

OPEN ACCESS CLINIC FOR BREAST CANCER PATIENTS UNDER THE CARE OF CALDERDALE AND HUDDERSFIELD BREAST SERVICES

Have you lost some confidence after breast surgery?

Do you feel apprehensive or worried?

Would you like to chat with a Breast care nurse?

It may take a while before your confidence in your own recover begins to feel real and your fears are somewhat relieved. Even with no recurrence, people who have had cancer learn to live with uncertainty.

The cancer journey can feel very lonely. It is not necessary or realistic to go through it all by yourself and your friends and family may feel shut out if you decide not to include them. Let them in and let in anyone else who you feel may help. You can't change the fact that you have had cancer. What you can change is how you live the rest of your life making healthy choices and feeling as well as possible, physically and emotionally. Having cancer and dealing with treatment can be time-consuming and emotionally draining.

You are now able to access our open clinics, if you feel you have any worries, concerns or symptoms. We have clinics available on:

**Wednesday morning 9-12pm in Surgical Outpatients Dept. at
Huddersfield Royal Infirmary**

**Thursday afternoon 2-4pm in the Macmillan Unit at Calderdale
Royal Hospital**

If you feel you would like to attend one of these open clinics, can you please call us on 01422 222711, and we will direct you to the next available clinic.