

TAMESIDE & GLOSSOP RECOVERY PACKAGE NEWSLETTER

WE ARE
MACMILLAN.
CANCER SUPPORT

Hello and welcome to the fourth issue of our Recovery Package Project team newsletter for people affected by cancer. We are keeping busy supporting staff and people affected by cancer to implement the Recovery Package across Tameside and Glossop. Here is an update on what we have been up to .

TEAM UPDATE



L-R, Aoife Isherwood, Darian Galloway, Lenny St Jean

There are lots of changes across Greater Manchester so the Trust ran a Cancer Summit in September. This was to make sure all staff were made aware of what changes are expected and to explore what support they may need. We will make sure that the patient voice will be heard as part of these changes.

Aoife has been in contact with Macmillan head office to discuss the development of Easy Read information about the Recovery Package. This was following meeting with local learning disability groups. This highlighted the importance of hearing from a variety of groups so that the needs of all of the population are met.



It was the Macmillan World's Biggest coffee

morning on September 28th. Staff at the hospital came together to help raise funds for people affected by cancer. Our very own Darian helped out on the day where lots of baked goodies were made, sold and enjoyed!

Lenny and Darian, along with Karen, Jamie and Hannah from the Cancer Services team, all represented Team Macmillan at the Donation Games as part of Organ Donation Week at Media City in September. Here they are at the "It's a Knockout" inflatables contest. They didn't win, but had lots of fun taking part for this worthy cause!!



THE RECOVERY PACKAGE

The idea of the Recovery Package grew because more people than ever before are living with and beyond a cancer diagnosis. The impact of cancer does not stop when treatment is over. The aim of the Recovery Package is to assist people living with cancer to prepare for the future, identify their own concerns and support needs. This would then assist people to return to as near a normal lifestyle as possible once treatment is over. The Tameside and Glossop team are working with staff and patients to see how this will fit into local services in order to address and meet unmet need. One of the key parts of the Recovery Package is the Cancer Care Review.

FOCUS ON...



CANCER CARE REVIEW

The Cancer Care Review is a discussion with your GP or practice nurse. It usually happens about 6 months after your cancer diagnosis.

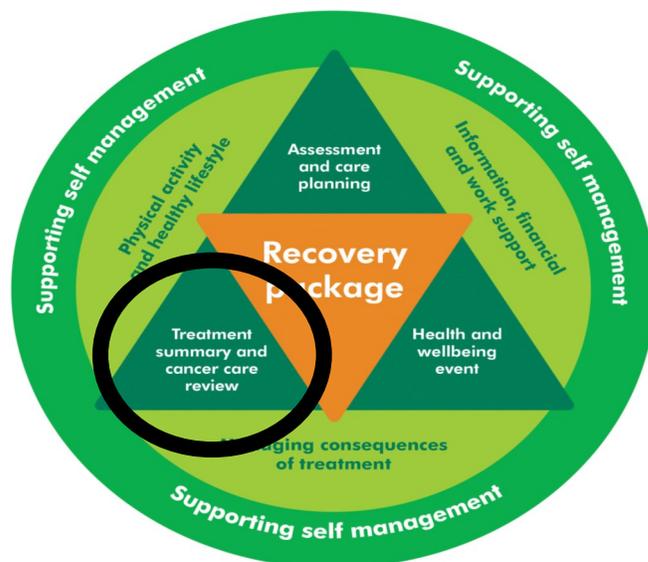
The aim of the discussion is to check whether:

- You have any concerns
- You need more information or support.

Your GP or Practice Nurse will either be able to help you themselves or they can find someone who can.

Your GP will discuss your cancer and the treatment you have had. They will help you understand what to look out for, what to do and when you might need to contact your hospital team for advice.

If you have had a Care Plan or Treatment Summary it is helpful to have these with you when your Cancer Care Review takes place.



GP SURVEY UPDATE

Thank you to everyone who completed the recent GP survey. This was carried out to look at what support is needed both for people affected by cancer as well as GPs when putting the Cancer Care Review into place.

We are starting to look at the results and will be working with user groups to focus on addressing how to improve the experience of having a Cancer Care Review.

LET'S TALK ABOUT CANCER SUPPORT

USER INVOLVEMENT ACTIVITY

The User Involvement Steering group have co-produced a poster to go on display to raise awareness of the Electric Holistic Needs Assessment (eHNA). The eHNA is an assessment of people's needs during their cancer journey and covers areas such as physical, emotional, practical and well-being support. The eHNA is discussed with patients in their clinic appointments so it was agreed to display the posters in the Tameside Macmillan Unit and clinic areas where people will attend appointments to help raise awareness of the eHNA.

HAVE YOU HAD A CANCER DIAGNOSIS?

ARE YOU WORRIED ABOUT...

- Your emotional wellbeing?
- Your finances during treatment?
- Those closest to you?
- The impact on your physical health?

If you have had a cancer diagnosis your Cancer Nurse will offer you the opportunity to do an electronic Holistic Needs Assessment (eHNA).

This gives you the chance to talk about all of your needs, not just cancer, and develop a care plan.

The eHNA is a short checklist and will not take long to complete.



We held our first Health and Well-being working group where we started thinking about what this health and well-being support would look like for Tameside and Glossop. We had a good mix of staff and people affected by cancer at the meeting.

We started by looking at what was currently available and what support people had already received. This was followed by thinking about what the 'dream' health and well-being provision would be.

The next step is go get as much input from people as possible so we have a wide selection of experiences to draw upon. We are holding a Twitter Chat (details in the next box) if you would like to join in and share your views! You can also always contact Aoife to share your experiences.



TWITTER CHAT

Follow us on Twitter @TgMacRP and join our Twitter Chat on

17th October 20:00—21:00

We will be discussing what works well and what we would like to see more of for Health and Wellbeing.

Join the conversation using #HWBTG



HOW TO GET INVOLVED

The Project Team needs your help to improve the outcomes for patients living with and beyond cancer. By sharing your experiences and opinions, you can help shape how the Recovery Package is implemented in Tameside & Glossop.

There are lots of ways to get involved and you can decide how much time you want to give. Your contribution could mean taking surveys, reviewing leaflets or acting as a patient representative at meetings. Either way, all of your actions will make a big difference to the project's work.

For more details, or to arrange a meeting, please contact Aoife on 0161 922 6749 or Aoife.Isherwood@tgh.nhs.uk Thank you.



STEVE'S STORY

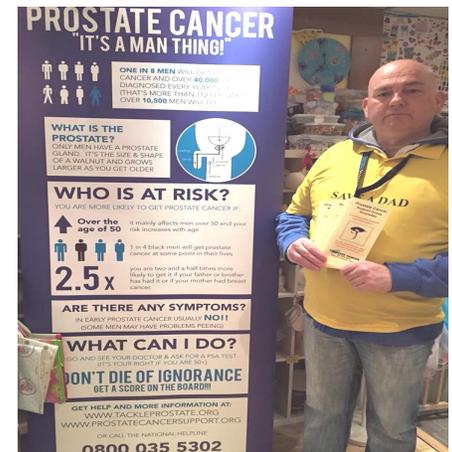
“I was diagnosed with prostate cancer in 2011. When I first noticed my symptoms, I attributed these to a change in my work pattern. However, my symptoms persisted so I went to see my GP. I underwent a prostatectomy and two subsequent hernia operations. As a consequence of treatment, I require on-going pain management and I am affected by related fatigue.

My involvement as a service user representative began when I attended a course to help patients manage the effects of fatigue at Tameside Hospital. After this, I was asked by a Macmillan Clinical

Nurse Specialist if I would give a talk which I enjoyed doing. For the last five years, I have been very actively involved in my local Prostate Cancer support group and run a group on the first Thursday of the month in Droylsden. This is a great group which provides invaluable peer support.

I am passionate about raising awareness and changing the attitudes of men towards talking about prostate cancer. I would like to see improved screening for prostate cancer, increased GP awareness and I would like to see improvements in the accuracy of diagnosis. I hope that with an increased knowledge and awareness of patient experience by clinicians, there will be more

appropriate responses to an individual patient's concerns and symptoms.



This year I became a member of the Tameside and Glossop User Involvement Steering Group and I also sit on their Recovery Package Steering Group. I have enjoyed meeting new people and working towards changing things for the better.”



Dates for the diary this Oct—Nov

Glossopdale Wellbeing Event

Saturday 13th October

Bradbury House, Glossop

Drop in from 11am-3pm

GM Cancer Conference

Monday November 28th

Manchester City Centre

For more information, or to book your place contact 0161 918 2368



OCTOBER IS BREAST CANCER AWARENESS MONTH
NOVEMBER IS LUNG CANCER AWARENESS MONTH
NOVEMBER IS MOUTH CANCER AWARENESS MONTH
NOVEMBER IS PANCREATIC CANCER AWARENESS MONTH



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