

# Leicester, Leicestershire and Rutland



an information guide for people  
with long-term illnesses

## Your health, Your way ... cancer

This booklet is aimed at people with a long-term illness. This means you may have to live with it for the rest of your life. Although many cancers can be cured, some can't. But even if your cancer can't be cured, it can be managed, so that it doesn't dominate and control your life.

Living with a long-term condition can sometimes be difficult to manage day to day. So it's important you get the right information and the right help at the right time.

If you understand your condition and its treatment, you'll feel more confident. You'll be able to take better care of yourself and manage your condition; you'll be better equipped to make informed choices and decisions about your care.

So it's important to have good, reliable information about the local services available to you. Wrong or misleading information can do more harm than good. It can confuse and scare you, raise false hopes and even damage your health further.

This booklet is aimed to help you, the people around you, including family and friends, in these difficult times. It will guide you in the right direction - show you where you can get local help, support, services and information. It won't give you the answers to all your questions, but it will show you where and how to get those answers.

It is designed to point you in the right direction to find out more about your condition, your treatment, how to live with it and manage it, how to get involved with local support groups if you want to; who to turn to when you need help and support, and who to talk to if you want to discuss things with people who know what you are going through.

## Your condition ... What is cancer?

Cancer is not just a single disease with a single type of treatment. There are more than 200 different kinds of cancer, each with its own name, and its own treatment. Some are very common, while others are extremely rare.

The body is made up of billions of tiny building blocks called cells. They're so small that you can only see them through a microscope. Cancer is a disease of these cells. You get cancer when normal body cells get out of control, multiply and spread and then invade and destroy healthy tissue, including organs.

## Where can I find out more?

If you, a relative or a friend has been diagnosed with cancer, it may be a very worrying and concerning time for you. You probably want to know more, and the following local organisations will give you support and information about cancer and your treatment.

You will probably be treated at the **University Hospitals of Leicester NHS Trust**, which are made up of the three NHS teaching hospitals in Leicester – the Glenfield Hospital, Leicester General Hospital and Leicester Royal Infirmary.

These hospitals are nationally and internationally recognised centres of excellence in cancer treatment and care. The specialist centre at Glenfield Hospital for lung cancer has the best lung cancer survival rates in the country.

Comprehensive details of the treatment and services the hospitals provide, and details of the individual hospitals, can be found at the web site at [www.uhl-tr.nhs.uk/our-services/medical-services/a-c/cancer-services-and-clinical-haematology](http://www.uhl-tr.nhs.uk/our-services/medical-services/a-c/cancer-services-and-clinical-haematology)

At the top of the home page is a link “For Patients” which takes you through the services the hospital provides.

Leicester’s Hospitals have a **Cancer Information Centre** which is situated in the reception area of the **Osborne Building** at **Leicester Royal Infirmary** and has a vast range of up to date information leaflets, books, videos and audio tapes on all aspects of cancer, its treatment, and care.

The centre is staffed by information officers, who will provide you with the information you need, or show you where to get the help and support that’s available locally and nationally. This is a drop-in service and there is no need to make an appointment. The opening hours are Monday to Friday, 9.30am to 4.30pm.

You can also contact the centre by post, phone or email at the Cancer Information Centre, Osborne Building, Leicester Royal Infirmary, Leicester, LE1 5WW, **tel: 0116 258 6189** or contact them by **email** at **[cancerinfo@uhl-tr.nhs.uk](mailto:cancerinfo@uhl-tr.nhs.uk)**. The information centre also has a section on Leicester's Hospitals website, where you will find information about different types of cancer, treatments and living with a diagnosis of cancer. The website address is **[www.uhl-tr.nhs.uk/cancerinfo](http://www.uhl-tr.nhs.uk/cancerinfo)**.

Available at the centre is a booklet called '**Your Local Cancer Services**' - also known as the 'orange booklet' - which has more than 40 pages of vital information covering help, support, information and advice for cancer sufferers including details about the people who will care for you, where to get financial help and advice, local support and charities, what you should expect from the NHS, benefits, transport services, and help with 'someone to talk to'.

Glenfield Hospital is also home to the purpose-built Breast Care Centre where a team of specialists help breast cancer patients, not only women, through diagnosis, treatment and surgery. You can find out more about the centre at **[www.uhl-tr.nhs.uk/our-services/medical-services/a-c/breast-care](http://www.uhl-tr.nhs.uk/our-services/medical-services/a-c/breast-care)**

**The Leicestershire, Northamptonshire and Rutland Cancer Network** is a local cancer network and part of the larger East Midlands Cancer Network. The network enables healthcare professionals, voluntary sector representatives and patients and carers to continually work together to ensure that the cancer services provided locally are of the highest possible standard, and clearly reflect the needs of those using them, and it helps to deliver national cancer initiatives at a local level.

The Leicestershire, Northamptonshire and Rutland Cancer Network has a website, which was launched to give help and advice to people diagnosed with cancer and their families, and which cancer patients helped to develop. It contains more than 1,000 pages of

information on the types and causes of cancer, available treatments, and information on help and support available on

**[www.lnrcancernetwork.nhs.uk](http://www.lnrcancernetwork.nhs.uk)**

The network welcomes patients and those affected by cancer who wish to help influence how cancer services are developed and delivered locally. Anyone interested should contact Debbie Wright, Macmillan User Involvement Facilitator on **0116 2727218**.

**Hope Against Cancer** is a Leicestershire and Rutland cancer research charity. It was founded by the late Allison Wilson in 2003 when she was diagnosed with a rare form of cancer and helps pay for research and clinical trials in the fight against cancer. The charity has raised more than £1.5 million and has awarded 17 research fellowships across a wide variety of cancer-related projects. Details about the charity can be found on their website at **[www.hfcr.org](http://www.hfcr.org)**

The following national organisations may also be able to give you further support and information about cancer and your treatment.

**Macmillan Cancer Support.** The Macmillan Cancer Support website **[www.macmillan.org.uk](http://www.macmillan.org.uk)** has more than 6,000 pages of up-to-date cancer information, practical advice and support for cancer patients, their families and carers. Macmillan has a freephone helpline on **0808 800 2020**.

**Cancerbackup** (now part of Macmillan Cancer Support) produces booklets on different types of cancer and on aspects of living with cancer. The information contained in their booklets is also available on the Cancerbackup website, **[www.cancerbackup.org.uk](http://www.cancerbackup.org.uk)**. Cancerbackup also has a freephone helpline, which is staffed by specialist cancer nurses, on **0808 800 1234**.

**Coping With Cancer Leicestershire and Rutland** offers practical and emotional support to cancer patients, their families and friends, **tel: 0116 223 0055**.

**Cancerhelp** is the patient information website of **Cancer Research UK**. Information is available on different types of cancer and living with cancer. The website address is **[www.cancerhelp.org.uk](http://www.cancerhelp.org.uk)**. Cancer Research UK also has a freephone helpline on **0808 800 4040**.

## Practical Support

**Macmillan/LOROS Nurses:** Macmillan and LOROS Nurses are specialists in cancer treatment and care. They offer emotional support and practical advice and are trained to manage your pain and other symptoms. Macmillan and LOROS Nurses work with your Primary Health Care Team and may be available to support you from the time you are diagnosed, and are arranged through your local GP.

**Marie Curie Nurses:** Marie Curie Nurses care for people who are seriously ill. They provide practical nursing care for several hours at a time, sometimes overnight. This enables the other people caring for you to take a break or get some sleep. Marie Curie Nurse visits are arranged through your district nurse. More information is available at [www.mariecurie.org.uk](http://www.mariecurie.org.uk).

## Your treatment

There is no single treatment for cancer - doctors have a range of options available and will decide which is best for the patient. They often combine several types of treatment for greater effect, taking into account all sorts of factors. For example, the patient's age, history and lifestyle are crucial in deciding on the best treatment. Your doctors will involve you in the decision making as much as possible.

Your treatment will be co-ordinated by your doctor and the health team at your hospital's oncology department, the specialists in diagnosing and treating cancer.

Every patient is different. If you have cancer, you will have your own personal treatment plan, based on your needs. Your doctors will talk with you about all your options and choices. You will need to agree to treatment before it can start - this is called giving your consent.

## Your feelings

Most people feel overwhelmed when they are told that they have cancer. People experience many different emotions, which can cause confusion and frequent mood swings. These emotions are part of the process that many people go through in dealing with their illness. You may find it helpful to talk to your GP, a counsellor or a member of your hospital medical team, who can refer you to the Leicestershire Psycho-Oncology Service for more specialised help. There is more information about the service on their website, **[www.psycho-oncology.info](http://www.psycho-oncology.info)**.

## NHS Choices

A wide range of information and advice about your condition and choices about your care and treatment is available on the NHS website, '**NHS Choices**', or from the NHS telephone helpline, '**NHS Direct**'.

'**NHS Choices**' on **www.nhs.uk** is a wide ranging comprehensive guide and directory that gives:

- Medical advice about most conditions
- Services from GPs to gyms, doctors to dentists, midwives to memory problems
- 'All you need to know' guides covering 750 conditions and treatments
- Carers help and advice
- Blogs to talk to the experts and other patients
- Feedback from other patients
- Up to date medical news and views on treatment and research
- Tips and help on keeping you healthy
- Benefits advice
- Links to other medical, charity and support websites
- Comparisons between hospitals to help YOU chose where YOU want to be treated

For those without internet facilities, the same information and more is available from 'NHS Direct' – the 24 hours a day every day of the year helpline. Trained staff are available round the clock to give advice and information on all aspects of health - from instant help with immediate symptoms or problems and where to get treatment; to details of walk in centres, clinics, local organisations, support and help on **0845 46 47**.

## YOUR care plan

If the doctor has just told you that you have cancer, it can be both daunting and frightening. But you are not on your own. As well as your health teams, there are charities, support groups, and even internet blogs and meetings where you can talk to people in the same situation as you.

Your health teams are there to give you support, help and treatment. However you are in control and you can make choices and decisions that affect your condition and it's important that you develop your own personal care plan to help you manage it. Your health team will help you with this, but there are certain things you might want to do as well.

**Lifestyle:** Changing your lifestyle can help manage and control your condition. Local help is available to support you:-

**Giving up smoking:** Both NHS Leicester city and NHS Leicestershire County and Rutland have dedicated teams to help you give up smoking through one-to-one advice, clinics, personal advice and nicotine patches and replacements. The City **STOP!** Team can be contacted on **0116 295 4141**, and the County and Rutland team on **0845 045 2828**.

**Healthy Weight, Healthy Life:** maintaining a healthy weight can have a major impact on your health. Being overweight can increase your risk of raised blood pressure, diabetes and heart disease while being significantly underweight can impact on your immune system.

The **Leicestershire Nutrition and Dietetic service** has a team of dietitians who work in a variety of clinical specialties and can help you make informed choices about the food you eat. You can access general healthy eating advice and condition specific advice via their website at **[www.lnds.nhs.uk](http://www.lnds.nhs.uk)**. If appropriate your GP or practice nurse can refer you to a dietician working within your local area.

**Keeping Active:** Regular physical activity can help and also reduces the risk of other serious conditions, such as heart disease and stroke. Leicester, Leicestershire and Rutland has a wide range of activities available such as gentle aerobics, cycling, salsa, walking and yoga. Every level of fitness is catered for, with help and advice readily available. Each district or borough has its own physical co-ordinator who provides advice on what's available in your area. Whether you are new exerciser; returning after a long time off; or a regular exerciser, all different abilities are catered for.

For more details, go to the Leicester-Shire and Rutland Sport website, **[www.lrsport.org.uk](http://www.lrsport.org.uk)** or telephone your local co-ordinator on:

Hinckley and Bosworth **tel: 01455 255875**

North West Leicestershire **tel: 01530 454830**

Charnwood **tel: 01509 634836**

Melton **tel: 01664 502389**

Harborough **tel: 01858 821284**

Blaby **tel: 0116 272 7704**

Oadby and Wigston **tel: 0116 257 2672**

Rutland **tel: 01572 720936**

Leicester **tel: 0116 252 7350**

**Fit and Active Buddies (FAB) Project** – personal trainers and cut price gym sessions to help people lose weight in Braunstone, Beaumont Leys, New Parks and Belgrave. **tel: 0778 538 5911**

**Walking:** **[www.leicester.gov.uk/walking](http://www.leicester.gov.uk/walking)**

**City Sport:** **[www.leicester.gov.uk/sports](http://www.leicester.gov.uk/sports)** for a variety of sport and leisure activities to suit all.

**Talking to others:** Meeting and talking with other people who are, or have been, in a similar situation can be both reassuring and helpful. Details of local and national support and help groups

can be found on the cancer information centre website at **[www.uhl-trinks.uk/cancerinfo](http://www.uhl-trinks.uk/cancerinfo)**.

Support groups are also listed on the Leicestershire **'Infolinx'** website, a community information website run by the nine county and local councils, detailing more than 5,000 clubs, societies, organisations and self help groups based in the region. It can be reached at **[infolinx.leics.gov.uk](http://infolinx.leics.gov.uk)**.

## Need help or advice?

The **Patient Advice and Liaison Service (PALS)** is a free, confidential and individual service where you or your carers can be advised about the NHS, or voice your concerns about either your own or a relative's treatment. It aims to help solve any problems, concerns or questions you have when using health services in the area - a customer care service for your local NHS. PALS:

- Provides advice and support to patients, their families and carers
- Provides information on NHS services and local support groups
- Listens to your concerns, suggestions, queries or compliments
- Gives advice on how to make a complaint
- Helps sort out health concerns on your behalf
- Provides information on how you can get more involved in developing NHS services

You can contact a member of the PALS team in person, by telephone, email or letter. Patients and members of the public can meet PALS staff by arrangement.

**NHS Leicester City PALS tel: 0116 295 7011** (Monday to Friday, 9am to 5pm. Outside hours please leave a message and PALS will call you). **email: [pals@leicestercity.nhs.uk](mailto:pals@leicestercity.nhs.uk)**

**NHS Leicestershire County and Rutland PALS tel: 01455 441971**  
or **01509 564444**. **email: [pals@lcr.nhs.uk](mailto:pals@lcr.nhs.uk)**

**University Hospitals of Leicester PALS tel: 0116 258 3100.**  
**email: [pals@uhl-tr.nhs.uk](mailto:pals@uhl-tr.nhs.uk)**

**Leicestershire Partnership NHS Trust PALS tel: 0116 225 6647.**  
**email: [pals@leicspart.nhs.uk](mailto:pals@leicspart.nhs.uk)**

Other organisations that could help:

**LEEAP** (Leicestershire Ethnic Elderly Advocacy Project) 30 Chandos Street, Leicester **tel: 0116 275 5515**

**For city services and support groups:** visit [www.leicester.gov.uk/socialcare](http://www.leicester.gov.uk/socialcare) or [www.leicester.gov.uk/health](http://www.leicester.gov.uk/health)

## Getting the most from your medicines

Around half of patients with a long-term condition do not take their medicines as prescribed. However, for patients to take real control of their conditions, they need fast and convenient access to medicines, involvement in decisions about those medicines, advice about how to take them and information on any side effects which they may suffer.

Pharmacists have an increasing role as a source of advice for patients and their carers. There are more than 200 pharmacists throughout Leicester city, Leicestershire and Rutland who are available to help with advice and information.

Refer to the NHS Choices website at [www.nhs.uk](http://www.nhs.uk), or talk to **NHS Direct** on **0845 46 47** for details of your nearest pharmacist.

## Benefits and financial help

Many people find that facing a long-term illness affects their finances and can cause money problems. Several local organisations offer information and advice about benefits, grants and loans you may be able to obtain.

Another useful source of information is the Government citizens' information website, **[www.direct.gov.uk](http://www.direct.gov.uk)**

**Benefit Enquiry Line:** Confidential advice and information for people with disabilities, their carers and families about social security benefits, **tel: 0800 882200**

**Leicester Money Advice:** Free debt service which provides money advice and counselling for people who live in the city, **tel: 0116 242 1120**

**Age Concern:** Offers practical help, advice and information about services for older people. Age Concern Leicester has its own Welfare Rights Officer on **tel: 0116 222 0555**. Other officers can be contacted at:

Leicester, Leicester-Shire and Rutland - **tel: 0116 299 2233**

Lutterworth - **tel: 01455 557116**

Oadby and Wigston - **tel: 0116 288 5203**

Hinckley and Bosworth - **tel: 01455 619519**

It's worth checking that you're claiming everything that you are entitled to: **[www.entitledto.co.uk](http://www.entitledto.co.uk)** or **[www.direct.gov.uk/en/MoneyTaxAndBenefits/BenefitsTaxCreditsAndOtherSupport](http://www.direct.gov.uk/en/MoneyTaxAndBenefits/BenefitsTaxCreditsAndOtherSupport)**

## The right equipment and social care

You might need special equipment to help you live at home, for example stair rails, jar openers, stair lifts, bath rails or even tap turners. If you are experiencing some form of disability as a result of your condition or its treatment, you may be entitled to help. If you are a hospital inpatient you may be seen by occupational therapists (OT) before you are discharged. The OT will assess you to find out if you need any special equipment or living aids to help you maintain your independence or improve your quality of life. If you are not an inpatient, you can ask your local social care services department for a care assessment to assess your needs.

The social care services offices are:

Blaby, Oadby and Wigston - **tel: 0116 278 7111**

Market Harborough - **tel: 01858 465331**

Charnwood - **tel: 01509 266641**

Melton Mowbray - **tel: 01664 564698**

Hinckley and Bosworth - **tel: 01455 636964**

North West Leicestershire - **tel: 01530 275200**

Rutland County Council - **tel: 01572 722577**

Leicester - **tel: 0116 253 1191**

**British Red Cross Disabled Living Centre: The Disabled Living Centre** at Aquis House, 211 Belgrave Gate, Leicester, LE1 3HT has a permanent display of daily living aids and equipment to promote independence. They offer free, impartial advice, information and assessment to people with disabilities, the elderly, carers and health professionals.

A referral is not required. Assessment is by appointment only.  
Monday – Friday, 9.00 am – 4.15 pm on **0845 373 0217** or  
**dlcinfo@redcross.org.uk**

**British Red Cross Independent Living Products Shop** at 113 Clarendon Park Road, Leicester, LE2 3AH stocks extensive range of equipment to improve the quality of life for elderly and disabled people on **0116 244 9049**. Monday – Friday: 9.00am – 5.00pm, Saturday: 9.00am – 4.30pm.

**British Red Cross** also provides a dial-a-wheelchair service providing manual wheelchairs on short-term loan (up to two months). This service is available from 244 London Road, Leicester, LE2 1RN **tel: 0116 270 0210**. Monday: 10.00am – 4.00pm

**The Disabled Living Foundation – [www.dlf.org.uk](http://www.dlf.org.uk)** is a national charity that provides free, impartial advice about all types of daily living equipment for disabled adults and children, older people, their carers and families on **0845 130 9177**.

## Carers

A carer is someone who, without payment, provides help and support to a relative, friend or neighbour who, because of frailty, illness or disability is unable to manage without help.

**CLASP**, the carers centre, provides a wide range of support services for carers in Leicester, Leicestershire and Rutland. CLASP is located on the Fourth Floor, Matrix House, Unit 19, Constitution Hill, Leicester LE1 1PL, **www.claspthecarerscentre.org.uk** or **tel: 0116 251 0999. email: enquiries@claspthecarerscentre.org.uk**

Leicestershire has its own **carers project** which aims to provide carers with a local contact who can supply information, advice and support. The project also runs quarterly forums every year bringing carers together to enjoy each other's company and meet organisations and individuals providing support.

Carers development workers are located around the county and each team offers a variety of practical help, support, information and advice. Contact your local office for further details of the services and help available.

Voluntary Action Blaby District: Sandra Stocks **tel: 0116 272 7669**  
**email: carers@vabd.org.uk**

Voluntary Action Charnwood: Nita Patel **tel: 01509 631783**  
**email: nita.patel@voluntaryactioncharnwood.org.uk**

Voluntary Action Melton: Helen Brocklehurst **tel: 01664 485304**  
**email: Helenb@voluntaryactionmelton.org.uk**

Voluntary Action Rutland: Gill Huddleston **tel: 01572 720052**  
**email: gill@claspthecarerscentre.org.uk**

North West Leicestershire CVS: Sarah Houlton-Ellingworth  
**tel: 01530 510515 email: sarahhe@nwlcvs.org.uk**

Oadby and Wigston Community Action: Sarah Lambrianou  
**tel: 0116 281 0026 ext.28 email: ksmith@vaow.org.uk**

**Voluntary Action South Leicestershire** runs a carers telephone befriending Service, where carers enjoy a weekly call from a volunteer befriender giving them time to talk to someone confidentially outside the family. If you care for someone and would like more information to help you in your caring role, contact either Jacqui Mowson on **01858 439263** or Diane Claridge on 01858 439262. The carers project is based at Voluntary Action South Leicestershire, The Settling Rooms, St, Mary' Place, Market Harborough, Leicestershire LE16 7DR. **email: [jmowson@vasl.org.uk](mailto:jmowson@vasl.org.uk)**

## Advice

**Citizens Advice Bureau: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)** gives advice on debt, benefits, housing, employment and other legal rights.

Leicester - **tel: 0116 285 2801**

North West Leicestershire - **tel: 01530 454751**

South Leicestershire (Blaby, Lutterworth, Market Harborough) and outreach venues - **0844 848 9009** Debtline - **tel: 0844 248 0040**

Melton - **tel: 01664 484050**

Charnwood (Loughborough) - **tel: 01509 267376**

Hinckley - **tel: 0844 826 9710**

Shepshed - **tel: 01509 506663**

Rutland - **tel: 0845 120 3705**

**Mosaic, Shaping Disability Service (Leicester) - tel: 0116 251 5565 Helpline: 0116 262 6900 textdirect: 18001 0116 251 5565.**

**Voluntary Action Leicester Shire** provides information and support for voluntary and community groups and volunteers in Leicester city and various venues across Leicestershire. See their website, **[www.valonline.org.uk](http://www.valonline.org.uk)** for more information or email **[helpline@valonline.org.uk](mailto:helpline@valonline.org.uk)** or telephone the helpline on **0116 257 5050**.

Voluntary Action Blaby District - **tel: 0116 272 7669**

Voluntary Action Oadby and Wigston - **tel: 0116 281 0026**

Voluntary Action South Leicestershire - **tel: 01858 432014**

NW Leicestershire CVS - **tel: 01530 510515**

Voluntary Action Charnwood - **tel: 01509 631750**

Voluntary Action Melton - **tel: 01664 483043**

Voluntary Action Hinckley and Bosworth - **tel: 01455 633002**

## Shopping

Shopping can be difficult if you find it hard to get around because of your condition. But there are local shopmobility schemes that provide or loan disability equipment to help, such as mobility scooters.

**Leicester Shopmobility** operates from two locations in the heart of the city:

Highcross Shopping Centre - **tel: 0116 253 2596**;

Haymarket Shopping Centre - **tel: 0116 253 7125**

Further information can be found at **[www.leicester.gov.uk/shopmobility](http://www.leicester.gov.uk/shopmobility)** or for details and contacts of other Shopmobility schemes, visit **[www.shopmobility.org](http://www.shopmobility.org)**

Melton Mowbray - **tel: 01664 480677**

Market Harborough - **tel: 01858 410864**

Hinckley - **tel: 07982 302 780**

Fosse Park - **tel: 0116 263 0600**

Coalville - **tel: 07982 706 285**

Loughborough - **tel: 01536 412 886**

## Your choice...

You have the right to be treated where and when you choose.

For instance, if you needed hospital treatment, in the majority of cases you can pick the hospital of your choice for your treatment, which is right for you and your family.

Your doctor or health team would discuss the choice with you, so that you have the right information to make the decision that is right for you.

You might want to choose a hospital closer to family or friends, or a big teaching hospital. If you needed treatment, such as an operation, you might want to delay it to avoid a special occasion. But the choice is yours!

You can find out more at:

- Your GP practice
- Libraries
- **[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)**
- **NHS Direct Interactive** on digital satellite TV
- **NHS Direct** on **0845 4647**
- **[www.nhs.uk](http://www.nhs.uk)**
- **[www.healthspace.nhs.uk](http://www.healthspace.nhs.uk)**
- **[www.chooseandbook.nhs.uk](http://www.chooseandbook.nhs.uk)**
- **[www.healthcarecommission.org.uk](http://www.healthcarecommission.org.uk)**
- **[www.patientopinion.org.uk](http://www.patientopinion.org.uk)**



This publication has been jointly produced by the four NHS organisations in Leicester, Leicestershire County and Rutland. Printed copies are available by contacting any of the organisations:

- **NHS Leicestershire County and Rutland**

Lakeside House, 4 Smith Way, Grove Park, Enderby,  
Leicestershire, LE19 1SS

**tel: 0116 295 7689**

or **email: [communications@lcr.nhs.uk](mailto:communications@lcr.nhs.uk)**

- **NHS Leicester City**

St John's House, 30 East Street, Leicester, LE1 6NB

**tel: 0116 295 1100/1400**

or **email: [enquiries@leicestercity.nhs.uk](mailto:enquiries@leicestercity.nhs.uk)**

- **Leicestershire Partnership NHS Trust**

George Hine House, Gipsy Lane, Leicester, LE5 0TD

**tel: 0116 225 6485**

or **email: [feedback@leicspt.nhs.uk](mailto:feedback@leicspt.nhs.uk)**

- **University Hospitals of Leicester NHS Trust**

University Hospitals of Leicester NHS Trust Headquarters,  
Gwendolen House, Gwendolen Road, Leicester LE5 4QF

**tel: 0116 258 8963**

or **email: [communications@uhl-tr.nhs.uk](mailto:communications@uhl-tr.nhs.uk)**

For further information or comments, or if you would like to contribute to the production of this document or further publications, please contact any of the above trusts.

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The NHS trusts listed above cannot be held responsible for any information provided by non-NHS organisations detailed in this document