



York Teaching Hospital  
NHS Foundation Trust

# Breast Care Specialist Nursing Service

Information for patients with secondary  
breast cancer

① For more information, please contact:

Breast Care Specialist Nurses

Tel: 01904 726775

Or email [yhs-tr.yorkbreastcarenurses@nhs.net](mailto:yhs-tr.yorkbreastcarenurses@nhs.net)

York Hospital,

Wigginton Road, York, YO31 8HE

Scarborough Hospital

Woodlands Drive, Scarborough, YO12 6QL

<b>Contents</b>	<b>Page</b>
Introduction .....	4
Who are the Breast Care Specialist Nurses?.....	4
How can the Specialist Nurses help me? .....	5
How do I contact the Specialist Nurses? .....	6
Useful Addresses .....	7
Useful podcasts apps and support groups.....	8
Tell us what you think of this leaflet .....	10
Teaching, training and research.....	10
Patient Advice and Liaison Service (PALS).....	10
Leaflets in alternative languages or formats .....	12



## **Introduction**

You have been given this leaflet to provide you with information about the Breast Care Specialist Nursing Service, how to contact them and how they can help you. We hope you find this leaflet useful but if you have any further questions please feel free to ask.

## **Who are the Breast Care Specialist Nurses?**

The breast clinical nurse specialists (CNS) are nurses who specialise in breast cancer. We work as part of the multidisciplinary team, alongside other healthcare professionals. We offer specialist support and information to you, your family and carers throughout your cancer treatment.

We aim to offer a bespoke service for our patients and their carer(s). We have an open access ethos and we encourage you to contact us if you need support.

# How can the Specialist Nurses help me?

The Specialist Nurses can help you in the following ways:

- Provide you with information, support and advice about your illness and treatment
- Provide you with a full explanation about the aims of treatment, the benefits, possible side effects and potential alternatives
- Act as a contact for you and your carers within the hospital throughout your treatment and care
- Give you advice on managing symptoms you may have as a result of your illness or treatment
- Help you identify sources of practical and financial help
- Liaise with and work collaboratively with other people who may be involved with your care. This may be the hospital doctors, your GP, district nurse, or community Macmillan nurse
- Offer a sensitive and complete breast prosthesis (artificial shape) fitting service where appropriate

# **How do I contact the Specialist Nurses?**

You can phone, email, or text us:

Telephone: 01904 726775

Email: [yhs-tr.yorkbreastcarenurses@nhs.net](mailto:yhs-tr.yorkbreastcarenurses@nhs.net)

Text: 07584 641644

You can reach us between the following hours:

8am – 5.30pm, Monday – Thursday

8am – 5pm, Friday

If we are not in the office there is a voicemail facility for you to leave a message.

If you have an urgent problem outside these hours please contact your GP or District Nurse.

If you have recently been discharged from hospital you can contact the ward you were on.

## Useful Addresses

**Macmillan Support Line**      Tel: 0808 808 0000  
[www.macmillan.org.uk](http://www.macmillan.org.uk)

Macmillan is a UK charity which supports people living with cancer and their carers. They are a valuable source of information and advice. In some cases they may be able to help financially.

**Breast Cancer Now**              Tel: 0808 800 6000  
[www.breastcancer.org.uk](http://www.breastcancer.org.uk)

5-13 Great Suffolk Street  
London, SE1 0NS

Breast Cancer Now is a national charity providing information and support on breast cancer to patients, their family and friends.

**Cancer Care Centre - York**  
Monday – Friday 9am – 4.30pm  
Tel: 01904 721166

**Cancer Information & Support Service - Scarborough**  
Monday – Friday 9am – 4.30pm  
Tel: 01723 342606

Offering complementary therapies, a range of support groups, benefits advice and information. Feel free to call in for a drink and a chat. The service is available for patients, families and carers

# Useful podcasts apps and support groups

[www.breastcancernow.org/about-us/news-personal-stories/my-story-podcast-rebecca-1](http://www.breastcancernow.org/about-us/news-personal-stories/my-story-podcast-rebecca-1)

Breast Cancer Now offer a monthly meeting in York (online during the pandemic) for more information ring 0345 0771893 & also offer an online programme (see link below).

<https://breastcancernow.org/information-support/facing-breast-cancer/secondary-metastatic-breast-cancer/living-secondary-breast-cancer-online-programme>

[Breastcancernow.org.uk/mental-health-toolkit](http://Breastcancernow.org.uk/mental-health-toolkit)

Visit [www.bbc.co.uk/podcast](http://www.bbc.co.uk/podcast) for a range of excellent podcasts covering a wide range of cancer related issues, in particular 'You, Me and the Big C'

Fatigue App: untire

Mental Health Apps: Calm and Headspace

Instagram: search for secondary sisters



Scarborough and Ryedale Support Group: search on Facebook for Living with Breast Cancer Support Group Scarborough and Ryedale

Look good feel better workshops [www.lgfb.co.uk](http://www.lgfb.co.uk)

**Secondary Breast Cancer Support Group** held at the Friends Meeting House every three months, for information call Breast Care Nurses on 01904 726775 (On hold during the pandemic)

**Breast Cancer Haven Leeds**

[www.breastcancerhaven.org.uk](http://www.breastcancerhaven.org.uk)

Tel: 0300 0120112

Email: [support@breastcancerhaven.org.uk](mailto:support@breastcancerhaven.org.uk)

**Young adult cancer support**

[www.trekstock.com](http://www.trekstock.com)

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact the Breast Care Nurse Team, York Hospital, Wigginton Road, York, YO31 8HE, telephone 01904 726775 or email [yhs-tr.yorkbreastcarenurses@nhs.net](mailto:yhs-tr.yorkbreastcarenurses@nhs.net).

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.



# Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供，電  
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

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