

Having your Sarcoma Surgery at University Hospitals Plymouth

Information for you and your family

University Hospitals Plymouth NHS Trust
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www.plymouthhospitals.nhs.uk



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We recommend you read this booklet in conjunction with the booklet you will be given about your operation. It includes specific information about your surgery, giving consent, post-operative recovery on the ward and rehabilitation back at home.

Coming to Plymouth

On the advice of your consultant, you have been invited to come to a Sarcoma Specialist Centre for an operation. University Hospitals Plymouth has a team of expert Doctors, nurses and support staff, who treat Sarcoma patients from across the South West Peninsula.

We appreciate that life may feel like an emotional rollercoaster at the moment. You may have many questions and anxieties about the operation, your hospital stay, parking, accommodation, support and financial concerns.

This booklet has been prepared to answer many of these questions and more. We hope it will supplement the information given to you by your doctors and Sarcoma Nurse Specialist.

We also hope your relatives, and close friends, will use this booklet to help them understand the services and support available at University Hospitals Plymouth.

If you have any other questions or worries after reading this booklet, please don't hesitate to contact your Sarcoma Nurse Specialist.

Your University Hospitals Plymouth Team

University Hospitals Plymouth Sarcoma Centre has a large team of specialists dedicated to providing first class care to patients.

The Plymouth team includes:

Consultant Plastic Surgeons:

Lieutenant Colonel Chris Taylor

Professor Rory Rickard (Surgeon Captain Royal Navy)

Miss Juliana Hughes

Plastic Surgery Secretary: 01752 431519

Consultant Hepatobiliary/Retroperitoneal Sarcoma Surgeons:

Mr. Chris Briggs

Mr. Mathew Bowles

Hepatobiliary secretaries 01752 432071

Consultant Oncologist

Dr Udaiveer Panwar

Oncology Secretary: 01752 432336

Sarcoma Nurse Specialist

Liz Ridgway (UHP) 01752 433225

Olivia Trott (UHP) 01752 433225

Consultant Histopathologists

Dr Katherine Syred)

Secretary: 01752 432668

Dr Ade Oriolowo

Secretary: 01752 342663

Consultant Radiologists

Dr Abdul Gafoor

Dr Priya Suresh

Dr Alun Davies

Dr Mark Thurston

Dr Richard Clarke

Radiology Secretary

01752432508

Admissions coordinators 01752 439269

Your Royal Cornwall Hospital Team

Oncologist Consultant

Dr Toby Talbot

Oncology Secretaries 01872 258301

Consultant Radiologists

Dr Thomas Bean

01872 252285

Dr Kim Farmer

Dr Rosie Gray

01872 252285

Sarcoma Nurse Specialist

Ben Casey

07795044350

Your Treatment Plan

The Plymouth Sarcoma team works closely with staff at other hospitals across the South West Peninsula to make sure patients get the right care in the right place. The Multi-disciplinary Team meets every Tuesday morning to agree individual patient treatment plans. Following the meeting, you will be seen in the clinic by your Consultant where your management plan will be discussed with you and your family. You may request a copy of your management plan and clinic letter. A copy of the clinic letter will automatically be sent to your GP.

Your key worker

Your Sarcoma Nurse Specialist will act as your key worker. They will be responsible for co-ordinating your care and for making sure your trip to Plymouth for surgery goes as smoothly as possible. If you live in Devon, your key worker will be Liz Ridgway or Olivia Trott. If you live in Cornwall your main key worker will be Ben Casey. However, if you are having your Surgery in Plymouth, it is likely you will meet Liz and Olivia in the run up to your operation and they will oversee your care whilst you are a Plymouth inpatient.

The Sarcoma Nurse Specialists are available to you, your relatives and close friends throughout the whole of your treatment pathway in Plymouth and after your treatment has ended. They will answer your questions in an open and honest manner and will liaise on your behalf with the Plymouth Hospital team including your surgeons, Lynher Ward nursing staff, Dietitians, Physiotherapist, Occupational Therapists, and any other specialists involved in your care. You will be offered a holistic needs assessment, care plan & end of treatment summary at various stages of your treatment pathway.

Sarcoma Specialist Nurse Contact Details

University Hospitals Plymouth -

Liz Ridgway 01752 433225 or 01752 202082 requesting Bleep 0290

Olivia Trott 01752 433225 or 01752 202082 requesting pager 81207

Liz and Olivia can be contacted Monday to Friday, 08.30am to 16.30pm; an answer phone is available for messages.

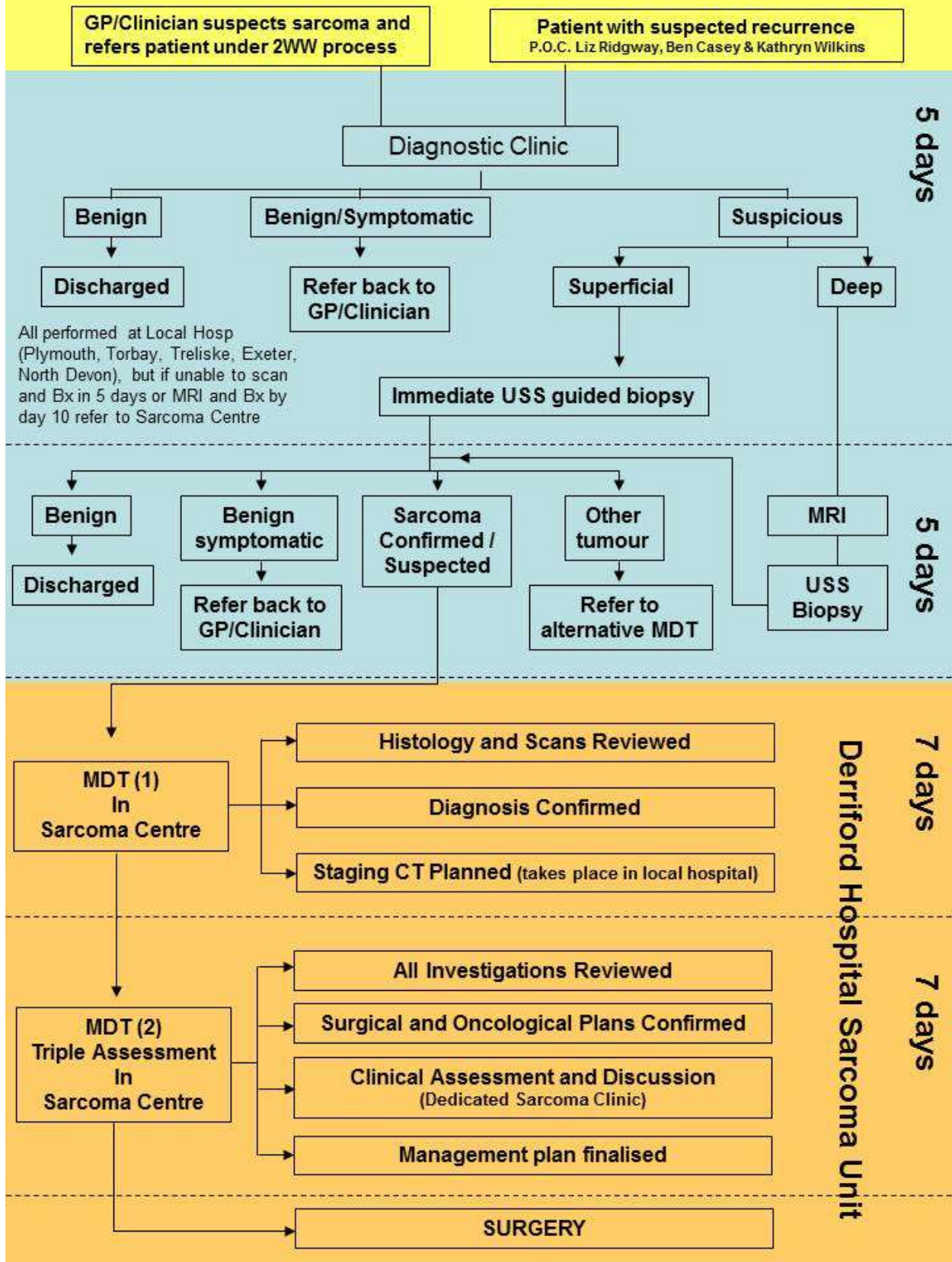
Royal Cornwall Hospitals, Treliske

Ben Casey 0779504435.

Outside of these times, urgent matters should be dealt with by via contacting **NHS 111**, or by contacting directly the ward where you had your operation.

When you are discharged home, Liz Ridgway/Olivia Trott/Ben Casey will liaise with your GP/district nurse/community nurse who may be involved with your care. Your follow-up care will then, as far as possible, take place locally.

Patient Pathway



Pre-operative Assessment

You will have an appointment at our pre-assessment clinic in the weeks leading up to your surgery. Pre-assessment of patients about to undergo major operations is considered standard practice. It's the final check that everything is ready. It is an opportunity for you to ask further questions and for us to prepare you for the operation and anaesthetic. It is a very individual process, taking into account your current health, any chronic health conditions, level of mobility and social circumstances.

Depending on individual circumstances, such as travelling long distances, pre- assessment may be the day before operation.

Various tests will be carried out depending on the operation you are having.

- A healthcare assistant will measure your weight, height, blood pressure and may carry out an ECG (electronic tracing of your heart). They may also take bloods and have swabs taken to screen for MRSA (Methicillin Resistant Staphylococcus Aureus).
- A nurse will ask a number of questions to assess your fitness for an anesthetic and the operation. You will be asked about the medications you are taking including herbal remedies and supplements. Please bring a current list of your medications with you.
- The anaesthetist will review the information gathered by the healthcare assistant and Nurse, and will discuss the anaesthetic with you. The anaesthetist will also discuss pain relief options with you.

Where admission is the day before surgery, a bed will usually be allocated to you. There may be occasions due to bed availability when patients are asked to spend one night in The Lodge (a hotel facility close to the hospital) before their operation and returning to the ward in the morning.

All earlier aspects of pre-operative work will continue to be carried out at local hospitals (where facilities exist).

These would include:

- CT/MRI scan/X-ray
- PET scan
- Echocardiogram
- Surgical consultation

Sarcoma Specialist Nurse-led Pre-Op clinic

Before your surgery at University Hospitals Plymouth the Sarcoma Specialist Nurses will invite you to their Nurse-Led Clinic.

This is an opportunity to ask any questions you might have regarding your care and treatment plan. The Nurse Specialists will also complete a Holistic Needs Assessment and Care Plan with you. During this process they will identify any post-operative needs you might have and put in place the appropriate referrals, for instance for physiotherapy or dietician input. This is also an opportunity to discuss current Research Projects that you may wish to participate in.

Research Projects

- The International Sarcoma Kindred Study (ISKS). This study collects biological samples (blood, tissue, DNA) and other information from patients who have had sarcoma. If you developed sarcoma under the age of 45 or have a family history of cancer the researchers may ask if your family members would also like to take part. The study would like to find out whether some people are more likely to develop sarcoma than others and whether this information could be used to help to have better diagnosis and treatment for sarcoma in the future. Please ask your Nurse Specialists for more information. Information regarding genomic medicine may also be offered.

Lynher Ward

You will be cared for on Lynher Ward located on level 5 within University Hospitals Plymouth. The ward has 30 beds for patients who need surgery. In some cases patients may spend a short time on the High Dependency Unit (HDU) after their operation before returning to Lynher Ward.

Although the ward is mixed sex, men and women are nursed in separate bays.

Would you like help to find your ward?

If you need help finding Lynher Ward, please report to the reception desk at the main entrance of the hospital, where a member of staff or volunteer will show you to the ward.

Lynher Ward contact details

For general information: **01752 430886**
Level 5

Please bear in mind that mornings and mealtimes are the busiest time on the ward.

Ward visiting times

We actively encourage visiting and the involvement of visitors and carers while patients are in hospital. Keeping in contact with friends and relatives is an important part of a patient's treatment, care and recovery.

The ward is open to visitors from 10.00-20:00. However:

- Visiting times may be extended for compassionate reasons
- Visiting times are restricted occasionally to allow patients to rest and for care and treatment to be carried out.

In order to prevent the ward getting overcrowded, the number of visitors is restricted to two per patient at any one time.

When not to visit

Please do not visit if you are not feeling well, or have been exposed to any infection. Symptoms such as coughs, nausea, vomiting and diarrhoea can easily spread to vulnerable patients and make their condition worse. If you have symptoms of diarrhoea or sickness, please do not visit the hospital until you have been better for 48 hours.

If the hospital is experiencing difficulties with an outbreak of infection, please do not bring young children or frail, elderly visitors. They may be at particular risk from the infection.

Doctors' ward rounds

A doctor will see you every day during the week and at the weekend.

Doctors' ward rounds aren't normally completed until late morning. It would be appreciated, and hopefully more informative for relatives to leave non-urgent calls until after 11am and to avoid ringing during mealtimes. If one member of the family is nominated to ring for information, then feeds back to the rest of the family, this puts less pressure on ward staff.

If you wish to see a doctor to discuss your relative's condition, please talk to the ward clerk or ring the ward to arrange an appointment.

Ward meal times

Breakfast	08:00 am - 08.30am
Morning coffee	10.30 am
Lunch	12:00 midday
Afternoon tea	2.30 pm
Evening meal	6 pm

Drinks and snacks are available at any time, including supplementary drinks such as 'build-up' soups and milkshakes, Ensures and Enlives. After meeting you, the dietitian will let the housekeeper know of any special dietary needs you may have and if you need a 'little and often' diet.

Personal food

Cold snacks, biscuits, juice etc. can be brought in for patients, but please don't use glass containers. For safety reasons, meals brought in can't be warmed through.

Mobile telephones

The use of mobile phones is prohibited in some areas of the hospital as they can interfere with medical equipment. Mobile phones can be used in the hospital corridors, main entrance, and outside. Areas where mobile phones can be used will be clearly signed.

Public telephones are available on the main concourse level 6 and in many other departments throughout the hospital.

Valuables

The bedside cabinet provided is for storage and does not lock. Valuables are therefore left at the patient's own risk. We ask you to keep valuables and cash to a minimum.

Please do not bring valuables into hospital

If this is not possible, give them to your nurse for safe keeping. Remember, the hospital does not accept responsibility for loss or damage to any personal property you choose to keep with you.

If you normally use hearing aids, false teeth or walking aids please inform one of the nursing team. It is advisable to label these items appropriately.

Smoking

University Hospitals Plymouth operates a strict smoke free policy. Smoking is not permitted inside any of the Trusts premises or anywhere in the grounds. Patients, members of the public and staff are not allowed to smoke on Trust sites. There is nowhere to smoke on any of the Trusts sites i.e. no smoking shelters.

Stopping smoking is the best thing you can do for your health, it is never too late. If you have tried before, it is worth trying again. Your stay in hospital is the perfect time to quit. The Hospital has 2 stop smoking advisors who visit the wards. The advisor will give you support and can provide free medication to help you quit. If you would like to see the stop smoking advisor, please talk to your ward staff.

Plymouth NHS Stop Smoking Service: 01752 437177
Ward staff can contact the service internally on 41040

If you do not want to stop smoking but would like some nicotine replacement therapy to make your stay more comfortable, please ask your ward staff.

Hairdresser

A hairdresser is available for patients. To book an appointment contact her via pager **81481**

Hand hygiene

Please take note of the advice about hand hygiene, which is displayed throughout wards and departments.

Hand gel is available outside all wards for everyone to use. Please help to minimize the risk of infection by using this. If the container is empty, please tell a member of staff.

Flowers

Flower water can carry infection risk to patients who are susceptible. Flowers themselves can also cause allergic reactions for some patients. For this reason, flowers are not allowed on Lynher Ward.

Hospital environment

We are committed to maintaining a comfortable, clean environment for patients, visitors and staff. If you visit an area where the standard of cleanliness is not what you would expect, please tell a member of staff.

Transport and parking

Buses and trains

University Hospitals Plymouth is served well by public transport, hosting the second-busiest bus terminal in Plymouth, with 44 buses per hour calling at peak times.

There is a public park and ride site north of the hospital at the George junction (opposite the George pub/hotel). It is open from 6.30 am to 6.30pm. Parking is FREE, although you will need to purchase a ticket to travel on the bus. The PR3 leaves at 5 minutes, 25 minutes and 45 minutes past the hour. Travel time to the main entrance of the hospital is around 10 minutes.

Most buses are accessible by wheelchair. Patients who receive certain benefits can claim a refund from the Cashier (level 7, University Hospitals Plymouth).

For other bus routes, timetables can be obtained from First Stop at the Civic Centre, from public libraries and from First Bus and Citybus travel shops. Timetables are also available at University Hospitals Plymouth foyer.

For bus times, call Traveline on **0871 200 22 33**

Plymouth rail station is also close to the bus routes, giving access to the hospital.

For timetable information, call National Rail Enquiries on **08457 48 49 50**

Taxis

You can phone Taxifast free from the University Hospitals Plymouth main entrance on **01752 222222**. There are several other taxi providers, some of which have vehicles that patients can board without having to get out of their wheelchairs.

Patient and visitor parking

There are more than 1,200 car parking spaces for patients and visitors at University Hospitals Plymouth. The Trust's policy is to reserve as much parking as possible for patients and visitors next to the hospital.

Car parking

Pay and display: Some of our car parks are pay and display and required you to purchase a ticket from the machine located in the car park at the time that you park.

Pay on exit: We also have pay on exit car parks which you can access through a barrier, collecting a token as you enter the car park. If you use pay on exit you will pay for your parking at the end of your visit. There are machines to pay for your parking in the car parks and also in the main entrance of the Hospital, level 6.

Parking charges – 24hours/7 days a week			
Up to 15 min	Free	Up to 3 Hours	£3.60
Up to 1 Hour	£1.20	Up to 4 Hours	£4.80
Up to 2 Hours	£2.40	Up to 5 Hours	£6.00
Over 6 Hours	£12.00	Up to 6 Hours	£7.20

Disabled parking

Free parking for blue badge holders is only available in non-barrier pay and display car parks, up to a maximum of 4 hours when parked in a marked disabled bay. The full charge is applicable in all other barrier-controlled car parks. Disabled spaces in Car Park F are currently free for 1 hour.

The following groups are entitled to free parking:

- All registered disabled patients who hold a disabled badge or drivers who are transporting a patient who holds a disabled badge
- Parents who are staying with their children in hospital or parents whose babies are being cared for in the Neonatal Intensive Care Unit
- Relatives of those patients who are being cared for on the End of Life Pathway
- Those who are visiting the bereavement office or collecting a death certificate.
- Members of the public donating blood.

If you qualify under any of these groups, please go to the parking office in car park A to obtain your special parking permit.

Discounts for frequent visitors

Discounts are available for stays of a week or longer:

- £24 for a 5 day ticket (savings up to £36)
- £32 or a 7 day ticket (savings up to £52)
- £96 for a 1 month ticket (savings up to £276)

All concessionary tickets can be shared between different vehicles. For more information on these concessions please:

- Call **01752 432000**
- Visit the parking desk in the main entrance of the Hospital, level 6.

- Email: Derriford.admin@vincipark.co.uk

Would you like help to find a parking space?

Patients who are travelling to University Plymouth Hospitals for their sarcoma surgery can get help to find a car park space. Please visit the parking desk in the main entrance of the Hospital, level 6 for assistance.

Drop-off bays

There is a period of up to 15 minutes free parking in the marked drop off areas near the main entrances to the Hospital. This is designed for picking up/dropping off only and is not enough time for attending a hospital appointment. If you are attending a hospital appointment, then please use either the pay on exit or pay and display car parks.

Parking arrangements at Derriford Hospital

For the latest information about parking please visit www.plymouthhospitals.nhs.uk



The Patient Transport Service

The patient transport service is for patients who are considered medically unfit to travel by any other means. You will need to contact the patient transport provider which relates to your GP practice.

- If you are with a Plymouth or Devon GP, call **0345 155 1009**
- If you are with a Cornwall GP, call **01872 252211**

Supported Transport

This is a very limited service and priority is given to vulnerable people in isolated and rural areas. You might qualify if you:

- Do not have or are unable for medical reasons to travel in your own transport and
- Cannot be driven to your healthcare appointment with friends, neighbours or relatives
- Are medically unable to use public transport, or this is not practical due to your isolated/rural address
- AND without transport you will be unable to keep your hospital appointment

Please telephone TAP (Transport Access Patients) on 0345 155 1009 between 9.00am and 4.00pm weekdays (excluding bank holidays)

Booking requests need to be received at least 48 hours before your appointment but no more than 14 days in advance.

Please note:

- Vehicles may be shared with other patients, meaning journeys will take longer
- Please give a minimum 24 hours' notice of cancellation or change to journey details
- If transport is not cancelled you will be charged for the journey
- Please ensure you are ready at least 1 hour before the appointment. More time should be allowed the greater the distance from the hospital
- Drivers are not trained paramedics, although they may hold a first aid certificate

How much will it cost?

TAP will endeavor to book the cheapest, most appropriate transport for your needs (subject to availability).

Healthcare Travel Cost Scheme

You may qualify for help with transport costs, through the Healthcare Travel Costs Scheme, if you travel by the cheapest means of transport which is reasonable for you to use, and if you are in receipt of:

- Income Support or ESA (income based, not contribution based)
- Income based job seekers allowance
- Working Tax Credit with Child Tax Credit
- Working Tax Credit with a disability or service disability element
- Child Tax Credit (if the award letter confirms income is below the relevant threshold)
- Pension Guaranteed credit

To claim reimbursement, proof of the qualifying benefit and transport receipts should be presented to the Cashiers Office based on level 7, University Hospitals Plymouth. For more information please call **01752 245013**

The cashier's office opening times:

09.30 – 16.30 Monday – Thursday

09.30 – 16.00 Friday

If you are unable to attend the cashier's office at this time, then a HC5 form will be available from outside the office. This can be filled in and returned to the appropriate office (Jobcentre, Pensions Office) and they will verify the eligibility of the claim and return this to the Trust to make a payment by cheque.

Alternatively the Cashier's Department can pay claims retrospectively up to 3 months in the past. However the eligibility for travel refunds must cover this period.

Help with travel costs for carers

NHS Transport is not routinely provided for carers.

However carers can claim back travel costs from the DWP social fund if the patient is in receipt of:

- Pension credit
- Income support
- Income based job seeker allowance

Other funding for travel costs

If none of the above applies, you may still be eligible for assistance via other sources of charitable funding, such as Macmillan grants or local cancer charities. You can speak to our benefits advisor to check your entitlement.

See the next page for contact details of our benefits advisor. If you need further support please contact your Sarcoma Nurse specialist who will be able to provide information regarding any local arrangements with funding for accommodation and transport.

Financial and benefits advice

Full-time benefits advisor

We appreciate that during times of prolonged treatment a person's financial position can alter radically. If you are not sure whether you are entitled to a benefit, or need help and advice, why not make a confidential appointment with our benefits advisor in the Mustard Tree Support Centre at University Hospitals Plymouth?

She can help with:

- Prescription charges
- Work and cancer
- General benefits for those who are sick or are caring
- Travel costs for patients and their carer's
- Macmillan Grants
- Cancer funds
- Patient Voluntary Welfare Fund

Please ring the Mustard Tree Macmillan Centre on **01752 430060** to arrange an appointment.

How do I find out more information?

Advice and useful links can also be obtained

from: www.macmillian.org.uk or

www.plymouthhospitals.co.uk

Or from the Macmillan helpline on freephone
0808 808 00 00

In England, prescriptions are free for people with cancer. If you need prescriptions for things that are related to cancer or its effects, you can apply for an exemption certificate. You need to collect an FP92A form from your GP surgery or oncology clinic.

Macmillan Cancer Support Centre: The Mustard Tree

The Mustard Tree Macmillan Centre has been created to support people with cancer, their families and carers. It is a 'drop-in' centre based above the Oncology Out-patient Department on level 3 of University Hospitals Plymouth. It is staffed by professionals and trained volunteers, many of whom have personal experience of cancer. Please come along if you would like additional information about your illness or treatment, would value the opportunity to talk to someone about how you feel, or just need a break from the usual routine.

As well as offering advice and support, the Centre also offers a wide range of services:

- One-to-one consultations with specialist support staff
- A telephone support and information service
- Education Sessions and workshops offering advice on a range of health and well-being topics
- Signposting to a wide range of services and support within the local community
- Fitness, activity and exercise advice and support
- Information and support within the workplace
- Benefits advice
- Counselling
- Complimentary therapies
- Support Groups
- Radiotherapy aftercare services

A Patient Sarcoma Focus Group is run twice a year from the Mustard Tree, and other events will be offered by The Cove. There is also various Health and Well Being Events available at both support Centre's. Please ask your Nurse Specialist about the next upcoming event.

The Cove, Royal Cornwall Hospital, Treliske

The Cove is a purpose-built Macmillan Cancer Support Centre. They provide help, advice and support to cancer patients and their family/carers.

As well as offering advice and support, the Centre also offers a wide range of services:

- Finance and Benefits advice
- Counseling and Psychological Support
- Nutritional Advice
- Café / refreshment area
- Helping you Look Good and Feel Better
- Health and Wellbeing Days / Physical Activity
- Patient Support Group
- HOPE Course (Help to Overcome Problems Effectively)

Opening hours are Monday to Friday, 9.30am to 4.30pm and until 8pm every 2nd and 4th Thursday of the month for pre-booked appointments and Patient Support Groups. Telephone 01872 256363 or email thecove@nhs.net

Accommodation for Relatives

Hearts together is purpose-built accommodation for relatives and friends of patients undergoing treatment in University Hospitals Plymouth. It is a few minutes' walk from the hospital. It was originally built by HeartsWell South West, a local charity that raises money for the South West Cardiothoracic Centre, to accommodate relatives of patients undergoing heart surgery at the SWCC. It now welcomes relatives and friends of any patients at University Hospitals Plymouth.

Facilities include:

- Single rooms with ensuite W.C.
- Twin rooms with ensuite shower and W.C.
- Disabled bedroom with ensuite facilities available
- One full-size bathroom, one disabled shower room
- Large south facing lounge and dining area
- Gardens
- Kitchen with fridge freezer, microwaves
- Laundry service
- Continental breakfast
- Telephone with direct lines to the hospital wards in every room
- Pay phone for all other calls
- Courtesy bus service, running twice a day between the Hospital and The Lodge, Monday to Friday (must be requested)

There is an accommodation charge for relatives and friends. Patients who stay in Hearts Together on the day of admission for surgery will not be charged.

Prices as at October 2020

£40 Single Room

£55 Twin Room

Tel: ☎ 01752 315900

Fax: ☎ 01752 315913

Website: www.heartstogether.org.uk

Online booking bookingenquiries@heartstogether.org.uk

University Hospitals Plymouth Facilities

The following shops and services are available in the main hospital foyer on level 6.

Reception desk

Situated in the main reception area, this is a useful contact for general information, such as directions to wards and departments or visiting times.

Wheelchairs

There are wheelchairs at the main entrance. A one pound coin is needed to use a wheelchair - this is refunded when the chair is returned.

Post box

The post box is inside the main entrance, door. Collections are at 6pm Monday to Friday, and at 12.30pm on Saturday.

Public telephones

- There are a number of public telephones, one of which has wheelchair access
- Freephone for taxi service

Public toilets

- Ladies and gents
- Disabled toilet
- Baby-changing facilities

Warrens Bakery

Open 24 hours a day 7 days a week.

Hot and cold snacks, cakes, pastries and beverages, to eat in or take away

There is also a restaurant on level 7 for relatives and visitors

Cashpoint machine

There are Barclays Bank cash machines, outside the main entrance on level 6 and outside the restaurant level 7.

WHSmith shop

Where patients and relatives can purchase a wide selection of magazines, books, newspapers, sweets and other useful items.

Opening times:

Monday to Friday	07:00 am - 20:00 pm
Saturday	08:00 am - 19:30 pm
Sunday	08:00 am - 19:00 pm

League of Friends fruit and flower shop

This well-stocked shop provides fruit, flowers, plants and a variety of small gifts.

Opening times:

Monday to Friday	09:00 am – 18:30 pm
Saturday	10:00 am – 17:00 pm
Sunday	12:00 pm – 16:00 pm

League of Friends book shop

The book shop sells a variety of second-hand hardbacks and paperbacks.

Your comments

If you have any comments about the care or service provided on the ward or ideas for improvement, please let us know.

Patient Advice and Liaison Service (PALS)

If you have a concern, problem or worry about your care or some aspect of the service provided and would like help from someone other than the ward staff, you can contact the PALS team. Our PALS team is available Monday to Friday 09:30 am to 16:00 pm, Patient Services office level 7.

Or you can contact them on **01752 439884 or 432564**
Email: plh-tr.PALS@nhs.net

Useful Organisations

Some contacts that you may find useful:

Cancer Research UK: A national information service for all types of cancer. Freephone National Helpline 0808 800 4040

Website www.cancerresearchuk.org

Blue Badges: For information on blue badges, including applying for or renewing a badge for Devon call 0345 155 1006 for Cornwall call 0300 1234 121 (option 4)

British Pain Society: Resources for people living with pain www.britishpainsociety.org

Care Direct: Some people may be eligible for social care support with personal care and equipment. If you need help to live at home contact Care Direct on 0345 1551 007 or email csc.caredirect@devon.gov.uk.

<https://new.devon.gov.uk/care-and-health/adults/>

Care and Support in Cornwall: Adult care and support offers a directory of health and social care services for everyone living and working in Cornwall. Whether you fund your own support or wish to find out more about services and events in your local community, you can find these all in one place at

www.supportincornwall.org.uk

Alternatively you can call 0800 587 8191 or 01872 323 535 or email fis@cornwall.gov.uk

Desmoid United UK: This is a UK support page on Facebook for anyone affected by Desmoid Fibromatosis. This is a closed group where DF patients can share their stories and offer and receive support.

GIST (Gastro-intestinal Stromal Tumor) Support UK:

A network of patients and their carers, all of whom are affected by GIST. Freephone National Helpline 0300 400 0000 Website www.gistsupportuk.com

Macmillan Cancer Support: Contact cancer nurses for support and information: an extensive range of booklets and fact sheets on all aspects of cancer, available free to patients. Freephone National Helpline 0808 808 0000 Website www.macmillan.org.uk

Macmillan Cancer Support Fund: UK-wide charity which supports people living with cancer. Macmillan cancer relief will provide grants for people with cancer in financial need. Your sarcoma Nurse specialist can apply for grants to the fund on your behalf.

NHS Pain Support: Tips and advice on how to manage pain www.nhs.uk/Livewell/Pain

Sarcoma UK: A resource center for sarcoma and related conditions. They also offer online support forums for patients and carers. Freephone National Helpline 0808 801 0401 or email supportline@sarcoma.org.uk Website www.sarcoma.org.uk

The Cove, Royal Cornwall Hospital, Treliske: The Cove is a purpose-built Macmillan Cancer Support Centre. They provide help, advice and support to cancer patients and their family/carers.

Opening hours are Monday to Friday, 9.30am to 4.30pm and until 8pm every 2nd and 4th Thursday of the month for pre-booked appointments and Patient Support Groups. Telephone 01872 256363 or email thecove@nhs.net

The Rare Cancer Alliance (RCA): RCA's primary purpose is to disseminate information and provide support to rare cancer patients. This website has private and secure bulletin board that will allow you to connect with others. <http://www.rare-cancer.org/>

University Plymouth Hospitals Sarcoma Website – <https://www.plymouthhospitals.nhs.uk/sarcoma>

Sarcoma Specialist Nurse Contact Details

University Hospitals Plymouth –

Liz Ridgway call 01752 433225 or 01752 202082
requesting Bleep 0290

Olivia Trott call 01752 433225 or 01752 202082
requesting pager 81207

Liz and Olivia can be contacted Monday to Friday,
08.30am to 04.30pm; an answer phone is available for
messages.

Royal Cornwall Hospital, Treliske

Ben Casey 07795044350 or 01872 258346

This booklet and other local patient information can
be found on: www.plymouthhospitals.nhs.uk

Your notes:

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This leaflet is available in large print and other formats and languages.

**Contact: Administrator
Tel.01752 432283**

University Hospitals Plymouth NHS Trust does not tolerate any form of discrimination, harassment, bullying or abuse and is committed to ensuring that patients, staff and the public are treated fairly, with dignity and respect.



University Hospitals Plymouth NHS Trust operates a tobacco-free policy, although the use of vapes is permissible, please remember to vape respectfully and to stay within the vape zones. If you require support to give up smoking contact: Plymouth Advice Service 01752 314040 or NHS Quit Smoking Line 0800 1690169

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