

**Ask anyone involved in your treatment
about anything -
We're all here to help you !**



This directory was compiled by cancer patients and carers
in partnership working with Ayrshire Cancer Support
and NHS Ayrshire & Arran,

Published by Ayrshire Cancer Support

Support Directory for Cancer Patients, Carers and Staff

Together In A Common Cause



"I am a cancer patient - where do I go from here?"

AYRSHIRE
**cancer
Support**

NHS
Ayrshire
& Arran

ASK YOURSELF THESE QUESTIONS!

First and foremost –

- What can I do to **help myself?**
- Who will help me find answers to any questions I might have about my future treatment?
- Where – if I want it – can I obtain more information about **my particular cancer?**
- How can I **share my concerns with a fellow cancer patient?**
- What advice can I get on **how to tell those around me that I have cancer?**

Now a few answers –
A list of organisations ready to offer you help and advice.

1

Before I / we forget

This is a difficult time but your consultants / doctors and nursing staff will do their best to help you in anyway they can. It is important that you are involved as much as possible with the decisions about your treatment and care. If you have any queries, or need further information or support please do not hesitate to ask.

So why not write down any questions you may have about symptoms or problems you may wish to discuss with your specialist team. You can even use this at your GP surgery.

At the Hospital —

My Doctor's Name is:

My Nurse's name is:

Date: Mr / Dr / Nurse:

Question:

Answer:

12

Finally some words of advice

- **Do -**
bring a relative or a friend with you when attending a doctor's appointment, a meeting with your consultant or having treatment. Having the company of someone you know and trust can be a great support in itself.
- **Do -**
make a note, before attending a consultation (See the prompt pages). Be assured that health professionals will be happy for you to use and take notes or even to record the consultation if this is going to be of help

Ayrshire Cancer Support

Provides Counselling, Complementary Therapies, Support Groups, patient transport and information at their centres in Ayr and Kilmarnock.

Support and information 01292 - 269888

Shirley Macmillan
22 Wellington Square,
Ayr

Transport 01563 - 538008

Janie Riddick

16 Portland Road,
Kilmarnock

The Kiama Trust 01292 - 269888
07740 - 932503

Provides support and advice to women and men who have experienced breast cancer, complementary therapies and the opportunity to talk to others who understand. The centre is friendly and informal where families / friends are always welcome to visit.

Contact: Alison
22 Wellington Square,
Ayr

Website: www.kiamatrust.org

Notes pages

Breast Surgery Self Support Group

Self-support group to provide company, comfort and support for ladies who have had either had or are going through the trauma of breast cancer.

Meeting 1st Tuesday of the month 7 – 9 p.m.
(except January)

The Alexander Fleming Suite, Crosshouse Hospital

Contacts:

Anne Tierney 01294 - 217369

Mary Keen 01294 - 218944

Bosom Buddies 01475 - 675709

Open to anyone affected by cancer

Meeting 1st Tuesday of the month at 2 p.m.
and last Monday of the month at 7.30 p.m.

The Lounge, Main Street, Largs.

Contact: Liz Kennedy

Muirkirk Cancer Patient Support 01290 - 661566

Open to anyone affected by cancer.

Contact: Stephanie Essex

e-mail stephessex@hotmail.co.uk

Crosstalk Laryngectomy Support Group

01563 - 535728

Meeting held 2—4 p.m. on the 1st Wednesday every month except December.

Seminar Centre, Lister Building

Crosshouse Hospital

Contact: Ernie Williamson

3

Notes pages

North Ayrshire Cancer Care 01294 - 552223

Patient transport and Complementary Therapies
Muirside Lodge,
Stevenston Road, Kilwinning

Open 9.30 to 3.30 Monday to Friday
(Out-of-hours answer phone)

e-mail enquiries@northayrshirecancercare.org

More information - www.northayrshirecancercare.org

Irvine Cancer Care 01294 - 311887

Patient Transport and Information
Heathfield House
5 Kilwinning Road
Irvine

Areas covered:

Dreghorn, Dundonald, Irvine, Loans, Springside, Troon

Copeline 0800 - 056 8181

Free confidential listening support and information
helpline

Can

Provide transport to health centres, clinics and hospitals in Ayr, Irvine, Kilmarnock, Glasgow and Edinburgh.

Contact: Robert Jess 01465 - 714060

76 Dalrymple Street, Girvan Fax 712233

e-mail communityaction@btworld.com

Scottish Cancer Support 01560 - 321875

Patient transport, holiday homes, financial assistance in genuine cases of hardship.
29b Brown Street, Newmilns.

NHS Ayrshire & Arran Buddy Support

Are you living through a cancer experience and need extra support and friendship from someone who understands what you are experiencing?

The NHS Ayrshire & Arran Buddy Support service gives cancer patients the opportunity to speak to other cancer patients who have had a similar experience.

If you would like to be put in touch with someone who has had a similar experience please contact:

Shoana Connell 01563 - 825726

Macmillan PPIO (Cancer)

shoana.connell@aaaht.scot.nhs.uk

Or:

Sandra White 01563 - 826025

Nurse Consultant in Cancer

Sandra.white@aaaht.scot.nhs.uk

Ayrshire Macmillan Money Matters 01294.475915

Benefit information and advice for people affected by cancer. Assess finances, complete forms and liaise with other agencies on your behalf. If you or a member of your family are affected by cancer a referral can be made through health professionals or phone direct. 5

Other Support available

Macmillan Cancer Support 0808 - 808 0000
CancerLine

Open 9.00 am until 8 pm Monday to Friday

Cancer Voices: Alan Gow 0141 - 952 - 0085

www.macmillan.org.uk

Breast Cancer Care 0808 - 800 6000
Helpline

www.breastcancercare.org.uk

Roy Castle Lung Foundation 0800 - 358 7200
Helpline

Leukaemia Care 0800 - 169 6680
Care Line

www.leukaemiacare.org.uk

Lymphoma Association 0808 - 808 5555
Open Mon -Thursday 9 am - 6 pm. Frid. 9 am - 5 pm

Myeloma UK 0800 - 986 3332

Cancer research UK 0808 - 800 4040
Information Nurses

Marie Curie 0131- 561 3900

Teenage Cancer Support 020 - 7612 0370

The Princess Royal Trust

Karen Torbet 01290 - 426404

Sandra MacWhinnie 01563 - 571533

Provides advice, support and information for those caring for relatives, friends and neighbours who otherwise may not manage at home without help.

Also available -

A meeting room for young carers group, adult support group, social activities, training events / courses, information and a bi-monthly newsletter.

Open: Monday - 11.00am - 4.30pm

Tuesday - Thursday - 9.00am - 4.30pm

Friday - 9.00am - 4.00pm

Patient / Carer Panel for Cancer Services:

The NHS Ayrshire & Arran patient / carer panel cancer services is a representative body of cancer patients and carers who wish to inform, shape and be a positive influence on NHS policy, strategy and service planning across the Region.

The Group will seek to achieve this by presenting the "needs, rights, views and experiences of people affected by Cancer."

Contact: John Jackson 01655 - 770639
e-mail j.jackson28@btinternet.com

Or: Janette Tudhope 01294 - 213871
e-mail janettudhope@yahoo.com

7

Citizens Advice Bureau (North and East only)

07947 - 236508

Independent advice and support for all NHS users.
Independent Advice and support service worker
Contact: Patrice

ArCAS (Arran Cancer Support) 01770 - 860 719

Provides transport for patients visiting mainland hospitals for treatment or consultation, complementary therapies (arranged via Community Nurse) and equipment not available through the NHS.
Will try and fulfil ANY needs on request.

Contact: Ted Godfrey

Ayrshire Hospice

01292 - 269200

Provides specialist palliative care to patients and carers in Ayrshire. Care is provided in the community, day hospice and in-patient unit. You can be referred by your GP or District Nurse and from Hospital by your Consultant, Clinical Nurse Specialist or Palliative Care Team.

The team consists of doctors, nurses, physiotherapists, occupational therapists, a chaplain and social worker.

Headway

01292 - 269200

Based in the day hospice hairdressing salon.
Providing advice on cancer related hair loss and a wide range of cotton scarves at minimal cost.
Call to make an appointment between 9am and 5pm,
Monday - Friday.

6