfordshire Cancer Support Group and the NHS Bedfordshire, Luton and Milton Keynes Cancer Patient Forum.

Sponsored by the Bedfordshire, Luton and Milton Keynes Cancer board.

www.blmkpartnership.co.uk



### Recommended Contacts



Hospital Cancer Information Centre Contacts:

Bedfordshire Hospital (Bedford site): 01234 792667 (Mon - Fri 9am - 6pm)

Bedfordshire Hospital (Luton and Dunstable site): 01582 718189 (Mon - Fri 8:30am - 4pm)

**Milton Keynes University Hospital:** 01908 997634 (Mon - Sun 9am - 5pm)

#### **Information and Support:**

**NHS:** www.nhs.uk/conditions/cancer/

Macmillan Cancer Support: 0808 808 0000

**Cancer Care Map:** www.cancercaremap.org





## Just been diagnosed with cancer?

Information from cancer patients and carers within Bedfordshire, Luton and Milton Keynes

# Suggestions from our experience:

You have just heard you have cancer. We stand with you in empathy. We are people in Bedfordshire, Luton and Milton Keynes who have had cancer too and we want to pass on what helped us in the early days.

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#### Ask for contact details for a key person.

You will have questions as you progress. There may be times when you have not had any recent news and you want to enquire.

#### The team looking after you and your type of cancer will meet when all of the results are available in order to discuss the best treatment for you.

They will discuss everything with you before anything happens.

### Don't feel you have to read all of the information given at one time.

Most of it will not mean much in the beginning and you will have other things to think about. Dip in and out when you need to. Don't bin it; it may be useful when the time is right.

#### To Google or not to Google?

Some may find this helpful, others unhelpful. Trust your gut, walk away when unsure and talk to people you trust if concerned.

#### You will find services; local and national, to help you adjust mentally and cope

*practically with cancer and its treatment*. There are support groups, financial and employment advice and practical help to get you through the first days and beyond.

# Try not to be concerned if you find other patients having different treatment from yours.

Treatments vary based on your own health and medical history. These may take time but the team treating you will have a plan.

#### Family and friends:

Family and friends may need support too. There is information and support available. Ask your cancer team for more information. You will come across many terms during your cancer care, so to keep this simple, we recommend:

www.macmillan.org.uk



#### Notes/Glossary

Example: MDT - Multi disciplinary team