

Making life better for people living with cancer

One in three people in this country will develop cancer. Dealing with a cancer diagnosis can be difficult for the person with cancer, as well as for their family and friends. Finding the right information or the right person to talk to can often make living with cancer easier.

We work alongside the care given by doctors, nurses and radiographers within the Cancer Centre. Our service is dedicated to offering information and support to anyone affected by cancer. Information about cancer and its treatment is also offered to health professionals.

Cancer Information
and Support Service

Guy's, King's and St Thomas' Cancer Centre

Dimbleby Cancer Care operates at both Guy's and St Thomas' Hospitals. The main centre is on the 2nd Floor of Gassiot House at St Thomas'. This is where most complementary therapies, psychological support and support groups take place. The drop-in information service at St Thomas' is on the lower ground floor of the Lambeth Wing. At Guy's the drop-in service is in the Oncology Outpatient Clinic on the ground floor of Tabard Annexe.

How do I contact the service?

For more details about information, psychological support, complementary therapies or support groups please contact:

- Telephone Enquiry Point: **020 7188 5918**
- Fax: **020 7188 5920**
- email: **RichardDimblebyCentre@gstt.nhs.uk**

How do I find the service?

St Thomas' Hospital

Information drop-in centre
Lower Ground Floor
Lambeth Wing

Main Centre

2nd Floor, Gassiot House

Guy's Hospital

Information drop-in centre
Oncology Outpatient Clinic
Ground Floor, Tabard Annexe

Our services at Guy's are also delivered in:

Breast Clinic
3rd Floor, Bermondsey Wing

Chemotherapy Day Unit
10th Floor, Tower Wing



How do I find out more?

In person

Drop into the information centres and a member of staff will find out how we can help and which part of the service you require.

By telephone

We have a telephone enquiry point to tell you how to access our service and other information and support services.

- 020 7188 5918

You can also email us at:

RichardDimblebyCentre@gstt.nhs.uk

How can you help us?

All our services at Guy's & St Thomas' are offered free to cancer patients. The centre is partly funded through grants from Dimbleby Cancer Care, the charity set up by the Dimbleby family in memory of their father, Richard, who died of cancer. The charity is entirely funded by individual donations and legacies and should you wish to make a donation, or consider leaving a legacy to the charity to further their work, please contact:

David Dimbleby, Dimbleby Cancer Care
4th Floor Management Offices
Bermondsey Wing, Guy's Hospital
Great Maze Pond, London SE1 9RT

Dimbleby Cancer Care, 4th Floor Management Offices
Bermondsey Wing, Guy's Hospital, Great Maze Pond, London SE1 9RT
Tel 020 7188 7889
email director@dimblebycancer.org
www.dimblebycancer.org
Registered charity number 247558



What is available?

Dimbleby Cancer Care offers:

- information about cancer
- psychological support
- complementary therapies

INFORMATION ABOUT CANCER

There is an information service staffed by health professionals who will help you to find the information that you need. Books, leaflets, audio and videotapes and DVDs are available. There is also access to cancer related information on the Internet. We also have drop-in Benefits Advice Clinics.

PSYCHOLOGICAL SUPPORT

Our team of psychologists, counsellors and psychotherapists are experienced in helping with the problems people often have to deal with after diagnosis, and can be accessed by patients directly or by clinical teams. Access to a psychiatrist is also available.

Our service offers support to:

- In patients
- Out patients
- Partners/carers
- Families of patients with cancer
- Those who are bereaved

The following drop-in support groups meet regularly:

Breast Cancer Support Group

Fridays 11.30am – 1.30pm at Dimbleby Centre
2nd Floor Gassiot House, St Thomas' Hospital

Guisse and Dolls (Head & Neck cancer support group)

Third Monday of month at Guy's Hospital
1.00 – 3.00pm Blundell Ward
14th Floor Tower Wing, Guy's Hospital

T Cellers (Cutaneous T-cell lymphoma support group)

Second Monday of the month
12.00 – 1.30pm. Dimbleby Centre,
2nd Floor Gassiot House, St Thomas' Hospital

Hands of Time (Mesothelioma support group)

First Tuesday of the month
11.00am – 1.00pm Dimbleby Centre
2nd Floor Gassiot House, St Thomas' Hospital

Bowel Cancer Drop-In Group

Monthly on a Thursday 1.30 – 3.00pm at
Dimbleby Centre, 2nd Floor Gassiot House
St Thomas' Hospital

Gynaecological Cancer Support Group

First Friday of each month
2.00 – 3.30pm at Dimbleby Centre
2nd Floor Gassiot House, St Thomas' Hospital

More groups are being planned.

'Look Good, Feel Better' make-over sessions also run once a month.

COMPLEMENTARY THERAPIES

Many people use complementary therapies to help them adjust to having cancer. Our complementary therapy service offers

- Aromatherapy massage
- Reflexology
- Relaxation and stress management
- Nutrition & healthy eating
- Yoga and relaxation

to patients and their carers under the care of the Cancer Centre.