Patient information

Mount Vernon Cancer Centre

NHS
East and North Hertfordshire Teaching NHS Trust

Introducing your MVCC Clinical Nurse Specialist (CNS) for germ cell and teenager & young adult's cancers

Germ cell and teenager & young adult's cancers Clinical Nurse Specialist

Linda Bingham

- Telephone 07825 073 522

My normal working hours are:

Monday	08:00 – 17:00
Tuesday	08:00 – 16:00
Wednesday	08:00 – 16:00
Thursday	08:00 – 14:00

If I am not available, please leave a message on my voicemail and I will return your call as soon as I can. Please note this is not an emergency number, and I am not able to deal with appointment related queries.

Introduction

As you are starting treatment at Mount Vernon Cancer Centre, I would like to introduce myself to you and explain how I may be able to help you throughout your time in our care.

My name is Linda Bingham. I am the Clinical Nurse Specialist with responsibility for patients with germ cell cancers. I also provide support for teenagers and young adults with cancer.

The role of the Clinical Nurse Specialist (CNS)

My role is to be a key point of contact for you here at the Cancer Centre. I will be involved in the co-ordination and organisation of your individual treatment programme and work closely with other members of your treatment team.

Starting treatment for cancer can be a confusing and worrying time for you and your family and it is my role to help reduce the stress and anxiety that you may be experiencing.

I will usually try to meet you at one of your first appointments at the Mount Vernon Cancer Centre or if you are staying in the hospital overnight.

Some of the ways in which I may help you include:

- Explaining your diagnosis
- Explaining your test results and treatment options
- Providing you with written information
- Assessing and advising you if you are concerned about any side effects of treatment
- Assisting you and your family to manage your health at home both during and after your treatment
- Explaining current research and information from websites and the media
- Offering support and signposting you to appropriate services, eg, counselling
- Advising you on how to apply for financial welfare benefits
- Liaising with the multi-disciplinary team (MDT) treating you
- Liaising with your GP and/or local hospital as appropriate

Further information and support

Lynda Jackson Centre at Mount Vernon Cancer Centre

The centre is staffed by healthcare professionals and specially trained volunteers who are able to provide support and information on all aspects of cancer and its treatments.

- Drop-in centre
- Telephone Helpline
- Benefits advice
- Pre-treatment visits
- Complementary therapies
- Relaxation classes
- Counselling



Opening hours

Monday–Friday: 9.30am–4.30pm

The Lynda Jackson Centre is situated between the Cancer Centre and Gate 3 (White Hill)

- Telephone Helpline 020 3826 2555
- Website www.ljmc.org

Support groups

Support groups are self-help groups for people affected by cancer to share feelings and gain mutual support.

They offer a range of services, such as meetings, telephone helplines, drop-in centres, home visiting, information and practical help. Some have complementary therapists or provide information about therapies.

There are number of nurse-led support groups specifically for people with brain tumours and their carers. The nearest ones are:

- Bedford
- High Wycombe
- Hillingdon
- Luton
- North London

For further details of these and other local cancer support groups please call the Lynda Jackson Centre

Useful contact details

Mount Vernon Cancer Centre - 24/7 Triage Line (Alert Card Number)

If you need emergency medical advice at any time of the day, weekends and public holidays included, please contact the MVCC AOS UKONS 24/7 Triage Line (Alert Card Number)

- Telephone 07825 028855.

This is an advice line only and should not be used for non-emergency medical issues.

Please ensure you call the correct number and if not answered, leave a message with your details, best contact number and reason for your call – the AOS Team will aim to call you back as soon as possible.

If your symptoms are getting worse and cannot wait for their call back, you should call 999. The AOS at MVCC is not a walk in service, and you should not attend MVCC without an appointment made.

Other Emergency details

If you need urgent help or advice, please call

- Your GP or NHS 111
- Your local Emergency Department (A&E)

MVCC Contact Centre

For general enquiries and appointments

- Telephone 0333 332 5470
- Email enh-tr.mvccneurocns@nhs.net

Outpatients Pharmacy

- Telephone 0203 826 2505 (If you are expecting medication to be delivered to you or to arrange a collection).

Leaflet information

You can request this information in a different format or another language; please speak to your doctor or nurse.

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