



University
Hospitals Sussex
NHS Foundation Trust

**WE ARE
MACMILLAN.**
CANCER SUPPORT

The Macmillan head, neck and thyroid cancer nurse specialists

Sussex Cancer Centre
at the Royal Sussex County Hospital

Providing support
and information for
patients and their
families when
diagnosed with cancer
of the head and neck

We are the Macmillan head, neck and thyroid cancer nurse specialists.

We work in the Cancer Centre in The Royal Sussex County Hospital, in Brighton. We are here to support you, your partner and your family through your cancer journey.

Please keep this leaflet; it will give you an idea of the way in which we can help you. It will also tell you how to contact us which you may need to do now or in the future. We can meet with you, your family or carers in the Cancer Centre.

Do you need support or information?

People can experience a wide range of emotions when the possibility of having cancer is mentioned. It can be a frightening and unsettling time for patients, their partners and their families.

Whatever you are feeling at present, it may help to talk to someone. We are available to talk with you about your feelings, and to answer any questions you may have about your disease or the proposed treatment. If we can't answer all your questions ourselves, we can put you in touch with someone who can.

You can ask us about your diagnosis and disease, as well as your treatment plan and what it will involve. We can explain the options and make sure you know about the different kinds of help available to you each step of the way. We would be happy to see you by yourself or with your partner, friend or relative. You'll find our contact details on the next page.

Do you need a link between different people?

As there will be a number of people involved in your treatment and care, you may find it helpful to use us to 'link them up'.

We can explain their different roles, and if you would like us to speak to them on your behalf we will be happy to do so.

We can also put you in touch with the different services in the hospital and the community that may be useful to you – dietitians, counsellors, community nurses and physical activity programs for example. You will find the details of some support organisations on the back of this leaflet.

We also have a Macmillan Support Worker in our team who can provide information and (non-medical) advice and support. This may include assistance with appointments' and investigations and liaising with other health and social care professionals on your behalf. She can also make referrals to other services both in the hospital and in the community.

Do you need help coping with your symptoms?

At times the disease or treatment may cause symptoms which are difficult to cope with. Part of our role is to help you look positively at how to manage these symptoms. Most symptoms can be controlled by expert use of medication. We can also look at how other techniques like relaxation and massage may help.

How to contact us

You can contact us by telephone or email.

Telephone number **01273 696955 Ext. 67435**

Hours of work – **Monday to Friday 8am – 5pm**

bsuh.headnecksupport@nhs.net or
bsuh.thyroid.support@nhs.net

If we do not answer please leave a message. We aim to return your call the same working day, however at times this may be the next day. Please note this is not an emergency service.

Useful telephone numbers

Macmillan Head and Neck Specialist Radiographer	01273 696955	Ext. 67436
Macmillan Head and Neck Cancer Specialist Nurses and Support Worker	01273 696955	Ext. 67435
Macmillan Speech and Language Therapist	01273 696955	Ext. 67211
Macmillan Head and Neck Dieticians	01273 696955	Ext. 67488
Macmillan Psychological Support Team	01273 664694	
ENT enquiries	01273 696955	Ext. 64801
Maxillofacial enquiries	01273 696955	Ext. 64756
Cancer Centre reception	01273 696955	Ext. 64324
Radiotherapy reception	01273 664901	
Chemotherapy Royal Sussex County Hospital	01273 696955	Ext. 64799
Eastbourne District General Hospital	01323 417400	Ext. 63020
Level 8A West Ward (H&N surgical Ward)	01273 696955	Ext. 64357
Macmillan Cancer Support Line	0808 808 0000	
NHS Free smoking helpline	0800 0224332	
Macmillan Horizon Centre	01273 468770	

Useful Websites

www.mouthcancerfoundation.com

www.smokefree.nhs.uk

www.macmillan.org.uk

www.macmillan.org.uk/horizoncentre

Brighton H&N Support Group – www.thancs-brighton.org.uk

The Swallows, National H&N Support Group – www.theswallows.org.uk

Thyroid Cancer Charity – www.butterfly.org.uk

This leaflet is intended for patients receiving care
in Brighton & Hove or Haywards Heath

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