

## Limited space

Please keep in mind we only have a limited amount of space in our sessions, so please only bring **one** family member or friend with you to the session. If you would like to bring more than one, please ask at the time of booking if there is space for you to bring additional people.

## Where to find us and parking

We are located in North Block of the Royal Berkshire Hospital. The London Road car park is the closest to the centre, but spaces are limited so you may need to park in the multi storey car park in Craven Road. Please have the registration number of the car you will be using ready when you call to book so we can ensure you receive free parking during the sessions.

## Can't make it?

If you are unable to make it to any of our sessions, please do not worry! All the information you need will be provided when you come for your planning scan and treatment.

## Booking your session

If you would like to attend one of our 'Road to radiotherapy' or 'Sit down' sessions, please contact the radiotherapy office on **0118 322 7872 between the hours of 8.30am-5pm** or email **ReviewRadiographers@royalberkshire.nhs.uk**

## References

Radiotherapy UK (2022) *Radiotherapy Key Facts*. Available at <https://radiotherapy.org.uk/get-involved/r4l-campaign-page/key-facts/> (Accessed on: 01/09/2023)

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

RBFT Oncology (Radiotherapy)

September 2023

Next review due: September 2025



**Royal Berkshire**  
NHS Foundation Trust



# Road to radiotherapy

*Aiming to inform and support you through radiotherapy treatment at the Berkshire Cancer Centre*

Compassionate

Aspirational

Resourceful

Excellent

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## Welcoming our new radiotherapy patients...

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Here at the Berkshire Cancer Centre we understand you may feel anxious about coming for radiotherapy treatment and we would like to do whatever we can to ensure you feel well prepared for your time with us.

Our 'Road to radiotherapy' session aims to take away the unknown and uncertainties of having radiotherapy. It also allows you the chance to visit us here in the department to get a taste of what your treatment journey may look like.

We hope by the end of our session that you feel better informed about having your treatment.

### Myth busting

Around 50% of people with cancer will receive radiotherapy, making it very common (Radiotherapy UK, 2022). However, we know there are still many misconceptions about this type of cancer treatment that can add unnecessary worries or concerns.

Radiotherapy is constantly developing and improving so we have put together this session to take you through the radiotherapy pathway.

### What does the session involve?

In the session, you will get the most up to date and relevant information and we will explain everything we've put in place to ensure your treatment goes as smoothly as possible.

We will aim to take you through every aspect of what your radiotherapy experience may involve. You will meet some of the team members involved in planning, treating and looking after you during your radiotherapy. They include radiographers, dosimetrists (medical experts in radiation therapy), support staff and many more.

The session will take place once the department has closed to the public. There will be a tour of the treatment room and demonstration of how our Linear Accelerator (treatment machine) works, alongside other state of the art technology used to deliver your radiotherapy treatment.

We provide lots of useful information, such as:

- what you may need to do to prepare for treatment;
- possible side effects and how we can help;
- how our appointments work;
- where our Berkshire Cancer Centre Macmillan Information Centre is
- ... and lots more.



There will be opportunities to ask questions in a safe non-judgmental environment and generally discuss what your experience may be like with a group of others about to go on their own radiotherapy journey.

### 'Sit down' session

For patients having radiotherapy to the pelvis, we run a session that involves a more in-depth look at what preparations you may need to do before treatment, potential side effects and what help we offer throughout treatment.

Unfortunately, because the session runs when the department is open, we are unable to offer a tour of the treatment machine. However, we include lots of videos and pictures during the session so you can get an overview of what having radiotherapy will look like.

This 'Sit down' session is an alternative to the 'Road to radiotherapy' session we offer.

### If you have further questions...

You will see two radiographers at every appointment who will be very happy to answer any questions you have. You will also be seen every week by a specialist radiographer, while having treatment, so you can discuss with them any concerns or further questions that may arise during your treatments.