

The following links and numbers may be helpful.

- **Macmillan:** Information and emotional support for people living with cancer. Trained nurses available on Helpline Monday-Friday 9am-8pm: 0808 808 0000 for cancer related subjects, work, insurance, benefits etc.
- **Breast Cancer Care:** Advice on all aspects of treatment, chat room, listening ear, etc, as well as topics such as hair loss, lingerie suppliers and fundraising. You can also browse their online catalogue of publications which include the twice yearly magazine Vita. Helpline - 0808 800 6000. Monday-Friday, 9am-5pm, Wednesday 9am-7pm, Saturday 9am-1pm.
- **Lavender Trust:** Support for younger women affected by breast cancer (a branch of Breast Cancer Care).
- **Local Cancer Information Centre:** Wooden Spoon, Stoke Mandeville Hospital. Library of cancer related books/booklets, listening ear, information, assistance with web links, self help, free complementary therapies, self-help courses ie “Living with Cancer“ courses. Available to all, whether NHS or Private patients. Drop-in service, Monday-Friday 9.30-4pm (except Bank Holidays) or to make an appointment for Tuesdays at The Sunrise Unit, Wycombe Hospital, telephone 01296 316954.
- **Winston’s Wish:** Tel: 0808 802 0021. Organisation that supports people and their children affected by cancer and bereavement.
- **SeeSaw:** Tel: 01865 744768 Monday-Friday 8.30am-4.30pm (out of hours answerphone). An Oxfordshire based charity offering grief support for bereaved children and young people.
- **Mastectomy Lingerie and Swimwear Specialists:- Amoena; Nicola Jane; Sweet Dreams Lingerie**, 19 Castle Street, Buckingham; **L Collection**, 266 High Street, Berkhamsted; **John Lewis** branches and larger **M&S** stores will give a fitting service. Larger **Asda** stores also have a range of Mastectomy bras at competitive prices.
- **Breast Cancer Nurses – Wycombe Hospital:** 01494 426228.
- **Healthwatch Bucks:** “Healthwatch Bucks will give people a powerful voice locally and nationally. At a local level, Healthwatch Bucks will work to help local people get the best out of their local health and social care services. Whether it's improving them today or helping to shape them for tomorrow. Healthwatch Bucks is all about local voices being able to influence the delivery and design of local services. Not just people who use them, but anyone who might need to in future.”

- **Bucks Breast Reconstruction Awareness Group (BBRA)**, Wycombe Hospital 01494 425003 (ask for Fiona Rabson) or email Fiona.rabson@buckshealthcare.nhs.uk. The BBRA group is a support group set