

Moving Forward & Living Well.

Autumn 2015

Issue 8

Our extension of the service to cover all 23 GP surgeries is well under way now.

As we discussed in our last newsletter we are working hard to ensure that you are all aware that you can contact us by phone, text or email. Working together in this way we can support many more people and often pre-empt problems. We are also researching several IT systems that could enable more cohesive / interactive working between patient, GP & consultant. More on this in future newsletters

I hope that most readers will have received notification of our latest support system. We have been looking for ways to increase patient to patient support. As patients you truly are the experts! Our new **HealthUnlocked** site enables you to offer and receive support and advice on non-clinical issues such as relationships, work, lifestyle even where to buy the best mastectomy bras! We also have a number of professionals supporting our site who are able to help with a range of issues from the difficulties associated with returning to work; how to obtain insurance; managing fatigue as well as the clinical guidance and support you would expect.

We would encourage you explore the site and see for yourself what it has to offer. It's easy to do, just log on to www.HealthUnlocked and then search for us – Hunts Community Cancer Network.

If you would prefer a more personal approach, then Susan is still busy coordinating 'The Buddy Scheme'.

Being a buddy can be tremendously satisfying. You will need to be a good listener. Buddies are people who have personal experience of cancer. They offer to help because they want to give something back by supporting and encouraging other people affected by cancer including partners or family. They are not trained counsellors or medical experts and they will not advise you on your treatment or medical situation, but they do understand what you're going through, which may hopefully allay some of your fears.

We are looking for new buddies; it is important that you completed treatment over 1 year ago – we ask this to ensure that you do not to make yourself emotionally vulnerable and that you feel in a 'good' place to cope with other people's emotions.

If you feel you would benefit from having a Buddy then we would like to hear from you too.

Once we match people, you can be in touch with each other either face to face or if you do not live close to each other you might talk over the phone, or email them if you prefer.

We do check with both parties to ensure that the match feels right.

Every Friday

Holiday Inn, Brampton
Race Course.

In the Coffee Lounge

10am-12md

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

Relaxing atmosphere, free
yoga session, Confidential
& professional advice.

Our next Patient Conference

Living with Cancer

November 5th 2015

Free to patients & carers

Lunch & refreshments
included

Buddies can be great, they will understand. They won't tell you to pull yourself together; they won't merely tell you it will all be ok because they have been through it themselves. Because you are not emotionally attached to each other you can talk openly and honestly about those things causing you concern.

I would also urge you all to re visit our website. www.huntscommunitycancernetwork.org. Andy & Susan have worked hard on re-vamping and re-organising the site. It can now take feeds from and to our Facebook page, has a monthly update on the charity's fundraising activities and, coming soon we will be publishing a series of interviews with people who have expertise in many of the areas you tell us interest you. And of course the nursing team will ensure that the support pages are kept current in order to provide you with another area of reliable information.

Now is the time to register your place on our 5th Living with & beyond Cancer Conference.

Because the last two events have been so well attended we have arranged for bigger & better accommodation – So instead of having to limit attendance we are ready to welcome even more people to join us. If you can spread the word, please do. We know from past experience that there are a lot of people who would benefit from attending but who may not see our adverts.

November 5th is the date at Brampton Racecourse conference centre. Free parking and it should be a breeze to park compared to the hospital! Posters are up on our website, FB page and in the Woodlands. You must register with us, you can bring a companion and it's all free with refreshments & lunch provided.

There will be an agenda out shortly but amongst the usual topics for discussion around diet, exercise & the psychological aspects of living with cancer, we have 3 very well informed guest speakers. Dr Kelly Holmes is a Principal Scientific Officer for Cancer Research UK in The Jason Carroll group based at The Cambridge Institute. Her interest is in how **Estrogen** Receptors contribute to breast cancer progression.

Dr David Roberts is a local GP – just retired but continuing to play a significant part in determining how services are commissioned locally. He will be sharing his views on how cancer services will be delivered in the near future and the benefits this will bring.

As ever we always like to offer you a speaker from a less conventional area who can offer us insight into something a little different that we might not otherwise experience. Nina is an Energetics Practitioner and offers techniques to help people resolve stress, gain clarity, increase energy levels and enhance wellbeing.

If you have a community, business or school near you that would welcome our input we would love you to get in touch. Providing education on all aspects of cancer and its treatment and management is very much a part of our remit.

The Drop in and yoga sessions continue on Friday mornings and we have our regular meditation & Pilates classes. 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.

Our very popular circuits class. This class is really delivering. Aimed at those of you who are going through or finished treatment. It looks to build up your fitness level in a safe & friendly environment. All exercises are individually tailored to your personal requirements and takes place in a friendly group with like-minded support. **Just drop in – every Tuesday 11am – Acer block adjacent to The Woodlands.**

Meditation classes continue on Thursday at an earlier time of 9.15- 10.45 in Acer unit, at the hospital

Please contact us for further information.

For new 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 signs of spinal cord compression. We will continue to raise awareness about Spinal Cord Compression. This can often be diagnosed later than it could be because patients fail to recognise the symptoms and seek medical advice. ***Please visit our website to learn more about the warning signs.***

As you may know our non- clinical work, like our conferences are funded by our charity. I am pleased to say that the funding we have received will now allow us to replicate the current services we offer, most of which are currently Huntingdon based, to other “Centres” such as March.

We intend to start by establishing new Drop In centres with chair based yoga. The team who undertake this work for us are all volunteers. We would be delighted if anyone out there can recommend a suitable hotel we could approach in the March area. If you have a suggestion just contact Susan on moore.susan@btinternet.com or call 07738 208831 and she will follow it up.

Charity News

First of all, a thank you to Gini for giving us space in her Newsletter. We hope to make this a permanent feature. Gini is the charity’s founder and the support the charity provides is research based and focusses in those areas known to positively support people with a diagnosis of cancer to play a full part in managing their health.

Our big piece of news is that we are now a Registered Charity. Our registration number is 1163051. If you would like to know more about the trustees, our purpose and plans for this year then please visit the Charity’s pages which you will find on the main website. We are a charity that welcomes new members. It costs nothing to join put by joining you can help shape the work we do. If you would like more information please contact us on susan@hccnthecharity.org .

Future Fundraising plans

October 11th –Beckys challenge – Please join us and come along and support Team Bex in the Peterborough half marathon – There are now over 300 runners! We are all very proud of Bex and her achievements have been formerly recognised as she has recently won the Pride of Britain Fundraiser of the year award!! Shortly, to be aired on ITV, Bex deservedly gets to hob nob with royalty & celebrities at a swanky London hotel.

Sat 3rd October - Clothes Sale – Come and support us or even better tell all your friends about our stylish Clothes Sale at Tesco Huntingdon on Saturday 3rd October. It opens at 10.30am – 3pm and there will be so many wonderful clothes on sale at very reasonable prices. You’ll find us in the community room which is located over the far wall of Tesco’s just behind the alcoholic drinks section. We are only offering tea or coffee but there will be cake!!!! Fancy your hand at selling?

HAVE YOU BOUGHT YOUR BALLOON YET? A bit of fun and it supports our work. Please visit www.balloonrace.com/hccn for just £3 you can sponsor your own personal balloon and if it comes in first you will win a £100 Amazon voucher. Last date for buying a balloon is 30/9 as the race starts on the 1/10.

Viv's 100 Club. Please sign up - to support our fundraising. For a monthly subscription of just £4 you could be a lucky prize winner. 50% of the takings go back out in prizes!

As ever contact details are on this page for everything that we have talked about.

If you would like to offer your talents or fundraise for us this would also be welcomed.

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.

*Hunts Community Cancer Nurse
Specialist Team*

01480 416140

Email: virginiamelezi@nhs.net

www.huntscommunitycancernetwork.org

& facebook

www.healthunlocked (HCCN)

