

Moving Forward & Living Well.

Winter 2016

Issue 13

Welcome to the winter newsletter from The Hunts Community Cancer Network.

Hello, my name is Karen and this is my first newsletter. You would have read in the autumn newsletter that Gini was leaving the HCCN team and moving to NHS England. Of course, we will miss Gini very much and will always remember all that she did to set up this pilot project and all our patients that received such special care.

So it remains for me to introduce myself. I'm Karen Moseley and have accepted the promotion to Lead Community Cancer Nurse for HCCN. I have been with the team for almost eighteen months and have been known to patients in the St Ives area. To give you some idea of my background, I would like to say a little bit about my career. I was one of the first millennium nurses and qualified in 2000. I worked on a general medical ward, then A & E at Hinchingsbrooke, before branching out into the community where I studied my degree in Primary and Community Care. I was a District Nurse Sister in Huntingdon and then moved into Practice Nursing within a practice in Huntingdon. I have had management experience as I was the Lead Nurse at a surgery for nine years. I'm married to Stuart and have two children Ava and Thomas. I will be working part-time and with the support of the team we will carry on where Gini left.

The team will be changing in the coming months as we have sadly lost Mandy Robinson but our loss is Woodland's gain! Mandy has chosen to reduce her hours and you may see her in the new Woodlands. We will miss her but glad that we can still have her support with our patients.

So in the coming months, there will be some new members of the team and I would like to let you know that next year Harriet and Amy will be joining us. I will let you know more in the Spring newsletter once they have settled in with the team.

If you were one of Gini's patients, Sandra will be covering that territory with the support of Cheryl and I will be covering Huntingdon with the support of Cheryl and Maureen. If you need to speak to Sandra, please ring her on 07702 684979 or call the office and leave a message. If Mandy was your nurse, please call me on 07702 685111. Amanda is always happy to help and we'll call you straight back.

Corinne and Sandra have successfully swapped areas over the last few months and Corinne now looks after Ramsey, March and Warboys and Sandra looks after St Neots.

We are currently introducing clinics for those people who have been newly diagnosed and they will happen on a three weekly basis. The cancer specialist nurses will be responsible for referring people to us. But if you think someone has been missed then get in touch.

We will be running our patient conference on 25th April 2017. Please check our website and facebook page for more information.

HCCN will continue to work over the Christmas period but not the bank holidays. If you have an emergency, please call the AOS bleep number which is 07623 977049.

Some usual important health reminders

Have you had upper gastro intestinal surgery, colorectal surgery, pelvic radiation treatment (ovarian, prostate, colorectal) and/or chemotherapy and are experiencing on-going and often life altering issues with your bowels or gastro intestinal tract, such as bloating, excessive flatulence, belching or wind, nausea, pain and often, most distressingly, the need to defecate several times a day, even during the night? These symptoms are not exhaustive and come in any combination. Please contact us to chat through if any of the above sound familiar.

For those readers with a diagnosis of breast, prostate or lung cancer you may not be aware of our on-going campaign. Please ask your nurse or doctor about the signs of spinal cord compression. This often presents itself as new or worsening back pain, tingling, numbness/loss of sensation in legs or arms. Change in bladder or bowel sensation.

We will continue to raise awareness about Spinal Cord Compression. This can often be diagnosed later than it should have been because patients fail to recognise the symptoms and seek medical advice. **Please visit our website to learn more about the warning signs.**

In partnership with the charity we are continuing to run our ever popular courses:

The drop-in and yoga sessions continue on Friday mornings. These are all aimed at those people who are newly diagnosed and starting out on their treatment, but we are also happy to see those living with cancer and aiming to continue with a full and active life joining us as well.

For those of you who live closer to Ramsey than Huntingdon, you can join our new yoga class. Held on a Tuesday afternoon at the Rainbow Centre, Ramsey – these classes offer an opportunity for evidenced based Hatha Yoga – chair based - great at improving lymphatic and blood circulation, improving breathing techniques and teaching relaxation techniques and many other well documented benefits.

Meditation:

We have been having a trial group meet for six weeks and we will report back following evaluation to see if we can continue to offer this beneficial activity.

**Every
Friday**

**Holiday Inn,
Brampton
Race Course.**

**In the Coffee
Lounge**

10 am - 12 noon

**New
Diagnosis?
Having
treatment?
Come along &
meet us**

**Relaxing
atmosphere,
free yoga
session,
confidential &
professional
advice.**

**Our next
Patient
Conference**

**REGISTER
NOW FOR**

**Living with
Cancer &
Beyond**

25 APRIL 2017

Exercise Referral Scheme:

Our new exercise referral scheme has been going well for the last couple of months. Please speak to your nurse if you would like support in maintaining your fitness either during treatment or after treatment as you recover your pre-diagnosis routines. Call Amanda if you would like information on how to be referred for free exercise support.

Christmas dates for your diary:

Christmas Exercise Dates with Marion Foreman:

The classes will be held on 19th, 22nd, 29th December 2016 and 5 January 2017.

Ramsey Tuesday Drop-in and Yoga:

Please note that there will be no yoga with Linda or drop-in on Tuesday, 27 December 2016. It returns on Tuesday, 3 January 2017.

Friday Drop-in and Yoga:

Please note that there will be no yoga with Cherie or drop-in on Friday, 30 December 2016.



Charity News

Another year has gone by and so much has happened. In our last letter we said goodbye and thank you to Gini as she moved to take up a role with NHSE East developing a common way of supporting people with cancer. We all know that she will be taking our model with her and maybe our dream of a series of local initiatives designed to support local groups whilst saving money for the NHS will turn into a reality.

Now we welcome Karen. At the charity, we are excited about working with Karen and her team as they bring their own style to community cancer nursing. Karen represents both continuity and change. Continuity in that she was a member of the HCCN nursing team before becoming lead nurse and change because every new leader brings along their personal style and ways of working. As we said knowing Karen we look forward to exciting times.

Review of the last year:

When the nursing service was first established we, the small team of nurses and patients who were around then, agreed that the NHS would never be able to fund all of its ambitions. But liking what they were talking about, being there for people into the long term, offering support whilst ever it was needed made us determined to find that extra funding. And so the charity was formed. We take our lead from Karen as lead nurse in terms of new projects and work together to deliver support in those areas that have a sound evidence base.

So looking back over the year we have jointly run two successful conferences and are already working with the nursing team to plan the next one for 25th April 2017. Look out for a questionnaire inviting you to give us your views on the subjects you'd like to see us cover. We are keen to hear from you.

We have continued delivery of Yoga both at Huntingdon and Ramsey. Provided colour analysis events and we are currently trialling a new mixed gender meditation class.

We have put a great deal of effort into launching our Get Active programme designed to encourage people to join in activity at the earliest time possible after diagnosis. The T-shirts will soon be available to purchase!

And the exciting news is that we have two new members of the charity management team, Lauren Brown and Amanda Orchard. They bring quite an impressive set of skills with them which we will put to good use firstly to help design a new exercise section for the HCCN website. The heading is there but nothing else yet. But keep looking as we will be posting lots of useful information for you. Is there something that would help you develop your exercise habit, or maybe manage your diet? Let us know at susan@hccnthecharity.org or 07738 208831 or mention it to Marion. We are always keen to hear from you.

We will also be able to contact you more often to understand your wishes and needs. Make sure we have your contact details. The nursing service can't pass them to us unless you give direct permission. You can email them to the address above or ask for Amanda's help in getting them to us.

We have now set up our volunteer programme so if you volunteered at conference look out for an email inviting you to say which of our programmes you would like to help with. We are very grateful for your help.

Remember to sign up to the HCCN website then we can keep you updated about the wonderful things people do to raise funds for us www.hccn.org.uk. If there is an article or story you'd like to share for the benefit of others, please send them to Susan at **susan@hccnthecharity.org**

Of course we can only do this whilst people support us financially. We have had real help this year and we are very grateful for all you do. Don't forget if you do want to help but aren't good at fundraising activities you can donate directly. The easiest way is through the 100 Club where 50% of all takings are paid back out in prizes but contact me to explore other ways.

And finally a big thank you to everyone who has helped us over the last year. We really appreciate it.



And our sincere wishes for a warm and happy Christmas to you all. From the charity team of

Susan, Jan, Nick, Amanda, and
Lauren



As ever contact details are on this page for everything that we have talked about. If you wish to be notified of future events such as the patient conference, then let us know now and we will be sure to contact you nearer the time. Though if you subscribe to our website that information will come to your inbox making your life easier.

*I would like to wish all our patients and colleagues a
very Merry Christmas and a Happy and Peaceful
New Year!*

Karen

Hunts Community Cancer Network

Call Amanda on 01480 416410

Email: aburridge@nhs.net

www.hccn.org.uk

& facebook

www.healthunlocked (HCCN)

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*There for you,
powered by you!*