

TAMESIDE & GLOSSOP RECOVERY PACKAGE NEWSLETTER

WE ARE
MACMILLAN.
CANCER SUPPORT



Hello and welcome to the fifth 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

As part of our work to understand how best to provide Health and Wellbeing information, support & events, we will be presenting as part of the Partnership Engagement Network forum in December. This forum will be attended by local voluntary, statutory and community support organisations, from across Tameside & Glossop.

The Greater Manchester Cancer conference took place on November 26th in Old Trafford. This was hosted by Greater Manchester Cancer. There was a really good turn out on the day. It shared good examples of patient experience and how to develop services during continuous change. Follow them on Twitter [@GM_Cancer](https://twitter.com/GM_Cancer) to see more about the work being done.



Lenny & Darian attended the Macmillan professionals conference

which was held in Birmingham in November. Each year hundreds of Macmillan professionals get together from across the UK to explore and share ideas, network and inspire each other. Lenny & Darian were sharing the good work taking place in Tameside & Glossop setting up the Recovery Package.

Aoife and Darian met with the hospital chaplains to tell them about the project and go through the holistic needs assessment. The chaplaincy team are there to support people of any faith or none with any spiritual and emotional needs they may have, especially through their cancer journey. Patients can ask to talk to them as part of the Holistic Needs Assessment and the Clinical Nurse Specialist can support with this.



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 are Health and Wellbeing events/clinics.



FOCUS ON... HEALTH & WELLBEING



Health & Wellbeing information, support and events help support people affected by cancer, their carers, and their families during their cancer journey. The main aims are:

- ◇ to provide information & advice relating to health and wellbeing,
- ◇ to signpost to local resources and services,
- ◇ to provide people with the opportunity to meet other people affected by cancer.

The Recovery Package project team are working on what will be offered in Tameside and Glossop.

TWITTER CHAT

We held our first Twitter Chat on October 17th. This was to help us shape how we can provide health and wellbeing information, support and/or events for people affected by cancer. It was a beneficial activity and we got helpful things to think about including:

- 🐦 Transport support and time of day for events,
- 🐦 Access to clinical support or information,
- 🐦 Importance of including the whole family,
- 🐦 Gaps for Black and Ethnic Minority groups,
- 🐦 Online support as key support to a face-to-face event/clinic.



The findings will be used as part of the health and wellbeing design for Tameside and Glossop.

USER INVOLVEMENT ACTIVITY

Aoife attended a 5 Ways to Wellbeing event in Glossop on 13th October. This was hosted by the Glossopdale Patient GP Neighborhood Group. The aim of the day was to provide people with the chance to try a range of wellbeing activities to boost mood and improve emotional health. It was a great day with lots of people attending to see what was available.

Aoife was there to see what people felt works well and what they would like to see more of in terms of health and wellbeing support for people affected by cancer. Aoife collected people's feedback by asking them to categorize what support they have received in the past and what they would like to see more of. The categories included **W**orld wide web (online support), **E**vents,

Local support, **L**ove yourself (complimentary therapies), **B**eing active, **E**ducation, **I**nformation, **O**ne to one support and **G**roups. The results were collected and top of the list, so far, is access to groups and peer support. Aoife will continue to collect feedback so as many views as possible are included in the health and wellbeing working group.



User representatives Steve and Anne continue to attend and support the Health & Wellbeing working group. Since the first meeting we have continued to map what is available in the local community to support people's general health and wellbeing. We have also gained a lot of feedback from people about what support has helped them, as well as what they would like to see more of. We are now developing an asset map to plot where this support is located within Tameside & Glossop to help us see where the gaps in support are.

Our last working group meeting is taking place on January 23rd 2019. At this meeting we will be looking at how we can deliver the health and wellbeing support across Tameside and Glossop as part of the Recovery Package. If you would like to attend the meeting, just let Aoife know and she will support you.



TWITTER CHAT 2

After the success of our first Twitter Chat, we are holding a second one at 8 -9pm on [Wednesday 5th December](#)

This time we are exploring the Cancer Care Review (CCR) which is a discussion carried out in Primary Care by GPs within 6 months of diagnosis. We are looking forward to hearing your views on how GPs can best support people living with cancer through a CCR. You can join the chat by following us on Twitter @TgMacRP using #CCRYG

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.



GLOSSOP BREAST CANCER SUPPORT GROUP'S STORY

Following her diagnosis of breast cancer in 2012, Tracey decided to start a local support group for anyone who has had breast cancer. The group was established in September 2014 and has been a success since then.



Tracey says: "I wanted to share my experiences with others so we could all share about our treatments, feelings, worries and talk openly with others who really understood. It's lovely to find that you are not alone."

The group offers peer support to members following their cancer diagnosis and throughout their journey. It provides invaluable

support to its members in looking after their health and wellbeing. The group also provides a lovely opportunity to meet up for a giggle and a brew with some homemade cake!

Here's what some members have to say about the support they have received:

Jan says: "The group has helped me enormously. Knowing that we can talk about anything and we will all 'get it'. The friendship and support, cake, laughs and enjoying social occasions together means a great deal to me. I probably would never have met these ladies if I hadn't had breast cancer and from this group I now have very special friends for life. And all thanks to Tracey for having the idea in the first place and the passion and drive to keep it going."

Lynette says: "The Group helped me so much from diagnosis and still now 4 years on by making a safe place to talk about your fears, symptoms and diagnosis. Friends for life who totally understand as we have all had a cancer diagnosis. Plus it's not all

about cancer. "

Lorraine says: "The group has helped me listening to ladies that have already gone through treatments and scans and what to expect when concerned. It helps to share experiences exclusively for breast cancer."

Jeanette adds "The group has provided me with invaluable support; being able to spend time with wonderful women who have shared similar experiences has been a vital part of my recovery" The group is an treasured source of support for its members and always make new members feel welcome!



The group meets on the 1st and 3rd Tuesday of the month at The Coffee Shop in Wimberry Garden Centre, Glossop. 7-9pm.

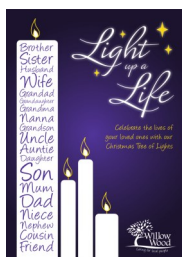


Dates for the diary this Dec—Jan

Light up a Life

4th December 2018 at 6pm
Glossop Market Arcade

9th December 2018 at 2pm
Albion Church, Ashton under Lyne



Christmas Jumper day

December 14th

Cervical Cancer Prevention week

21st—27th January 2019



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