

Maggie's Centres

The centres provide a full programme of practical and emotional support including psychological support, benefits advice, nutrition and headcare workshops, relaxation and stress management.

Maggie's Manchester

Contact Maggie's on **0161 641 4848** or email manchester@maggiescentres.org

The Robert Parfett Building, 15 Kinnaird Road, Manchester M20 4QL

Maggie's Oldham

Contact Maggie's on **0161 989 0550** or email

Oldham@maggiescentres.org

The Sir Norman Stoller Building, The Royal Oldham Hospital, Rochdale Road, Oldham OL2 2JH

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

The Christie is committed to producing high quality, evidence based information for patients. Our patient information adheres to the principles and quality statements of the Information Standard. If you would like to have details about the sources used please contact the-christie.patient.information@nhs.net

For information and advice visit the cancer information centres at Withington, Oldham or Salford. Opening times can vary, please check before making a special journey.

Contact The Christie Hotline for urgent support and specialist advice
The Christie Hotline: 0161 446 3658
Open 24 hours a day, 7 days a week

Macmillan secondary breast clinical nurse specialist team

What support to expect during the first year following your diagnosis of secondary or locally advanced breast cancer



First year support pathway

We are a team of clinical nurse specialists (CNS) who will provide support for you and your family and friends following a diagnosis of secondary or locally advanced breast cancer. Outlined below is the support pathway you should expect to receive during the first year following your diagnosis. We encourage you to attend your appointment to the nurse-led clinic as this contact then leads on to additional available support, if required.

By the end of the first year, we hope that you will be confident to contact us whenever you need to.

1. Nurse-led clinic

This is an appointment with a CNS. You should expect to see the nurse approximately 4 - 6 weeks after your first medical appointment at The Christie. If for some reason you do not receive your appointment please contact **0161 446 3996** and this will be arranged for you.

2. Telephone follow-up clinic

You will receive an appointment for a telephone conversation or call with a CNS approximately four months after your nurse led clinic appointment. If it is felt that you would benefit from additional support prior to the telephone follow up appointment, the nurse will discuss arranging this with you.

3. Health and wellbeing day

You will be invited to this event 6 - 12 months after your first medical appointment at The Christie. This day is designed to help you live well with secondary or locally advanced breast cancer. The days are run twice a year and have been very positively evaluated by patients and relatives and friends who have previously attended. The day gives you the opportunity to listen to expert speakers such as a medical consultant, senior research dietitian, secondary breast CNS and supportive care CNS. There are also breakout sessions in the afternoon which provide further additional support.

If after 12 months you haven't received an invitation for this event, please contact **0161 446 3996**.

Outlined on the previous page is the **minimum** support you should expect to receive from the service.

We are always here for you. In between these appointments, please feel free to contact us at any point. Please always leave a message and one of the nurses will get back to you as soon as possible (please note it is not always possible to return all calls the same day due to clinical commitments).

The Macmillan secondary or locally advanced breast clinical nurse specialists

Tel: 0161 446 3996

Other support

Breast Cancer Now

Provides information and support to both patients and families.

Freephone: **0808 800 6000** www.breastcancer.org

Monday to Friday 9:00am - 5:00pm, Saturday 9:00am - 2:00pm

North of England regional office **0345 077 1893**

Macmillan Cancer Support

Provides information on all aspects of cancer

Freephone: **0808 808 0000** www.macmillan.org.uk

Living with secondary breast cancer

Meet others in a similar situation and hear from expert speakers

Tel: **0345 077 1893** email: secondaryservices@breastcancer.org

The cancer information centre at The Christie

The Christie in Withington - **0161 446 8100** Located in Oak Road reception (department 3)

The Christie at Oldham - **0161 918 7745**

The Christie at Salford - **0161 918 7804**