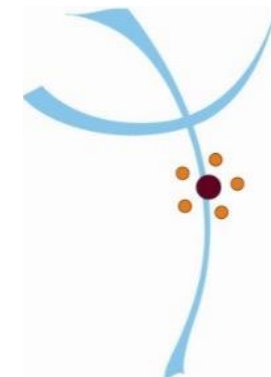




Cancer Care Psychology Service



What next?

If you are interested in meeting with us and have not yet been referred, please talk to your hospital doctor or Clinical Nurse Specialist, or the Macmillan Information and Support Manager, and they can refer you. You can also contact us with any questions you have by using the contact details on this leaflet (below).

Your medical care will not be affected in any way if you decide that you do, or do not want to pursue psychological support.

Contact details

Clinical Health Psychology (CHP)
Admin base:
Old Nurses Home
The Whittington Hospital
Magdala Avenue
London N19 5NF

Tel.: 020 7527 1538
Email: whh-tr.chp@nhs.net

Dr. Sue Gibbons
Clinical Psychologist

Dr. Emily Leonhardt-Parr
Counselling Psychologist

Tel.: 07557 426 791
Email: sue.gibbons4@nhs.net

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.PALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

[Twitter.com/WhitHealth](https://twitter.com/WhitHealth)
[Facebook.com/WhittingtonHealth](https://facebook.com/WhittingtonHealth)

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What is the Cancer care psychology service?

You may have a diagnosis of cancer and be wondering how we can help.

We are psychologists who work with the medical, nursing and surgical teams to provide a holistic approach to cancer care. Everyone's experience of living with cancer is different. Your cancer might affect you in one, or some, of these ways:

- feeling as if you cannot cope with it all
- noticing you are giving up things you enjoy
- feeling unhappy or angry about how cancer has affected your life
- struggling to adjust to changes in your body or appearance
- feeling distressed, anxious, frightened
- concerns about work or studies
- interference with relationships in your family, with partners, or friends
- worrying or feeling hopeless about what the future holds
- losing your self-confidence
- difficulty making decisions in life, or about your treatment
- difficulties with managing your cancer or its treatment; surgery; chemotherapy or radiotherapy

How can I benefit from meeting with a psychologist?

We listen, talk with you about your experience, and explore how your physical health impacts upon your life. We offer emotional or psychological support in managing going through cancer and its treatments. We work with you to build on your existing skills and to find new ways to manage the challenges you are facing.

Does this mean my doctor thinks my problems are 'all in my mind'?

Seeing a psychologist does not mean that we or your hospital team think your problems are in your mind. We understand that changes in physical health have an impact on psychological wellbeing. By seeing a psychologist, you are simply taking a positive step in trying to reduce the impact of your physical health condition on your life.

Interpreters

We are happy to arrange an interpreter for you if this is needed.

What will happen when I see a psychologist?

We can arrange to meet with you face to face at the Whittington, via video call, or on the phone.

You may wish to attend the first meeting on your own, or you are welcome to bring friends or relatives with you.

The C Factor

This is a new group approach for people who prefer an alternative to one-to-one meetings. The C Factor takes a creative approach, using storytelling, laughter and discussion to reflect on the emotional challenges of a cancer diagnosis.

Other Groups

With our nursing and Macmillan colleagues we are involved in the HOPE course, offering upskilling and empowerment for living with and beyond the cancer diagnosis. There is a quarterly group for patients with a stoma, and a new diagnosis information session for newly diagnosed patients. We hope to be offering other groups in the future.