

Top 10 tips for your cancer journey

1 Family and friends

You can bring one family member or friend with you to any of your appointments. For certain appointments such as scans, any accompanying person may need to wait in the waiting area whilst you have the actual procedure.



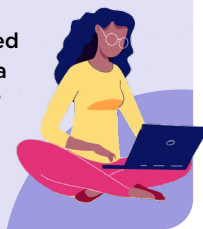
2 Dedicated contact

You will have a named contact person throughout your time as a cancer patient. This person is usually called a Cancer Clinical Nurse Specialist (or CNS). If you're not sure who this is, please ask.



3 Personalised care plan

Everybody with cancer will have a personalised care plan. This is based on a structured conversation with a healthcare professional about your needs. It may also be called a Concerns Checklist or Holistic Needs Assessment (HNA).



4 Macmillan Information Centres

There are Macmillan Information Centres at each hospital site. You can pop in to talk to someone about your worries and concerns. You can also get information about different types of treatments, side effects, and tips on coping with them.

MACMILLAN

5 Cancer charities

Cancer charities (such as Maggie's at St Bartholomew's), offer cancer support groups, complementary therapies, counselling and activities (e.g. yoga). You will be provided with information about local and national cancer charities.



6 Reduce or stop working

If you need to reduce or stop working during your cancer treatment and experience loss of earnings, please ask for an appointment with a Macmillan Welfare Adviser. They can give you advice about benefits that you may be able to claim and can also help you apply to a charity for a grant.



7 Parking concessions

There may be parking concessions at the hospital for the days when you are receiving cancer treatment. Your Clinical Nurse Specialist will advise you on this matter.



8 Prescriptions

Prescriptions are free for people who have cancer. You can ask your Clinical Nurse Specialist at the hospital or your GP surgery for a form FP92A (application form for prescription charge exemption).



9 Reclaim travel costs

If you are receiving Income Support, JSA, ESA, Universal Credit or Pension Guarantee Credit, you may be entitled to reclaim the cost of travelling to the hospital. Your Clinical Nurse Specialist will have a claim form that you can submit to the Cashier's office at the hospital.



10 Feedback

We want to know what matters to you, so please tell us. You can give feedback about your experiences by contacting nelondonicb.pvc@nhs.net or visit www.nelcanceralliance.nhs.uk for more information and the latest news from North East London Cancer Alliance.

