



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Information for Patients with Secondary Breast Cancer

Information for patients, relatives and carers

① For more information, please contact:

Breast Care Specialist Nursing Service

Tel: 01904 726775

email yhs-tr.yorkbreastcarenurses@nhs.net

York Hospital, Wigginton Road, YO31 8HE

Scarborough Hospital, Woodlands Drive, YO12 6QL

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.

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 encourage you to contact us if you need support.

How can the specialist nurses help me?

The specialist nurses can:

- Provide you with information, support and advice about your diagnosis and treatment.
- Explain the aims of treatment, the benefits, potential side effects and possible alternatives.
- Act as a hospital contact for you and your carer(s) throughout your treatment and care.
- Give you advice on managing any symptoms you have as a result of your diagnosis 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. These 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

Text: 07584 641644

You can reach us between the following hours:
8am – 5pm, Monday – 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. The ward will provide their contact details upon discharge.

Useful contacts and support

Macmillan Support Line Tel: 0808 808 0000
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

Breast Cancer Now is a national charity providing information and support on secondary breast cancer to patients, their family and friends. They have a dedicated section on their website providing information on secondary breast cancer.

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

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

Look good feel better workshops
www.lgfb.co.uk

Young adult cancer support

www.trekstock.com

Support groups:

York

Breast Cancer Now runs the York monthly support group. This is led by a trained therapist and also provides guest speakers to talk about topics relevant to people living with secondary breast cancer. Please contact Breast Cancer Now or your breast care nurse for more information

Scarborough

The Scarborough support group is led by the breast care nursing team and is bi-monthly. You will automatically receive invites for each group following your diagnosis. You can opt out of these invites if you prefer not to receive them.

Podcasts/apps

Visit www.bbc.co.uk/podcast for many 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, Headspace, Daylight.

Instagram: search for secondary sisters.

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: please contact the Breast Care Nurse Team, York Hospital, Wigginton Road, York, YO31 8HE, telephone 01904 726775 or email 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 yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

Owner	Andrea Ward, Breast Care Nurse
Date first issued	August 2020
Review Date	June 2026
Version	4 (issued June 2024)
Approved by	Breast MDT
Document Reference	PIL 1464 v4
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