

HUNTS COMMUNITY CANCER NETWORK

Moving Forward & Living Well

Autumn 2017

Issue 16

Welcome to the autumn newsletter from the Hunts Community Cancer Network

Hello from myself and the team. I am hoping that you have had a good summer and enjoyed some sunny days. As a team we have had our holidays and been as far as America, France and Cornwall to name a few places but we have managed to keep our busy caseload going as the team have shared the workload. I would like to thank them for all their help and support to their colleagues.

Talking of the team, there are now nine members and I am pleased to introduce the newest Andrea Lines, who will be our Community Cancer Support Worker. Andrea will work part-time, Monday, Tuesday and Thursday, and will assist all the nurses and also Amanda in the office. You may meet Andrea as she comes to take your bloods or flush lines. Andrea introduces herself to you below, some of you may already know her:

“Hello, I am the newest member of the team. As there are two Andreas, I will be known as Andy. A little about me..... I met my husband Derek when we were 17, and I have lived in and around Huntingdon ever since. We have two children and two grandchildren. Max still lives at home and our daughter Lucie also works at the hospital. I love looking after Lucie’s children on a Wednesday while she works. Last year I started practising yoga which I absolutely love. I enjoy the practice, meditation and peace and have made some lovely friends through it. I have come from a busy GPs’ surgery in Huntingdon where for the last 10 years I worked as a Health Care Assistant, doing a variety of tasks. I thoroughly enjoyed most aspects of the job but the most rewarding role was listening and talking to the patients. I decided I would like to focus more on the patient and I feel privileged to have gained a position with HCCN and I look forward to meeting you all soon, Andy.”

Let me take this opportunity to reintroduce the rest of the team, summarise which areas they cover and their regular hours of work: Myself **Karen** will continue to cover **St Ives** practices, working Monday, Tuesday and Friday.

We have **Sandra Langstaff** covering **St Neots, Kimbolton, Great Staughton** surgeries. Sandra is currently full-time.

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

Also part time, **Harriet Dacosta** looks after the **March** practices and **Ramsey** practices. Harriet works on a Monday, Wednesday and Friday.

The team has full-time nurse **Amy Hollingsworth** nursing in **the Somersham, Warboys, Ramsey and March** areas.

Maureen Hayden, working full-time, supports myself in **the St Ives** area and will also **support** Amy and Harriet.

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

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

As some members of the team work part-time, please get to know your nurse and please be assured that all your care will be handed over to a colleague where necessary. If your usual nurse is not available and you need assistance, we will endeavor to arrange a phone call with an alternative nurse as soon as possible.

The team continue their additional professional training. I would like to publicly congratulate Amy who has passed her Foundations in Cancer Practice, at the UEA with a 1st. The training also continues for the team and I am pleased to announce that Sandra is now enrolled on a Non-Medical Nurse Prescribing course. This will involve six months of study and day release on Thursdays to college. It is reputedly a very demanding course. Sandra is delighted, if a little nervous, to be working towards her aim of being able to prescribe for the benefit of our patients. Amanda has secured a place at college to continue with her counselling training and after two years will have a Diploma in Counselling, allowing her to practice professionally. These courses are only possible with the support of the charity and their colleagues who are fully supportive of the outcome for HCCN. I wish them well as they balance their work and family lives to achieve their goals.

As you know the nursing service is supported by the charity and there is always a regular charity update in our newsletter.

I would briefly like to make a request for you to consider HCCN when you are fundraising. All fundraising is admirable and you all have your personal reasons for whom you choose to support. However, I wonder if I could make a request for you to consider remembering us and in some cases, you might like to consider making a percentage contribution to us alongside your larger donations?

Without ongoing support to our charity the events we are able to directly offer patients will remain limited. We are growing as a nursing service but we would like to expand the charity and provide many more services to support patients both with activity and emotionally, including your carers and family members who may also need support. If you would like to talk to us or meet with us to discuss this more, please don't hesitate to ask Amanda or Susan Moore.

In the charity report you will see that HCCN are able to bring a Tai Chi pilot to you at the end of this year and we are holding an educational massage day too.

If there are activities or support you would like to see offered in the future, please let us have your thoughts. It is your service and we want to provide what you need or to provide support in areas you thought would have really benefitted you at the time when you and your family most needed it.

Finally, I would like to mention the next HCCN patient conference. It will be held on Tuesday, 7 November 2017 at the Huntingdon Racecourse. Please call Amanda for details and to book a place. The up to date agenda will be available very shortly.

I am hoping the autumn weather will be kind to us, particularly for the nurses driving around in the community and I have managed to write this newsletter without mentioning Christmas I know it's too early! However, perhaps this year instead of posting lots of Christmas cards, maybe you would consider writing a Christmas message on the HCCN Facebook page and donating to us instead? I am certainly going to do this through our Just Giving page. Ask Amanda for details.

Thank you for reading and for your continued support to me and our team; we are here for you and our contact details are on the final page.

Very best wishes,

Karen and the team



Charity News

It's been all go here. Since we last wrote we have secured a grant from EAHSN (Eastern Academic Health and Science Network) to help us extend our [Get Active](#) programme to more people..... Are you using *Get Active* to help you get fit???? If you aren't yet, do check it out. It can support you even if you have returned to work.

And not to be too boring "exercise is good for you, you know it makes sense."

Thank you to those of you who gave up your time to speak to EAHSN about your experiences, when they visited the nursing team and trustees at Hinchingsbrooke. I'm sure your comments persuaded EAHSN of the value delivered through *Get Active*.

[Oh and stop press](#) if you lack the technology to run a Buddy Band we will soon be starting a loan programme of Kindle Fires. If you have Wi-Fi at home but your phone or tablet's software isn't sufficiently up to date to run the app then get in touch. Email and number below.

We are now exploring a digital coaching tool designed to support people to take control and which individuals can use with their nurse.

Hopefully you have seen our adverts for two new programmes: [Tai Chi](#), and a [De-stress Massage Day](#). Do look at what's on offer - don't miss out on something that could help you.

We are celebrating receiving support from new [volunteers](#) both to help us fundraise and to become part of the charity management team. They bring amazing skills and can sell cake and raffle tickets like there's no tomorrow! Annie, Janet, Andrea T, thank you! The galas wouldn't have been half as successful without you, plus all that laughing did everyone good. Annie Thantrey, who some will know from [Colour Analysis](#), has had an impressive career in cancer support and has agreed to come out of retirement to become our programme co-ordinator..... she has researched both the Tai Chi and De-stress massage day. Welcome Annie. And following our recent AGM, Alan is also getting involved, drawing on his network of contacts in local charities.

Presently we are really focused on [raising our profile](#) in the Hunts area, working on single page glossy sheets for putting up in shops. We have also produced more impactful 'thank you' posters for businesses who have our collection pots; we are writing articles for local free magazines and of course going out doing talks. We want to raise our profile so that we can encourage more people to support us and to make sure that everyone who could benefit from the nursing teams support know we exist.

If there is something you know we could be doing in this area please let us know.

If you're a *Facebook* user you'll have noticed new activity on our site. We are really excited that the nursing team are working with us to make our page more useful and informative.

And finally, do not miss *Marion's Blog*. She is a great and sometimes provocative writer who would love to hear your views on the topics she's writing about. You can find her input on our website www.hccn.org.uk under the exercise tab. If you subscribe to the website her blogs will be delivered to your email address. I really recommend you take a look.

The Trustees meet monthly and are always keen to hear from the people we seek to support so if you want to make your voice heard please contact me on

susan@hccnthecharity.org or mobile 07738 208831

Susan

EVERY TUESDAY AND FRIDAY

FREE DROP IN AND CHAIR BASED YOGA

**TUESDAY IN RAMSEY - HELD AT THE RAINBOW
SURGERY, RAMSEY, 2.30 PM**

**FRIDAY IN HUNTINGDON - THE HOLIDAY INN
HOTEL, 10.00 AM**

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

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

If you subscribe to our website that information will come to your inbox.

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powered by you!*