

HUNTS COMMUNITY CANCER NETWORK

Moving Forward & Living Well

Winter 2017

Issue 17

Welcome to the winter newsletter from the Hunts Community Cancer Network

Seasonal Greetings from myself and the nursing team. Has this year gone as quickly for you as for me? By the time you read my newsletter I will have returned from a family trip to Lapland so I will be feeling really festive and full of the magic of Christmas time.

We are now a full team of nine, although unfortunately Maureen has been off work for some time.

We have reprinted our introduction leaflet with our names and a new group photograph, taken at our November conference. You'll find the leaflets on Woodlands.

This leads me nicely to our conference in November. We were pleased to include talks on improving diagnosis of cancer, fatigue, complementary therapies and ended the day with a taster Tai Chi lesson. Thank you to everyone who came including our speakers and my thanks to the organising team. We will be running a conference once again in April 2018 with the support of our charity, do look out for the announcements of the date and the agenda.

The team has undertaken more training this autumn and all nurses have received personal training for 'Understanding Blood Results' which is imperative as they are the first people to see your pre-clinic and pre-treatment bloods. Based on the blood results, the nurses will then communicate the results to you or your consultant, a pharmacist or the Woodlands team where necessary. Regular blood tests are a feature of your care, as you know, but if you have ever wondered what a blood test is for, do ask your nurse as the science is amazing.

Me and Harriet completed our second residential acupuncture course in London. We are currently practicing and would like volunteers. Acupuncture can help with different symptoms and if you think acupuncture would help you, please get in contact with Amanda to be added to a waiting list. We are currently drawing up protocols to set up a clinic with the aim of being operational by the end of January.

I would like to congratulate Amy on achieving her Band 6 promotion, following her first year with the team. Amy has worked incredibly hard to become an integral part of the team and her role has grown enormously and her knowledge of cancer care has become very in-depth.

I took time to review the geographical areas the nurses are working in to achieve efficiency and Amy will now look after March, Ramsey and Warboys. Harriet is based primarily in St Ives with me and together we also cover Somersham and Papworth. Please see our areas at the end of this newsletter and our Christmas working hours.

We have had a very successful year with our fundraising events and I remember some very sunny days at local fetes and our first annual HCCN charity walk which was a great success and enjoyed by many of our friends and their families. The weather even behaved and was one of the driest days in September! We had a lucky winner of our 'balloons in a VW Campervan' competition and the total number of balloons was 326. The winner received a voucher for The Three Jolly Butchers in Wyton. My thanks to the National Trust and the manager of Houghton Mill, where our walk and picnic took place and The Three Jolly Butchers. Let the team know if you would like another walk in September 2018 and maybe we can make this an annual event?

We were warmly welcomed by the St Neots Christmas light switch committee on at the end of November and it was another great day of fundraising and educating people about what services we provide. Thank you again to the fundraising team.

As part of our exercise scheme, we have been supported in delivering an improved self-management scheme by EAHSN and I am pleased to say a video has been produced by them showing our Get Active scheme and participants.

The nursing team are regularly updating our Facebook page. Let us know if this is useful to you and if you enjoy seeing our news in this way?

PLANS FOR THE CHRISTMAS BREAK: The office will close at the end of the day on Friday, 22 December and open again on Wednesday, 27 December 2017. Please liaise with your regular nurses for your holiday and their annual leave between Christmas and New Year. We will not be here on Monday, 1 January 2018.

If your nurse is not working, she will divert her phone calls to a colleague. However, please DO NOT send an urgent text message as these cannot be diverted.

Now is the time to plan what blood tests you need between now and the 2 January 2018.

You will see in this winter newsletter we have a large contribution from Susan and the charity. Please take your time to read it with a cup of coffee or mulled wine and a mince pie. Susan has reported on their successes for 2017 and the focus for the charity for 2018.

*I would like to wish you all a very Merry Christmas
and a Happy New Year from me and the team!*

Karen



Charity News

Nearly Christmas. Where does the time go? Looking back at our last newsletter I can see that we've spent a lot of it working really hard.

Fundraising:

At our last Annual General Meeting the Trustees recognised the importance of establishing a strategy for fundraising. It is fundamentally important to be able to predict annual income levels in the same way that we can predict our expenditure. We decided to establish a fundraising team tasked to work against an income target to bring in one third of our income requirements and to attempt to raise the rest through grants. The fundraising volunteer team we have is amazingly creative, energetic and successful. From a standing start they have delivered 50% of their target and had a lot of fun doing it, even when it was freezing cold!

You have been so supportive to us finding things for us to sell, and to raffle. Thank you for your support and please keep us in mind if you receive any unwanted gifts over Christmas.

If you have any ideas about how we could raise funds large or small - please pass them on to us. We'd love to hear them and are keen to find an annual HCCN event which people come to recognise and can easily support across the county.

Please keep in mind the we have an Hunts Community Cancer Network Ebay account. Jan runs it and has generated a lot of funds for us this way. If you have something you no longer want and think it might sell then please contact jan@hccnthecharity.org and let us Ebay it.

If you have things that you don't want to keep anymore but think might sell in a car boot sale then Ant is keen to hear from you. He will run a car boot sale for us when the weather picks up. Contact Ant at massey65@btconnect.com

If you shop online at all then would you think about downloading "Give as You Live"? Once you have registered and entered us as your charity 'Hunts Community Cancer Network' you are ready to go. Just log in, type the shop you are looking for and they will do the rest. The money comes from traders who give a small percentage of their profit back to us.

Volunteer Opportunity:

We need someone to join our fundraising team who loves researching opportunities, likes planning a year ahead and evaluating the events we have worked at. Obviously we can go out there and raise funds but we need to know which potential opportunities to target and which will give the best return for the effort expended. If that sounds like something you'd like to do you then please get in touch and come along to one of our meetings. Susan@hccnthecharity.org tel 07738208831.

If you like people, enjoy selling and telling people about the work we do or like working in the background making it possible for others to sell then why not think about joining us. You can come to a meeting without commitment and we'll make you very welcome.

Grant Income:

This is a hard task. The number of grant providers has reduced but we are attending workshops on writing bids and have started bidding for funds. Sadly we didn't get to the finals in the Aviva fund but thank you so much to those of you who stuck with it and gave us your votes. We reached over 4,000 people through Facebook but weren't able to convert all those people to votes - but we are putting bids in all the time now. Do you know of a grant provider we could try? Then please tell jan@hccnthecharity.org.

Are you experienced at writing bids? Do you have some time to spare? You know what comes next..... jan@hccnthecharity.org.

Awards:

Much to our surprise we have been nominated to two different bodies for our work on the Get Active programme. We were finalists in the Patients as Partners awards but lost to an excellent national charity and we won first place in the 3rdsector Care Awards. Once again we were nominated for our work on exercise. Of course it is nice to have our work recognised and hopefully when we say Awards Finalists and Winners on our grant bids we will be taken more seriously but what is most important is having designed a programme that works to help you back to exercise.

Fatigue Workshop:

Many of you found the input on fatigue at our last conference most informative. So much so that we are looking to run some workshops to help you use that information to identify the ways that work best for you to positively manage your energy levels. We are looking to talk to a few people who are currently managing fatigue to gather your particular insights. If you would be interested in talking to us please contact Annie our programme co-ordinator annie@hccnthecharity.org or susan@hccnthecharity.org or Amanda aburridge@nhs.net.

Conference:

Our last conference ran in November and had some inputs especially requested by you. We are planning our next April conference right now. Do you have subjects you would like to have covered? Please let us know. We run conferences as an opportunity to address important issues and we try to attract high profile speakers along. It is important though that your current interests are also covered.

Facebook:

We have been posting our activities on Facebook with photos as well. Not everyone is a Facebook user and certainly wouldn't want to open their own page. But did you know that you can see our page without joining FB?

Using your internet browser type Facebook Hunts Community Cancer Network and that will take you straight there.

Website:

We need to upgrade our website it's getting tired. We have met an external supplier who will help us with presentation but we need a team of people interested in updating the content. Is that you? If so please contact jan@hccnthecharity.org

External Contacts:

An important part of running the charity is going out into the community to talk about the nursing service and charity. We do that so that people know what help we can offer them and to hopefully be in their minds when thinking of a charity to support. If you have contacts with Patient Participation Groups, WIs, Rotary or similar we would love to hear from you. Lots of organisations like the WI book their programmes a year ahead and we would really like to get into their diaries. As a direct result of a presentation we made up in Sawtry we have been invited to join our local BNI Chapter. I thought I had left breakfast meetings (6.30am to 9am) behind when I finished working, but with the support of Amanda, we share representing our charity at the meetings and have already received amazing support from them as they are a group of local business people keen to support each other's interests as effectively as their own and certainly keen to help us.

Viv's 100 Club:

Did you know that bigger prizes are paid out at Christmas to help with those extra costs. Are you a member? 50% of all the money taken is paid out in prizes. The rest? That goes to the charity to support our programmes. It's £4 per week and we do have some numbers left. I love it when I get that email saying I've won a prize. Just think what you're missing. Amanda can point you to how to join or you can find all the details on our website www.hccn.org.uk *And finally.....*

Get Active:

Our Get Active programme has been there for over a year now. It was designed to help people to start safely exercising as close to having been diagnosed as possible. We can offer you expert support as you regain your confidence and encourage you to manage your own routines and monitor your own health. We work in partnership with Aseptika who provide our Buddy Bands and are now excited to report that once your time exercising with us is over you can move to the Huntingdon Leisure Centre and take advantage of a specially created class for our people which will be run by appropriately trained PTs Hannah and Darren. This class starts in February and you can book on for £3.00 per session, if you book for one year. You can attend this programme for as long as you want to and because it runs for HCCN you can know that you are exercising with a group of people who "understand". New habits can be hard to adopt and supportive encouragement to keep at it can really help so please think about whether this opportunity is right for you. It is **never** too late to develop the exercise habit.

That's it for this newsletter so we all wish you a Merry Christmas and a Happy New Year.

JAN, ANNIE, AMANDA O, KAREN AND SUSAN

susan@hccnthecharity.org or mobile 07738 208831

Sandra Langstaff covers **St Neots, Kimbolton, Great Staughton** surgeries. Sandra's hours of work have changed and she now works Tuesday, Wednesday, Thursday and Friday but until the end of February, her Thursdays are a study day.

Andrea Cliff is working in the practice areas of **Huntingdon, Little Paxton, Buckden, Alconbury, Brampton and Sawtry**. Andrea does not work on a Wednesday.

Amy Hollingsworth is working in the **March, Ramsey and Warboys** area.

Harriet Dacosta/Karen Moseley looks after the **St Ives, Somersham and Papworth** practices, as mentioned above. Harriet works on a Monday, Wednesday and Friday.

Maureen Hayden, working full-time, supports myself, Amy and Harriet.

Cheryl Goodwin, another full-time member, supports Sandra Langstaff and Andrea Cliff in the **St Neots, Huntingdon and Sawtry** areas.

Andi Lines, working Monday, Tuesday and Thursday supports the team in all areas and supports Amanda.

Amanda Burridge is our part-time administrator and patient liaison officer, working alongside the nursing team and the charity team.

EVERY TUESDAY, WEDNESDAY AND FRIDAY

FREE DROP IN AND CHAIR BASED YOGA

TUESDAY IN RAMSEY - THE RAINBOW SURGERY, RAMSEY, 2.30 PM

NEW! WEDNESDAY IN ST IVES - THE GOLDEN LION, 2.00 PM

FRIDAY IN HUNTINGDON - THE HOLIDAY INN HOTEL, 10.00 AM

COME AND MEET US AND JOIN IN - NO NEED TO BOOK

REGULAR REMINDER

Blood Tests - Can you help us please? If you are expecting a blood test and you haven't seen your nurse by midday (or had a telephone call to confirm the visit), would you please ring and check that we are on our way? Ring your nurse or Amanda in the office.

Hunts Community Cancer Network

Call Amanda on 01480 416410

Email: aburridge@nhs.net

www.hccn.org.uk

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