The Macmillan Head, Neck and Thyroid Cancer Nurse Specialists

Providing support and information for patients and their families when diagnosed with cancer of the head and neck

Sussex Cancer Centre
at the Royal Sussex County Hospital
We are the Macmillan Head, Neck and Thyroid Cancer Nurse Specialists.

We work in the Cancer Centre in The Royal Sussex County Hospital, in Brighton. We are here to support you, your partner and your family through your cancer journey.

Please keep this leaflet; it will give you an idea of the way in which we can help you. It will also tell you how to contact us which you may need to do now or in the future. We can meet with you, your family or carers in the Cancer Centre.

**Do you need support or information?**

People can experience a wide range of emotions when the possibility of having cancer is mentioned. It can be a frightening and unsettling time for patients, their partners and their families.

Whatever you are feeling at present, it may help to talk to someone. We are available to talk with you about your feelings, and to answer any questions you may have about your disease or the proposed treatment. If we can't answer all your questions ourselves, we can put you in touch with someone who can.

You can ask us about your diagnosis and disease, as well as your treatment plan and what it will involve. We can explain the options and make sure you know about the different kinds of help available to you each step of the way. We would be happy to see you by yourself or with your partner, friend or relative. You’ll find our contact details on the next page.

**Do you need a link between different people in the multidisciplinary team?**

As there will be a number of people involved in your treatment and care, you may find it helpful to use us to ‘link them up’.
We can explain their different roles, and if you would like us to speak to them on your behalf we will be happy to do so.

We can also put you in touch with the different services in the hospital and the community that may be useful to you – dietitians, counsellors, community nurses and physical activity programs for example. You will find the details of some support organisations on the back of this leaflet.

We also have a Macmillan Support Worker in our team who can provide information and (non-medical) advice and support. This may include assistance with appointments’ and investigations and liaising with other health and social care professionals on your behalf. She can also make referrals to other services both in the hospital and in the community.

Do you need help coping with your symptoms?

At times the disease or treatment may cause symptoms which are difficult to cope with. Part of our role is to help you look positively at how to manage these symptoms. Most symptoms can be controlled by expert use of medication. We can also look at how other techniques like relaxation and massage may help.

How to contact us

You can contact us on the telephone number below.

**Telephone number 01273 696955 extension 7435**

**Hours of work – Monday to Friday 7.30am to 5.30pm**

We aim to return your call the same working day, however at times this may be the next day. Please note this is not an emergency service.
Useful telephone numbers

Macmillan Head and Neck Specialist Radiographer 01273 696955 Ext. 7436
Macmillan Head and Neck Cancer Specialist Nurses and Support Worker 01273 696955 Ext. 7435
Macmillan Speech and Language Therapist 01273 696955 Ext. 7211
Macmillan Head and Neck Dieticians 01273 696955 Ext. 67488
Macmillan Psychological Support Team 01273 664694
ENT enquiries 01273 696955 Ext. 4801
Maxillofacial enquiries 01273 696955 Ext. 4756
Cancer Centre reception 01273 696955 Ext. 4324
Radiotherapy reception 01273 664 901
Chemotherapy Royal Sussex County Hospital 01273 696955 Ext. 4799
Eastbourne District General Hospital 01323 417400 Ext. 3020
Courtyard Level 8 (Oncology Ward) 01273 696955 Ext. 4051
Level 8A West Ward (H&N surgical Ward) 01273 696955 Ext. 4357
Macmillan Cancer Support Line 0808 808 0000
NHS Free smoking helpline 0800 0224332
Macmillan Horizon Centre 01273 468770

Useful Websites

www.mouthcancerfoundation.com
www.smokefree.nhs.uk
www.macmillan.org.uk
www.macmillan.org.uk/horizoncentre

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Disclaimer
The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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