

TAMESIDE & GLOSSOP RECOVERY PACKAGE NEWSLETTER

WE ARE
MACMILLAN.
CANCER SUPPORT

Hello and welcome to the third 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

The Macmillan World's Biggest Coffee Morning will be held on **Friday 28th September**. This is a huge fundraising event for people facing cancer. People are being asked to host a Coffee Morning to support the event. Having a Coffee Morning is the perfect chance to catch up over a cuppa and a slice of something delicious for a good cause as one in two of us will face cancer.



You can apply for a free coffee morning kit on www.macmillan.org.uk/coffee

Electronic Holistic Needs Assessments (eHNA)

We've been rolling out the introduction of the eHNA over the last few months. Most teams are now in a position to offer an eHNA to patients across Tameside and Glossop.

Treatment Summary

A Treatment Summary is given to patient's after each mode of treatment. They include information about treatment received, long term effects of treatment and possible signs of recurrence. Breast cancer patients will be the first service to receive the Treatment Summary in Tameside and Glossop. The Breast team have agreed the Tameside and Glossop version and I.T. are hoping to have this in place by September 2018.

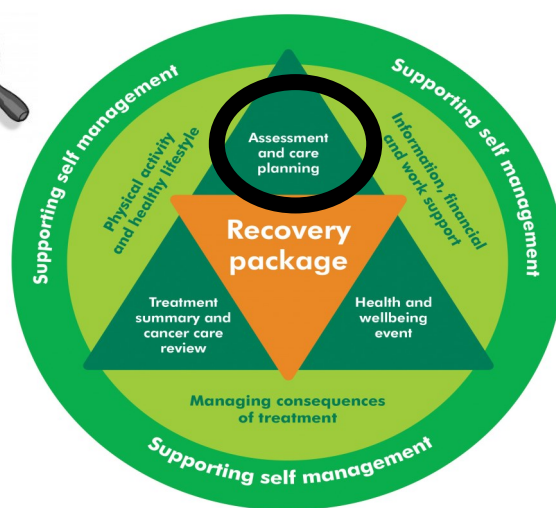
We will keep you updated about progress in developing Treatment Summaries within other Cancer teams.

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 unmet need.

One of the key parts of the Recovery Package are Electronic Holistic Needs assessments (eHNA)

FOCUS ON... ELECTRONIC HOLISTIC NEEDS ASSESSMENT



The Electronic Holistic Needs Assessment (eHNA) gives you the chance to think about your concerns and discuss possible solutions. These concerns may be physical; emotional; practical; financial or spiritual.

The assessment has three parts:

- i) Answer a simple set of questions to see what concerns you have;
- ii) A discussion with a member of your healthcare team to talk about the issues and look at possible solutions. This leads to the development of a Care Plan;
- iii) The Care Plan will be agreed and documented by your Clinical Nurse Specialist (CNS) and you will receive a copy of this plan.

You may be offered an eHNA at diagnosis, during treatment or after treatment has ended. You can also ask for an assessment at any time you feel you need help.

Have you been offered an eHNA?

We would love to hear what you thought. Was it helpful? Did it help you address your needs? Was it offered at the right time?

We have put together two surveys to get feedback about people's experience of completing or declining an eHNA.

If you completed an eHNA and wouldn't mind giving us your feedback please follow the link below.

<https://www.surveymonkey.co.uk/r/3CCJRQY>

If you chose not to complete an eHNA we would also like to hear your feedback to see if we need to do anything differently. Please follow the link below to provide your feedback:

<https://www.surveymonkey.co.uk/r/3YLVQ5F>

USER INVOLVEMENT ACTIVITY

We have spent time with people affected by cancer looking at the eHNA questionnaire system. People involved had a go at using the eHNA system to see how user friendly it was. This was carried out because some people were worried about the eHNA and felt it may be offered too soon after diagnosis.

The feedback was very positive and almost every person who used it said it was not as difficult or as time consuming as they first felt it would be.

Following this feedback, the User Involvement Steering group started co-producing a series of posters to help inform people about the eHNA. This will include information such as that it is a simple checklist; will only take a few moments to do and the eHNA is there to guide patients to think about support they will need. These posters will go on display across the hospital and in the Tameside Macmillan Unit once finished.



WE WANT YOUR FEEDBACK

Part of the Recovery Package is looking at the support patients receive from their GP practice. We are interested to hear about your experience during and following cancer treatment to ensure we are meeting the needs of patients.

If you have a few moments to spare please complete the survey below

<https://www.surveymonkey.co.uk/r/JX2KCD2>



OPPORTUNITY

We are putting together a working group to look at how we will deliver the Health and Well-being part of the Recovery Package. Health and Well-being support provides a good opportunity for people to meet others in a similar situation, learn more about your cancer and what actions you can take to support your health and well-being. You can also learn about local support and get useful contacts.

If you are interested in being involved in developing the Health and Well-being support for Tameside and Glossop contact Aoife and she will support you to get involved.

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 set up 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.



PETE'S STORY

“I was a big smoker but gave up years ago to try and save money. I never fully got rid of the 'smokers cough' so never went to the doctor to get it checked out. Didn't see the point as it had always been there. I then hurt my ribs playing football and that was when they found I had a small tumour! I was in shock and felt horrified that I hadn't got it seen to sooner. I was told that a lot of ex-smokers miss the early signs of cancer because of this.

I had a lot to get my head



around in a short amount of time so read up a lot online, which wasn't very helpful as there was lots of conflicting information.

I then met my Keyworker [Nurse] who was very supportive and talked to me about **MY** cancer. She did an assessment of all of my needs which helped me to think about 'the big picture'. I didn't realise I could speak to my keyworker about things other than

the cancer, such as my dog Sam. I live on my own so I was worried about who would take care of him. My keyworker put me in touch with a local charity who could look after Sam while I was receiving treatment, which was a load off my mind! I think he enjoyed it more there than being at home.

My keyworker has been by rock and no question was too small to ask. I am not an expert on cancer and she fully supported me.

I am now well on my road to recovery and attend a local support group which means I have made new friends and can support other people like me.”



Dates for the diary this August - September

“We can make you look beautiful” - cabaret

exploring what it means to be non-femme in a world of complimentary cancer care.
26th August. 5-6.30pm
Number 70 Oxford Street

(part of Manchester Pride's The Superbia Weekend)
Places are free no booking required.

World Breast feeding Week
1-7th August

Cycle to Work Day
15th August

Macmillan World's Biggest Coffee Morning
28th September

SEPTEMBER IS BLOOD CANCER AWARENESS MONTH
SEPTEMBER IS BLUE MONTH FOR PROSTATE CANCER
SEPTEMBER IS CHILDHOOD CANCER AWARENESS MONTH



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