



York and Scarborough  
Teaching Hospitals  
NHS Foundation Trust

# Breast care specialist nursing service

Information for patients, relatives and carers

① For more information, please contact:

Breast Care Specialist Nurses

Telephone: 01904 726775

Text: 07584 641644

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



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# **Introduction**

This leaflet has been produced to provide you with information about the Breast Care Specialist Nursing Service. If you have any questions or wish to speak with us directly, please do not hesitate to contact us.

## **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 multi-disciplinary team, alongside other healthcare professionals.

We offer specialised support and information to you, your family and carers throughout your cancer treatment and follow up care. We will also help you to move forward after 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 you?

We will:

- Provide you with information, emotional support and advice about your diagnosis and treatment.
- Provide you with a full explanation about the aims of treatment, the benefits, possible side effects and possible 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 because of your diagnosis.
- Help you identify sources of practical 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.

We are happy to discuss any issues with nominated relatives or carers, but we must gain your permission in advance.

# **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:

Monday – Friday: 8am – 5pm

If we are not available when you call, there is a voicemail facility for you to leave a message.

## **Out of hours contact**

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

If you have an urgent problem outside these hours, please contact your GP or district nurse.

## **Scarborough**

We run a weekly nurse-led clinic at Scarborough Hospital and can arrange for some of your follow up to take place at Scarborough if preferred.

## **Other useful contacts and support resources**

**Macmillan Support Line:** 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 carer(s). They are a valuable source of information and advice. In some cases, they may be able to help financially.

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

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

### **York & Scarborough Hospital Cancer Information & Support Service:**

Offering support, advice and information. Feel free to call for a chat or arrange an appointment. The service is available for patients, families and carers.

**York:** 01904 721166  
**Scarborough:** 01723 342606



## **York Support Group:** Breast Friends

[www.breastfriends.org](http://www.breastfriends.org) or find them on Facebook by searching for 'Breast Friends York'.

**Scarborough and Ryedale Support Group:** Meet quarterly in Scarborough. You will be invited to the next group following your diagnosis. Find them on Facebook by searching for "Breast Cancer Support Group Scarborough and Ryedale".

## **Podcasts:**

- 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".
- Search for Dani Binnington "Menopause and Cancer"

## **Apps**

- Untire: Beating cancer fatigue.
- Daylight – Worry Less
- Sleepio – Sleep improvement program

## **Look Good Feel Better UK – workshops, tutorials & advice.**

Wellbeing workshops and classes for people living with cancer.

[www.lgfb.co.uk](http://www.lgfb.co.uk)

## **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:

York Breast Care Specialist Nurses.

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

Telephone: 01904 726775

## **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](mailto: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/](http://www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/)

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