

Moving Forward & Living Well.

Spring 2016

Issue 10

Looking for my usual inspiration as I put finger to button, the title caught my eye - Moving Forward....

We certainly are! The last 6 months has really focused on developing the new team of nurses and bringing in the extra 15 surgeries. Some of our smaller projects have got a little side lined so I will talk about them shortly.

The nurses are doing great but we are all kept in order by Amanda. Amanda is our team administrator and she is a true star. Many of you will have had contact with her as she is our 'front of house' Her role & talents are multi faceted and she is a great point of contact if you need direction. Her contact details can be found at the end of the Newsletter.

Many of you now have been to or are still come to one of our evidenced based activities. Did you read only last week in The Daily Mail the growing research that is proving exercise really can control cancer growth in many instances? Our class is now available twice a week because it's so successful. Whether you're newly diagnosed, recovering, on or off treatment - You need to join us!

There is also our Meditation group - again massive evidence behind the importance of good mental health & recovery. And, our weekly Yoga drop in, to repeat myself - also comes with its own growing stock of evidence both physical & mental. These yoga sessions are chair based and are delivered by our own cancer care certified yoga teacher - Cherie

If your keen to improve your understanding of cancer mechanism and how to support your well being then you should come along to our 6th Patient Conference. The full programme can be seen on our website but it includes a talk from the renowned, as seen on TV, Professor Thomas.

A few updates, we will be re locating our again! As ever though, our accessibility to patients is paramount. Hinchingsbrooke Hospital knows this and is endeavouring to find us a space where we can continue to operate as we have done. It is a shame we are moving because we appreciate Jill and colleagues who have brightened up Acer and hope they will transfer their skills to our new home!

As I said earlier we are keen to get back on track a couple of things. Particularly our Patient and Carer buddy scheme.

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

Living with Cancer

20th April 2016

Free to patients & carers

Lunch & refreshments
included

Remember this? "HCCN strive to bring quality, enhanced care and innovation to the people it cares for. As ever, with the backing of our charity, we will be the first cancer team in the country, I believe, to bring these point of care blood testing machines to your home!" The machines have arrived, so just a little more time to implement them and they will be in action. We have 5 Machines – some have names! There is John covering the Kimbolton area. Named John in recognition of John & Maggie Priests contribution. There is also Kim who will be serving the Huntingdon area. Kim's family raised over £30,000 to help us buy this equipment. There are 3 other machines out there that will be put to work!

Work on our patient hand held care plan & health record continue – this is a massive piece of work but is rolling onwards.

As ever the money donated locally stays local and hugely impacts not only on the quality of life for patients with cancer locally but puts us in the forefront of innovation in cancer care.

Shortly we will be sending out satisfaction surveys to patients & families. We hope these reach everyone and will direct our work appropriately as always you are the focus of our work.

Some usual important health reminders

If you have 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 could be because patients fail to recognise the symptoms and seek medical advice. **Please visit our website to learn more about the warning signs.**

The drop-in and yoga sessions continue on Friday mornings and we have our regular meditation class on a Thursday morning. 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 circuit class. This class is really delivering. Aimed at those of you who are going through or finished treatment. It looks not only to build up your fitness level in a safe and friendly environment but ticks all the boxes as the emerging evidence gathers pace on how exercise can significantly reduce the statistics of cancer recurrence. All exercises are individually tailored to your personal requirements and takes place in a friendly group with like-minded support. Because of its success we now run 2 classes a week - **just call us and we will give you the details.**

Remember, if you have been recently diagnosed with cancer you will be asked to attend our clinic. This clinic will not only update you on the latest evidence behind exercise and nutrition but support you to remain informed and in control throughout your cancer diagnosis and treatment – keeping you in the control seat.

Please contact us for further information.

Charity News

For this newsletter we have good news and not good news. Our good news is that we have appointed a new trustee Jan Davis. Jan is going to help us make it easy for people to volunteer by drawing up a directory of volunteer roles but also by helping us to understand how to recruit, support and maintain volunteers. In fact if it's to do with people Jan is probably taking it on.

And our not good news is that Mandy Robinson has decided to step down from the charity. I'm sure most people know Mandy in her nursing role and were probably amazed that she could manage to do both that and chair a very successful team of fundraisers. Under her management the team raised £10s of thousands of pounds for the charity, running dances, clothes sales, quizzes, balloon races and so many more of the things you have seen on the website. During her time as chair she showed us her amazing creative talent designing some incredible posters to raise awareness of the charity and more importantly the work of the nursing team. So from all of us "Thank you Mandy we will miss you"

If Mandy is your nurse don't worry she is only stepping down from the charity.

Do you see yourself as the next Mandy? Or do you know someone who might be interested in giving us some of their time to lead our local fundraising activities? Fundraising is of course about raising money to support people with a diagnosis of cancer who are being cared for by the nursing team but it also allows us to reach people in our area who might be struggling with a cancer diagnosis and be unaware of the help that we can give them.

Future Fundraising plans

Someone who quietly but definitely works at fund raising for us is Becky and her amazing team "Team Bex" Through her efforts we are the chosen charity for the **Peterborough Insane Terrain event on 10th April 2016**. If you love running, getting muddy and getting over obstacles this is the event for you. If you want to sign up to run you need to hurry as places are going very quickly. Raising funds whilst re-inforcing the message that exercise is good for you has to be the perfect combination. And I'm told entering in groups to establish a bit of healthy competition is good too!

If you want to have a look at their website you can find out all about it at www.insaneterrainrunning.com. As I said last time I shall be putting my children under pressure to join in.

Then **excitingly** we have been chosen as one of the charities that will benefit from the **Alconbury 10K run** which takes place on Father's Day. This event provides opportunities for the charity to have people running in the race and raise sponsorship but also allows us to raise further funds by running fun activities on the day. **We are just starting to get our heads together to decide what that should include and would really welcome any ideas or any offers of help so please get in touch with me at susan@hccnthecharity.org or 07738 208831** No ideas are bad ideas and offering an idea doesn't mean we'd expect you to do it. Promise.

Viv's 100 Club. Reliable income is an important way to help the charity to plan its spending and this Club not only provides us with that regular income it pays out prizes as well. Please help us move from having 30+ members to a full house of 100. For a monthly subscription of just £4 you could be a lucky prize winner. 50% of the takings go back out in monthly prizes!

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

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. Though if you subscribe to our website that information will come to your inbox making your life easier. **Remember you have until April 8th to book your place at conference.**

Gini and the team

Hunts Community Cancer Network

Call Amanda on 01480 416410

Email: aburridge@nhs.net

www.hccn.org.uk

& facebook

www.healthunlocked (HCCN)

