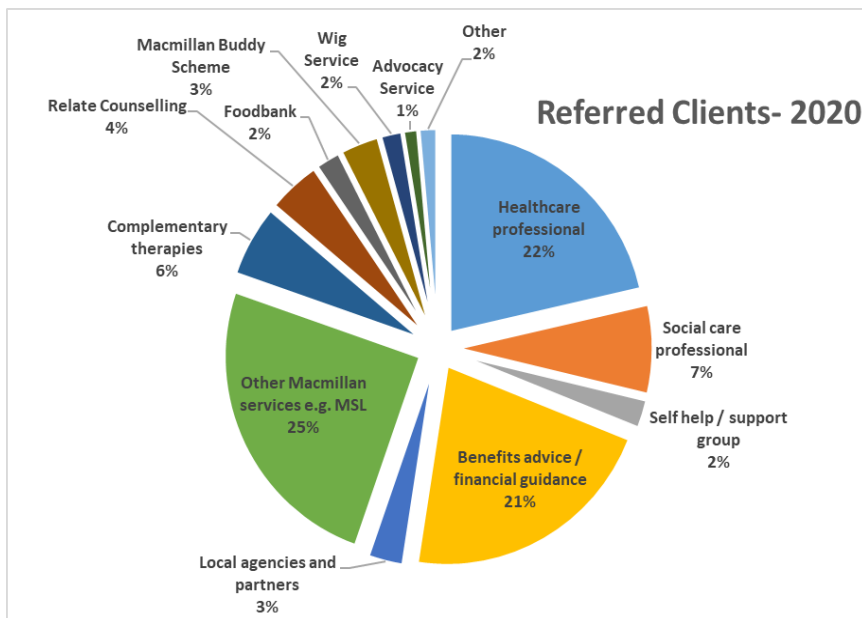


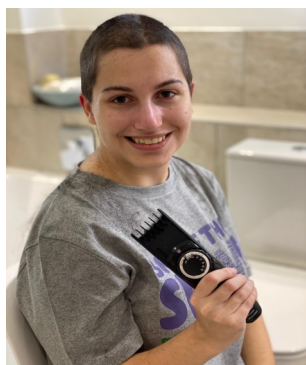
Macmillan Cancer Information and Support Centre

Welcome to our winter newsletter February 2021



We've been busy !

2020 was a far from normal year; the centre was closed for nearly 6 months but we still managed to support over 500 service users with information, advice, signposting and referrals. With greatly reduced foot fall in the hospital we started to look at new ways to make our information accessible to all. In 2021 we hope to offer a revamped information page on the Trust website to allow people to browse the wealth of information available in the centre, and we hope to be able to share news, information and events via a new social media page. We will of course continue to support people by phone, via email and face to face as needed.



Brave the Shave

In October 2020, Persia Ghassem Zadeh, a Macmillan Cancer Navigator at Wexham Park hospital, 'Braved the Shave', having her head shaved and raising a massive £3000 for Macmillan Cancer Support. Well done Persia, and the new look suits you! If you too are brave enough, go to:

www/bravetheshave.macmillan.org.uk/

BECOME A SHAVER

HOW IT WORKS

- 1 Sign up to Brave the Shave
- 2 Pick your date and location
- 3 Ask friends and family to sponsor you
- 4 Shave and share!

Macmillan Coffee morning success

Even during the most testing times, our amazing Cancer Navigator teams at Wexham and Frimley Park Hospitals remained in high spirits, organising successful Macmillan coffee mornings, raising an outstanding **£846.39** between them. Amazing, given the reduced numbers in the hospital and the difficult financial times. Thank you !



The Macmillan Information and Support Centre also received generous donations totalling **£1865.54** during 2020 giving us a grand total of **£2711.93**. Thank you to all our benefactors!

A huge Thank you to our Macmillan Cancer Navigators !

Over the course of the Covid -19 pandemic, the Macmillan Cancer Navigators have risen to the challenge, providing invaluable support to anxious and vulnerable cancer patients , their carers and families. They helped to ensure that food, groceries, prescriptions and other essentials were easily accessible to patients, all the while managing the Navigator support line and freeing up valuable time for our busy clinical nurse specialists. Nearly 17,000 calls were handled throughout 2020, providing callers with help & reassurance during these incredibly challenging times. A special thanks to all our local voluntary organisations and charity partners, and the NHS Responders, for their vital role in ensuring help and support was able to reach our vulnerable cancer patients.

Macmillan Financial Support

2020 has been an incredibly difficult time for all affected by cancer, with many having more financial worries than in previous years. The Macmillan Information & Support Centre at Wexham Park referred over 100 patients to the Macmillan Berkshire Benefits Advice Team to offer benefits and financial assistance. Their ongoing support has been greatly appreciated during this time.

In addition, 58 applications for Macmillan grants were made in 2020, with nearly £18,000 awarded to patients in need, and over £1000 given from other charities. The Macmillan grants service is now fully integrated into the “money and work advice services”, to ensure patients have full access to comprehensive financial information and support. This will allow Macmillan teams to identify any other financial support they can offer patients in addition to the new standard £350 Macmillan grant. Great news especially in the current financial climate!



Key Services go virtual, Covid-19 won't stop much need support!



Look Good Feel Better

Covid-19 may have temporarily forced LGFB to suspend their unique confidence-boosting face to face workshops, but support is now

available to everyone online. Alongside a fantastic selection of video tutorials, there are live virtual sessions available to book on Skincare & Make-up, Hair loss, Wigs and Headwear, Nailcare, plus Skin Fitness workshops for men.

These virtual workshops and informative tutorials help with image issues but also provides the opportunity to connect with others. The small group workshops are currently held via Zoom and last around one and a half to two hours, depending upon which session you are attending. They are relaxed and friendly and are lead by trained experts. Every session offers an opportunity to meet others in a similar situation, ask questions and focus on yourself and not your cancer. We aim for lots of learning and a real boost of positivity! To access video tutorials or book a virtual workshop, please go to:

www.lookgoodfeelbetter.co.uk/tutorials/

Boots virtual support

Boots already offers a vital service, in partnership with Macmillan, designed to offer support and assistance to people with cancer and their families. In addition to waiving fees on certain prescription deliveries, alongside its standard free NHS Repeat Prescription Service, No7 has launched a Virtual Beauty Service, to help you feel more like you again. You can book a telephone or video appointment with a Boots Macmillan Beauty Advisor, available Mondays to Saturdays between 10am and 8pm, and 11-4 on Sundays. These appointments last around 15-20 minutes and you can ask the advisor for tips and personalised recommendations on skincare and makeup, and how to manage the visible side effects of cancer.

Visit www.boots.com/book-a-beauty-appointment/ to book your consultation.

Information Pharmacist Service

To offer continued cancer support during the pandemic, Boots has made this service available digitally.

You can book an appointment with a Boots Macmillan Information Pharmacist who can provide clinical support to follow-up concerns and questions, as well anything to do with the on-going management of the side effects or consequences of treatment. Go to www.boots.com for more information



Telephone Buddy Service

Macmillan has recruited over 800 volunteers and helped over 2,200 people affected by cancer since the Telephone Buddies was set up in response to the coronavirus outbreak, and has been hugely successful in supporting people living with cancer over the past 10 months. A volunteer buddy will be a listening ear, ready to talk about how people are feeling and their support needs during this difficult time. Support is available for 8 weeks or more, at a time convenient to the user. People living with cancer who are interested in signing up to receive Telephone Buddy support can self-refer online— www.macmillan.org.uk/get-involved/campaigns/telephone-buddies , alternatively, contact us here at the Macmillan Information & Support Centre 0300 615 4886, or call the Macmillan Support Line on freephone 0808 808 00 00, open 7 days a week, 8am – 8pm.

For further support & Information:

- ◆ Macmillan’s Mobile Information and Support Staff can provide information about local services and support—email: mobileteam@macmillan.org.uk
- ◆ Visit the Macmillan Online Community to chat anonymously about the experience of having cancer. Join discussions about everything from managing money, your rights at work and coping with treatment.

Complementary Therapy

From April to December 2020 both our chemotherapy units moved to Princess Margaret Hospital, Windsor. During this period, our hard-working complementary therapists have been amazing help to our chemotherapy service, supporting our patients both in person and by phone, with Shainaz helping colleagues across Wexham Park, while Michele & Jenny joined the chemo team at their new Windsor location. Michelle’s hard work was recognised alongside 9 other staff members across the trust for her work in supporting staff during this demanding time.

Complementary Therapies were allowed to resume in August, including support for patients having bone marrow biopsies and PICC line insertions. Whilst at PMH, over 400 treatments were given including reflexology, aromatherapy, hand or foot massage and Reiki as well as coping strategies and sleep hygiene support. Shainaz continued in-person therapy to Wexham’s Eden Ward inpatients and telephone support to outpatients. Hands on therapy is on hold for now, but hoping to resume in line with Government and Trust guidelines.

We have seen an increase in anxiety around isolation and COVID-19 worries; clients have been given coping strategies and signposted to Macmillan and online support, which has made a world of difference to our patients. Wexham Park Hospital saw the return of chemotherapy day unit services in early December 2020, and our expert therapists continue to support our patients both on the day unit and on our ward, with additional companion visits and activities. Referrals to the service can be made via the Macmillan Cancer Information & Support Centre at Wexham Park, the Macmillan Cancer Navigators, chemotherapy day unit staff or the Clinical Nurse Specialists.

The National Cancer Registration Service (NDRS)

NDRS and the data it holds for patients and clinicians, is making a significant contribution to the way that cancer is diagnosed and treated. The Cancer Registry can see the numbers and types of cancers across England, how this varies and is changing over time – this helps the NHS to plan cancer services. The data it gathers is also helping to measure the effectiveness of drugs and, in some cases, can help predict who might get the disease because of their family history. Having your information on the cancer registry makes it easier for your doctor to see whether you could be enrolled in a clinical trial. Some cancers run in families. Your information could be used – if you give your permission – to help doctors treating members of your family who have cancer or are worried about developing the disease. The more data that is collected, the more people that the Cancer Registry can help in the future. www.ndrs.nhs.uk/cancer-registration

MacMillan Fundraising—raise money while having fun....

Macmillan has many new and exciting ways to support the Charity fundraising effort , whether you prefer an adrenaline rush or a caffeine rush there’s an event to suit you, including:

Games Night In—choose from Trapped! Escape Room, Horse racing, quiz night & Whodunnit; **Game Heroes** - sponsored gaming marathon, **Longest Golf Day Challenge**, **Mammoth Quiz** and many **running, cycling, swimming** event – for further information or to sign up to any event, go to :

www.macmillan.org.uk/get-involved/fundraising-events

COVID by Steven John Newell

The week's just seem to roll on and on with the drama of the coronavirus,
All I hear out my window are emergency service's sirens.
So much confusion over isolation and so much uncertainty,
No one can wait for the eventual return to normality.
All we hear on the news I fatality after fatality.
The whole human race is worried sick and drained emotionally,
Our physical and mental health effected, questioning our sanity.
We know the situation is not going to change quickly or drastically,
But we live in hope of things slowing down, having faith in the govern-
ments practicality.



The whole world has rarely before encountered times like this,
And in my own life I realise there is so much that I miss.
My family, friends and girl, who I'd just love to kiss,
Along with recreational and social pastimes, which for now we must dismiss.
On normality's return, nothing will be taken for granted, it will be pure bliss,
And throughout the rest of our lives looking back on this, we will grimace as we reminisce.

We thankfully applaud all the keyworkers and those on the front line.
Who really have stepped up to the plate, with this their real time to shine.
The public and many different occupations working together to combine,
We eagerly await for this nightmare to end & the government's sign.

Then we can really appreciate everyone that we have in our lives and all that we normally do,
'Freedom' we will shout when the weight has been lifted, with the whole world over the
moon!!

The pandemic has been a difficult time for people undergoing treatment, but also those just being diagnosed. CEO Lynda Thomas gave the following update through the Macmillan Volunteer Webinar on 29th September 2020.

We put people with cancer at the heart of our charity. Unfortunately, we have had to make some changes to the organisation to sustain our services that are so vitally important for cancer patients and their families.

The two priorities for Macmillan in the next six to nine months are:

1. Supporting the restoration of timely access to quality cancer care for everyone, now cancer services and treatment are starting to recommence following the coronavirus pandemic.
2. Supporting people with cancer to access financial support to help cope with cancer in a crisis.



Macmillan has teamed up with other cancer and healthcare organisations to provide a fantastic virtual health & well being service, **SafeFit**. There is a free remote trial for anyone in the UK with suspicion of, or confirmed diagnosis of, cancer. You will be put in contact with a cancer exercise specialist who will help you during the COVID-19 pandemic. Sign up by visiting the **SafeFit** website - www.safefit.nhs.uk/

Further health and wellbeing support, information, video links and virtual activities can be found via our webpage www.fhft.nhs.uk/services/cancer-care/macmillan-cancer-support/

Links to other wellbeing support sites can be found below:

Diet & Healthy Eating	Exercise	Mental Health Support
www.healthandwellbeingslough.co.uk/	www.nhs.uk/conditions/nhs-fitness-studio/	www.healthandcarevideos.uk/mental-health
www.healthandcarevideos.uk/hld	www.royalmarsden.nhs.uk/your-care/living-and-beyond-cancer/exercise-home	www.nhs.uk/oneyou/every-mind-matters