



supported by **WE ARE MACMILLAN. CANCER SUPPORT**

To make an appointment please contact:

**South Essex Lymphoedema Service
St. Luke's Hospice**

**Nethermayne
Basildon
Essex
SS16 5NJ**

**Tel: 01268 524973
Fax: 01268 282483**

Email: SELS@stlukeshospice.co.uk

Website: www.stlukeshospice.com



Please let us know if you need this leaflet in large print.

Front cover photograph taken from St. Luke's Hospice Garden

St. Luke's Hospice Registered Charity No: 289466

Revision 03/2016 Order No: 18

APPOINTMENTS

Appointments will be made to suit individuals wherever possible. They will take place at an appropriate site for you.

If mobility is a problem, transport may be arranged where possible. For patients who are unable to leave their home, a home visit may be arranged.

USEFUL CONTACTS:

**Lymphoedema Support Network
Tel: 020 7351 4480**

**British Lymphoedema Society
Tel: 01452 790178**

**Macmillan Cancer Support
Tel: 0808 808 0000**



CANCELLATIONS

Your next appointment will be booked by your Lymphoedema Clinical Specialist with you.

If you are unable to attend an appointment it is important that you let us know. Please help us by cancelling your appointment no less than 24 hours before whenever possible by telephoning St. Luke's Hospice on 01268 524973.

OUR CLINICS ARE HELD AT:

**St. Luke's Hospice
Nethermayne
Basildon
Essex SS16 5NJ
Tel: 01268 524973**

**St. Luke's House
22 Lampits Hill
Corringham
Essex SS17 9AL**

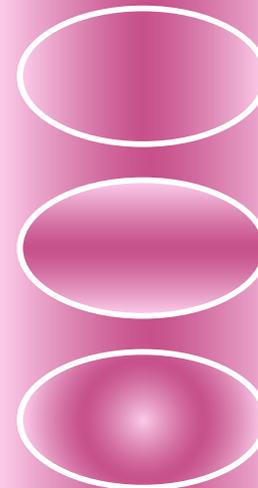
**Brentwood Community Hospital
Crescent Drive
Brentwood
Essex CM15 8DR**

**Southend University Hospital
Prittlewell Chase
Westcliff-on-Sea
Essex SS0 0RY**

St. Luke's Hospice



South Essex Lymphoedema Service (SELS)



ST. LUKE'S HOSPICE LYMPHOEDEMA MANAGEMENT

St. Luke's Hospice is the service provider for South Essex Lymphoedema Service, covering Basildon, Brentwood, Thurrock, Castlepoint, Rochford and Southend.

St. Luke's Hospice has a specialist lymphoedema team who can provide advice, support and practical help for people with lymphoedema in South Essex.

LYMPHOEDEMA IS...

the malfunction of the lymphatic system which gives rise to fluid causing swelling in various parts of the body, particularly in the arms & legs. Lymph fluid is a milky, watery fluid which contains water, protein and various products of inflammation such as dead blood cells which accumulates in the body and is unable to be excreted because of lymphatic failure.

Causes of lymphoedema can be primary (congenital origin) or secondary.

Secondary lymphoedema can occur through cancer (tumour), radiotherapy, injury, trauma, infection, surgery, or burns, or as a result of other chronic illness, such as heart failure, resulting in swelling.

REFERRAL CRITERIA

People with primary lymphoedema or lymphoedema secondary to any chronic illness and those with lipoedema living in South Essex can be referred.

Referrals are accepted from Hospital Consultants, GP's, Breast Care Nurse Specialists, other Clinical Nurse Specialists, Macmillan Nurses, through any Hospice service or as a self-referral.

Referral forms can be requested by contacting the service with address, phone number or fax details. It is critical to seek medical or lymphoedema clinical specialist advice at the early onset of any oedematous swelling.

ASSESSMENT

An assessment will be carried out by a Clinical Specialist in lymphoedema after an appropriate appointment has been made. Assessments may take up to one and a half hours with advice and discussion regarding skin care, exercise regime, recreational exercise, Manual Lymph Drainage (MLD), Simple Lymph Drainage (SLD), Multi-Layered Lymph Bandaging (MLLB) and hosiery.

A waiting list may operate with priority given to patients with advancing or palliative disease.

LYMPHOEDEMA SUPPORT GROUP

A support group for people with lymphoedema and their carers / family is held three times a year.

The afternoon provides an opportunity to enjoy guest speakers, gain information, advice and support, meet and talk to other people with lymphoedema and speak to specialist staff on a one-to-one basis.

The support group is at St. Luke's Hospice and refreshments are provided.



WHY ST. LUKE'S HOSPICE?

As the service provider for South Essex Lymphoedema Service we are pleased to be able to extend our established clinical care, expertise and support throughout South Essex. Our aim is to maintain and enhance the quality of life for people with lymphoedema.

St. Luke's Hospice is a registered charity, relying on our own resources to ensure the funding we need to deliver care. An increasing demand for our services, as well as increasing costs, presents us with an ongoing-challenge.

Help and support from our community and those who use our services is always welcome and appreciated. We are only able to maintain services because of the fantastic support we receive from people such as you.

There are many ways you can support and help us, either by giving a direct donation, taking part in or attending one of our many events or even taking one of our collection boxes or playing in the weekly Hospice Lottery. For these and other ways to support us please contact our Fundraising Department on 01268 524973 or visit our website www.stlukeshospice.com.

You can leave a donation at reception, or with SELS staff at the clinic you attend. All donations, unless left anonymously, are acknowledged.