

Head and Neck Cancer Team

Ongoing Support and Contacts

Hospital Support

All patients with head and neck, including thyroid cancer will receive follow-up for 5 years following treatment in the multi-disciplinary clinic.

Although this clinic will provide you with an opportunity to receive expert advice, we also understand that it can be an anxious and busy time. It would be helpful for you to bring a family member or friend with you to the clinic when possible.

Bringing a list of any questions or concerns that you would like to discuss during the clinic consultation, can also be helpful.

Below we have provided you with a list of contact numbers for your head and neck including thyroid cancer team at Addenbrooke's Hospital.

Contact numbers for the wards, clinics and Patient Advice and Liaison (PALs) are also listed.

Head and Neck Surgeons

Consultant Head and Neck Surgeon:
Secretariat

Mr P Jani
Tel: 01223 216486

Consultant Head and Neck Surgeon:
Secretariat

Mr B Fish
Tel: 01223 257230

Consultant
Secretariat

Mr D McKiernan
Tel: 01223 257230

Consultant Maxillofacial Oncology Surgeon
Secretariat

Mr Thompson
Tel: 01223 216635

Consultant Maxillofacial Oncology Surgeon
Secretariat

Mr Cameron
Tel: 01223 216705

Consultant Plastic Surgeon:
Secretariat

Mr Malata
Tel: 01223 586672

Head and Neck Oncologists

Consultant Oncologist:
Secretariat

Dr S Jefferies
Tel: 01223 586705

Consultant Oncologist:
Secretariat

Dr R Benson
Tel: 01223 217019

Contact Numbers for Addenbrookes Hospital Wards, Clinics and PALS

Addenbrookes Hospital (Switchboard) Tel: 01223 245151
(Also referred to as Cambridge University Hospitals NHS Foundation Trust)

Wards

J3 Ward (Head and neck Surgical Ward) Tel: 01223 274479

D4 Ward (Plastic surgery Ward) Tel: 01223 217196

C4 Ward (Short Stay Surgical Ward) Tel: 01223 217424

A5 Ward (Irridium wire and Radioiodine treatments) Tel: 01223 216314

D9 Ward (Oncology Ward) Tel: 01223 217708

Clinics

Clinic 10 (ENT, Head and Neck and thyroid Oncology) Tel: 01223 217588

Clinic 8 (Oral & facial Clinic & prosthetics department) Tel: 01223 216412

Clinic 7 (Eye/Plastics) Tel: 01223 216234

Oncology Tel: 01223 216552

Patient Advice and Liaison Service (PALS)

Based within Addenbrookes Information Centre Tel: 01223 216756
near main reception

Community Support

The community team includes General Practitioners (GP's), District nurses, Dietitians, Speech and language therapists, Community Social Workers, Occupational therapists, Physiotherapists and Macmillan nurses. The hospital and community teams aim to maintain close liaison throughout your treatment and follow-up period.

If you feel that you would benefit from a referral to any of the community team and you haven't met them already, please speak to your GP or hospital team who can advise you.

Social Support

If you have any concerns about your home situation the hospital nurses or your own GP surgery will be able to refer you to your local social services department. A social worker can provide support and information in the following areas:

- Practical help if appropriate for example - home help services.
- Ongoing counselling and support available at local social services departments.
- Financial help when a medical condition is causing extra financial pressure.
- Advice regarding benefits.

Spiritual Support

Whatever your circumstances or beliefs, your hospital chaplaincy team is available to provide you with the opportunity to talk to someone in confidence about your feelings and thoughts. The team aims to support all patients (and those close to patients) in the most appropriate way that they can.

You do not have to be 'religious' to talk to a chaplain and the team is committed to caring and respecting each individual, regardless of race, religion, creed, gender and culture. The chaplaincy team can also assist you in contacting a member of your own faith community should you wish for this. The team can be contacted on 01223 217769

There are also a number of local and national support groups and charities.

Local Information and Support Groups	
Local specific cancer support:	
Bedford Laryngectomy Club	Tel: 01234 792275
Cambridge Laryngectomy Support Group and Clinic	Tel: 01223 216200
Local support for carers:	
Cambridge and South East Cambridgeshire Carers Consortium	Tel: 01223 363464
Cambridge and South East Cambridgeshire Carers Support Team	Tel: 01223 712055
Cambridge and South East Cambridgeshire Young Carers Support Team	Tel: 01223 712072
Macmillan volunteer home sitting service (Cambridge area)	Tel: 01223 723110
Local Support with Financial issues	
Citizens Advice Bureau at Addenbrookes (CAB)	Tel: 01223 217397
Local support with addictive substances:	
Cambridgeshire Smoking Cessation Service (Oasis)	Tel: 01223 723022
Cambridge Drug and Alcohol Service	Tel: 01223 723020
Cambridge Drinksense	Tel: 01223 350599

Local complimentary therapy and emotional support:	
Mary Wallace Cancer Support	Tel: 01223 596379
Cambridge Cancer Help Centre	Tel: 01223 566151
Acorn Cancer Support Group (St Neots, St Ives, Huntingdon, Ramsey)	Tel: 01480 416283
Arthur Rank Day Centre (Palliative Care Centre)	Tel: 01223 723140
Macmillan Day Unit – Patient Support Group (Peterborough)	Tel: 01733 875114

National Information and Support Groups Cancer Charities providing information and support		
Cancerbackup	www.Cancerbackup.org.uk	Tel: 0808 800 1234 (Information free phone)
Cancer Research UK	www.cancerhelp.org.uk	Email service only
	www.cancerresearchuk.org	Tel: 0207 242 0200
Macmillan Cancerline	www.macmillan.org.uk	Tel: 0808 808 2020 (Information)
		Textphone: 0808 808 0121 (For deaf or hard of hearing people)
Marie Curie Cancer Care	www.mariecurie.org.uk	Tel: 0800 716 146
Bristol Cancer Help Centre Holistic cancer help centre	www.bristolcancerhelp.org	Tel: 0845 123 2310 (Monday to Friday 09.30 – 17.00)
Cancer Bridge Holistic cancer help centre	www.cancerbridge.org.uk	Tel: 01434 605551
James McDonald Cancer Trust		Tel: 07833 940 075
Chai Cancer Care For Jewish cancer patients	www.chai-lifeline.org.uk	Tel: 0808 808 4567
Cancer Black Care	www.cancerblackcare.org.uk	Tel: 0207 249 1097 or 0207 501 8787

GaysCan	gayscan@blotholm.dircon.co.uk	Tel: 0208 368 9027
National helpline for Gay men and those close to them		
Look Good feel Better	www.lookgoodfeelbetter.co.uk	Tel: 01223 216551
A free service for ladies who would like to treat themselves to a make up and skin care consultation with free gifts		
Specific emotional support		
British Association for Counselling and Psychotherapy	www.bacp.co.uk	Tel: 0870 443 5252
Cancer Counselling Trust	www.cctrust.org.uk	Tel: 0207 704 1137
Financial advice		
Macmillan Benefits Helpline		Tel: 0800 500 800
Benefits Agency		Tel: 0800 882 200
For carers		
Carers UK Freephone Carerline	www.carersonline.org.uk	Tel: 0808 808 7777
Cancer Equality Carers Project for carers from black and ethnic minority communities		Tel: 0207 582 0434
Al Anon family Groups For people whose lives are affected by someone else's drinking		Tel: 0207 403 0888
Siblinks	www.siblinks.org	Tel: 01737 555411 (Evenings)
For young people who have a family member affected by cancer		
Support with children		
Cancerbackup	www.Cancerbackup.org.uk	Tel: 0808 800 1234 (Information)

For specific cancers		
National Association of Laryngectomy Clubs	www.nalc.uk.com	Tel: 0207 730 8585
British Thyroid Foundation	www.british-thyroid-association.org	Tel: 0870 770 7933
Support with addictive substances		
QUIT (Smoking cessation advice and support)	www.quit.org.uk	Tel: 0800 002 200
		Tel: 0800 002 244 (Bengali)
		Tel: 0800 002 255 (Gujarati)
Alcohol Concern	www.alcoholconcern.org.uk	Tel: 0207 928 7377 Tel: 0800 917 8282 Freephone Drinkline
Alcoholics Anonymous	www.alcoholics-anonymous.org.uk	Tel: 0845 769 7555
Support for patients with facial changes		
Changing Faces	http://changingfaces.org.uk	Tel: 0845 450 0275
Let's Face It (Support Network)	www.letsfaceit.force9.co.uk	Tel: 01843 833724
The Lymphoedema Support Network	www.lymphoedema.org	Tel: 0207 351 4480
Camouflage make-up information		
British Association of Skin Camouflage	www.skin-camouflage.net	Tel: 01625 267880
British Red Cross Society	www.redcross.org.uk	Tel: 0207 877 7000

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or patient.information@addenbrookes.nhs.uk

Potete chiedere di ottenere queste informazioni in altre lingue, in stampato grande o in audiocassetta.

Italian

若你需要本信息的繁體中文、大字體或音訊格式的版本，請要求索取。

Cantonese

તમને આ માહિતી બીજી ભાષાઓમાં, મોટા અક્ષરોમાં અથવા સાંભળી શકાય એવા માધ્યમ (ઓડીઓ ફોર્મેટ)માં જોઈતી હોય તો કૃપા કરીને પૂછો.

Gujarati

تکایہ پرسپار بکہ نہ گہر نہ وزانیاریہت دہوی بہ زمانیکی تر . بہ پیتی گہورہ یانیش بہ شیوہی دہنگ

Kurdish

آگراپ کو یہ معلومات دوسری زبانوں میں، بڑے الفاظ کی اشاعت میں یا آڈیو ٹیپ پروکاروں تو ہر اے مہربانی اس کیلئے درخواست کریں۔

Urdu



Addenbrooke's is smoke-free. Please do not smoke anywhere on the site.
For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

Document history			
Authors	Head and neck Cancer Team (Lead Macmillan ENT Nurse)		
Department	Oncology Box 193, Cambridge University Hospitals NHS Foundation Trust, Cambridge CB2 2QQ, www.addenbrookes.nhs.uk		
Contact number	01223 245151		
Published	Aug-06	Review date	Annual
File name	O:\Oncology\Q A\Forms\Patient information\Head and Neck\pi824_v3_Ongoing_Support_H&N.doc		
Version number	3	Trust Ref	PIN824