

HCCN Newsletter

Hunts Community Cancer Network



WELCOME TO OUR AUTUMN NEWSLETTER

I am sure you are as delighted as we were to learn that Sandra Langstaff passed her nurse prescribing course. Sandra has worked really hard to pass this exacting course, some papers required a 100 per cent correct mark! But now she has her life back and because of her dedication more of you will receive much speedier medication. Well done Sandra.

The team continues to be very busy but is proud to say that we are maintaining our target of contacting new patients within 24 hours of receiving notification where this is appropriate. We are working hard at developing our links with other departments, like palliative care, in order to improve our service to you. We are always ready to listen to problems and to advise you. We strongly encourage you to stay in touch after treatment finishes. We are there for you just like we were when you were in treatment.

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 late and sometimes patients fail to report symptoms



HOLISTIC CENTRE

A whole new approach to support is being offered by Annie Thantrey and her team of HCCN volunteers. "I do art and yoga I can have a massage and do relaxation too if I want and I'm going to do reflexology soon as well" said one satisfied user

Read the charity section to learn more.



Remember to book in for your flu jab to help fight off winter illnesses. The nursing team are booking theirs. If you aren't sure when in your treatment cycle to have your jab then **contact your nurse**. She'll be pleased to help.

Other News

Developing our services to better support you.

We have to report that Amy will be leaving us soon to take up a post at the Royal Marsden. We are sad to see her go but very pleased to see her developing her career. We know she will remember us and we wish her well. Thanks for all you have achieved during your time with HCCN Amy.



Staying in touch is really important to us so please make sure that you give me, Amanda B, your contact details with an email address that you access. I can be contacted on 01480 416410 or at email aburridge@nhs.net. I know many of you communicate with more modern devices now but we aren't at that stage yet so please keep your eye on your email.

Amanda

We are always pleased to hear your comments on our nursing service so if you have something to share please be in touch with Amanda.

CHARITY INPUT

Keeping you up to date with charity news.

Our fundraising committee have been working really hard all year and they created a super event at Houghton by the wonderful Mill. Thanks to Phil at the Mill for supporting us, Steve Jenkins for the photos, the St Ives Rocking Ukulele Band, the Rotary of Kimbolton for loaning us the marquee, the nursing and charity team and of course those of **You** who braved the cold to be with us.

We also want to thank BNI Pathfinder for the wonderful hampers and also Duncan Webster of BNI for that amazing photograph that we all wanted to win.

The photos are on our Facebook page which you can access even if you aren't a member.

Conference will soon be with us. Speaking we have the ever popular Prof Thomas on nutrition, PhD. Oana Linder talking about what we all call "chemo brain" and local consultant Sally Harding who will tell us more about palliative care and how it links to the work of our nurses.

Booking is open.

What topics interest you? Please tell us. We'll try to meet your needs.

Over the page you'll see us modelling our new sporting range of HCCN clothing. I'm sure you will want a hoodie or fleece, mine is really warm. To order or ask questions contact amanda@hccnthecharity.org or aburridge@nhs.net

The Holistic Centre is a new venture for the charity. It is run by Annie Thantrey and her volunteer team and they are keen to bring you a variety of activities all under one roof. Annie has many years' experience at running centres like this one. She understands that people are looking for different activities. Some people want to lose themselves in art for an hour or two some want to walk but not on their own. Some people want to practice relaxation whilst others want to move on to a different challenge with their yoga. And some want to watch before they join in. That's why there is always a warm welcome, a drink and piece of cake for anyone who wants to come along to look.

We will offer different activities at different times and we want to hear from men. What would you like us to run?

The centre is open every Tuesday from 10am to 2pm at Ellington Village Hall, The Green, Ellington, HUNTINGDON PE28 0AQ

If you want to chat about what is currently available or coming up then please ring Annie on 01234 709836

But Please note unusually we'll be closed on 6th Nov as we will all be at conference



*Don't forget to book
your place at
conference
Nov 6th Racecourse
Brampton*



Figure 1 Thank you Julie we really appreciate all you have done for HCCN

Julie ran her last ever marathon for HCCN raising a lot of money. She joined us at Houghton to make the presentation. Julie also inspired us to find a source of sporting wear, vests, fleeces, hoodies and caps. These can be ordered through amanda@hccnthecharity.org. They offer a dual purpose, great for exercising in and great for advertising our services.



Figure 2 William giving it his all!



Figure 3 I love to go a wandering....

Upcoming Events

We are running a Gin Tasting on November 13th at Houghton. We really could do with some help to encourage people to buy tickets. 9 gins to taste, nibbles, cheese to taste from Wobbly Bottom goats cheese makers of Hitchin and more. Could you put a poster up for us or sell some tickets? If you think you could then contact Amanda@hccnthecharity.org or Amanda B and we will get one to you. Oh it's £25 a ticket with non drinkers being offered a cheaper rate.



Hunts Community Cancer Network
 Want to be in touch? Ring Amanda Burridge on 01480 416410 or email her at aburridge@nhs.net
 Website www.hccn.org.uk

Want to talk to someone at the charity?
 Then ring 07738 208831 or email susan@hccnthecharity.org
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