

# TAMESIDE & GLOSSOP RECOVERY PACKAGE NEWSLETTER

WE ARE  
MACMILLAN.  
CANCER SUPPORT

Hello and welcome to the seventh issue of our Recovery Package Project team newsletter for people affected by cancer. We are keeping busy supporting staff and people affected by cancer to implement the Recovery Package across Tameside and Glossop. Here is an update on what we have been up to .

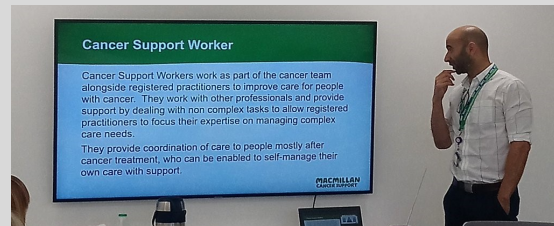
## TEAM UPDATE



We are excited that we have recruited our new Cancer Support Workers (CSW) who will start in late September. We have a team of four who will work closely with our Clinical Nurse (CNS) Team here at Tameside & Glossop initially for 18 months. More about these roles on page 2.

We held an away day with the CNS team to discuss how this new role will fit within the work that they do. It was a very proactive and positive day with lots of suggestions on how the new CSW role will support the CNS as well as have an impact on the delivery of the electric Holistic Needs Assessment.

We are now working on a dynamic induction & training programme for the CSW team so that they are supported in their role and will provide excellent direct patient care.



The Macmillan World's Biggest Coffee Morning will be held on **Friday 27th September**. This is a huge fundraising event for people facing Cancer. People are being asked to host a Coffee Morning to support the event. Having a Coffee Morning is the perfect chance to catch up over a cuppa and a slice of something delicious for a good cause as one in two of us will face Cancer.

You can apply for a free coffee morning kit on



[www.macmillan.org.uk/](http://www.macmillan.org.uk/)

coffee

Happy Baking!!

## LET'S TALK ABOUT CANCER SUPPORT

Issue Number 7 August—September 2019

# THE RECOVERY PACKAGE

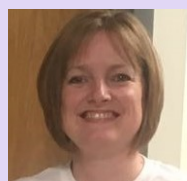
The idea of the Recovery Package grew because more people than ever before are living with and beyond a cancer diagnosis. The impact of cancer does not stop when treatment is over. The aim of the Recovery Package is to assist people living with cancer to prepare for the future, identify their own concerns and support needs. This would then assist people to return to as near a normal lifestyle as possible once treatment is over. The Tameside and Glossop team are working with staff and patients to see how this will fit into local services in order to address and meet unmet need.

## NEW TEAM COMING SOON...

In order to embed the elements of the Recovery Package, Tameside & Glossop were one of the Trust's to successfully bid for transformational funds from Greater Manchester Cancer to recruit Cancer Care Support Workers. This new team will work closely with our Clinical Nurse Specialists as well as patients to provide support during and after Cancer diagnosis and treatment. This is an exciting development and will help provide support in areas beyond Cancer treatment such as signposting to benefits, welfare advice, practical needs, carer support, health and wellbeing. These Cancer Support Workers will be in post from the end of September 2019.



## MEET RACHEL



"Hello. My Name is Rachel and I am the New Senior Cancer Support Worker starting in September. I will work half my time at Tameside & Glossop and half my time at

Stepping Hill Hospitals supporting the new Cancer Support Workers at both hospitals so it will be a busy role.

I currently work within the inpatient Diabetes team at Stepping Hill Hospital where I provide the education to our newly diagnosed Type 1 and Type 2 Diabetes patients and their families. I also provide support around sick day rules, dietary advice, general management of Diabetes when admitted to hospital with other illnesses. I provide one to one and group teaching sessions for Staff as well.

I am looking forward to the challenge of my new role and the positive ways we can support people living with and beyond a Cancer diagnosis. I feel the support we can provide to people, to enable them to return to as near a normal life as possible, will be so well received and will provide reassurance that they are not alone."

## THE PATIENT VOICE

Patient experience at the heart of what we do and how we improve services. At a Macmillan workshop in August, Lorraine (pictured) shared her experience of the wider impact of Cancer as part of an exploration as to what support is needed within the community to support Cancer patients. Hearing Lorraine's story provided invaluable information to be used as part of this ongoing work. Lorraine talked about how accessing services outside of the hospital environment gave her support, advice and friendship during her treatment. Now she is finished treatment, Lorraine shares her experience to help inform other patients and professionals so they can work together to co-design new and improved services.



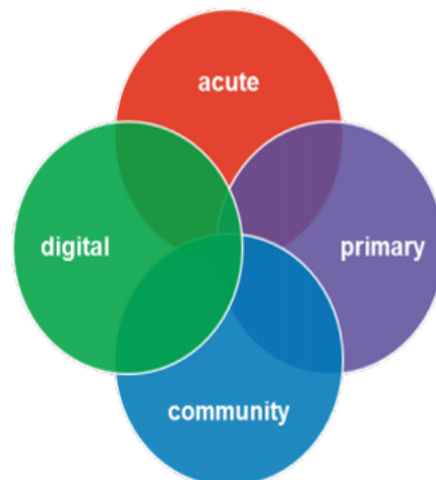
# USER INVOLVEMENT ACTIVITY

## NEW AFTERCARE PATHWAY

From September 2019 there will be different aftercare pathways for different Breast Cancer patients. This means that for many people, where it is clinically appropriate, there will be less visits to the hospital and more focus on supported self-management. There are lots of procedures that need to be put into place before this work begins so we are holding meetings with professionals and patients to make sure this meets the needs of both. Cathy is the User Involvement representative who is making sure the patient voice is being heard throughout this work.

The new Cancer Support Workers will play a key role in monitoring these changes and will be a key contact for patients.

In the future, a new pathway will be developed for other Cancer patients, including Colorectal and Urology.



Aoife met with the members of Pathways Associates to discuss the Recovery Package and ways to ensure it meets the needs of people who have a learning disability. The group is made up of people from across the North West to make sure their voices are heard in lots of different areas of work. The group had decided to focus their attention on supporting Cancer awareness to make sure services are aimed and communicated appropriately for their service users. Aoife will continue to link in with Pathways Associates regarding the Recovery Package and aftercare pathways. Members of Pathways Associates also helped Aoife to put together an easy read leaflet explaining the Recovery Package which was really helpful.



The NHS has developed a new Long Term Personalised Care Model which is part of the overall NHS Long Term Plan. Elements of the Recovery Package have been incorporated into the Personalised Care Model. Over time, you might hear people talk about personalised care rather than the Recovery Package. However, the work we are doing remains the same making sure you get the care and support that is right for you.



## HOW TO GET INVOLVED

The Project Team needs your help to improve the outcomes for patients living with and beyond cancer. By sharing your experiences and opinions, you can help shape how the Recovery Package is implemented in Tameside & Glossop.

There are lots of ways to get involved and you can decide how much time you want to give. Your contribution could mean taking surveys, reviewing leaflets or acting as a patient representative at meetings. Either way, all of your actions will make a big difference to the project's work.

For more details, or to arrange a meeting, please contact Aoife on 0161 922 6749 or [Aoife.Isherwood@tgh.nhs.uk](mailto:Aoife.Isherwood@tgh.nhs.uk) Thank you.





# DROYLSDEN PROSTATE CANCER SUPPORT GROUP'S STORY



The Prostate Cancer Support group was developed by local patients and has been running for over 15 years. It is a well established group that provides invaluable support to its members as well as raising awareness within the local community.



Members all say the group has been a lifeline for support but also meant friendships have been made along the way. One member says: "It's not what I expected. I felt it might be like AA but it wasn't like that at all. There isn't a question you cannot ask as people are all in the same boat. They know the good and bad days."

Stephen has been at the helm of the group for over 6 years and

says "I was terrified before I came but I was made feel so welcome and supported." Stephen is keen that the group continues to grow and support as many men as possible. Another member added, "Men are not the best at opening up about their feelings. Being in a supportive environment with people who understand when you want to share and when you want to sit and enjoy the company is more support than I could have hoped for."

One member stated "When I was diagnosed I was told I had to have Radiotherapy. I was scared that it would burn holes into me. When I came to the group people who have had the same treatment gave me so much reassurance that I was not as worried by the time I started treatment."

Another member says "It is good to have a laugh too — share

humour! We have lots of laughs in the group."

As well as providing support, the group do a lot of fundraising for Prostate Cancer UK and Tackle Prostate Cancer charities. Locally the group has raised funds to get a TV for the Urology department in Tameside hospital showing men DVDs to help their recovery. They have also supported to have a room refurbished at Beechwood Cancer Care centre, where they hold another group meeting. John says "It is important to help raise awareness to support men to ask for a PSA blood test and this forms a big part of what this group does."

The group meets on the 1st Thursday of the month at Salisbury Conservative Club, Droylsden from 6-8pm.

**New members always welcome!**



Dates for the diary this Aug & Sept.

**SEPTEMBER IS BLUE MONTH FOR PROSTATE CANCER**

**SEPTEMBER IS CHILDHOOD CANCER AWARENESS MONTH**

**SEPTEMBER IS BLOOD CANCER AWARENESS MONTH**



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