

# Mac News

*The latest Weston General Hospital cancer news, views  
and announcements*

*In This Issue*

## Partnership Team

### Update From the Macmillan Cancer Support Partnership Team



Hello from your Macmillan Partnership Team Sara Mathewson and Sue Littler

We would like to remind you, for those who know, or tell you if you don't, about what Macmillan Cancer Support offers patients, families and carers and all Healthcare Professionals whether you are Macmillan badged or not.

All support is accessed from our main Macmillan website: [Macmillan Cancer Support](https://www.macmillan.org.uk)

·For everyone: [Cancer information and support - Macmillan Cancer Support](https://www.macmillan.org.uk) [Macmillan Online Community - Cancer Forum & Emotional Support](https://www.macmillan.org.uk)

·Macmillan Professionals hub: [Macmillan Professionals](https://www.macmillan.org.uk)

·Our offer to non-Macmillan Professionals ie doctors, AHPs, nurses, support workers, information services: [For your role \(macmillan.org.uk\)](https://www.macmillan.org.uk)

·Link to our Learning and Development hub for all health and social care professionals: [Learning and development \(macmillan.org.uk\)](https://www.macmillan.org.uk)

·Macmillan Support Line which is available 7 days week, 08.00-20.00 and provides a wide range of services for people with, living with the effects of and those affected by cancer: [Macmillan Support Line - Macmillan Cancer Support](https://www.macmillan.org.uk)

For more information please do get in touch with the Macmillan Cancer Support Centre on the 1st Floor of the hospital [In your area \(macmillan.org.uk\)](https://www.macmillan.org.uk)

## Becky Mac Physio

## Matrons Musings

## Thoughts From OHDU

## Charitable Fun

## Last Word

# Welcome to Becky Hankin Macmillan Physiotherapist

Hello, I'm Becky, a physiotherapist and recently started a new role working between the Personalised Care and Support (PCS) Team and the inpatient wards at the Bristol Haematology & Oncology Centre.

Our Macmillan PCS therapy team covers Weston General, BRI and South Bristol Community Hospital. I have been working on promoting and developing the service for Weston patients linking with the wider team but would also love to hear from patients themselves!

Our team has 4 physios and an occupational therapist offering support with fatigue and breathlessness management, physical activity, exercise, managing day-to-day activities, and any musculoskeletal concerns. We offer telephone consultations and have started back with face to face assessments which is great to be doing again. We are also able to complete onward referrals, for example, to community and outpatient services, gym schemes and 5K Your Way linked with Park Run.

We are here to support through any stage of an individual's cancer journey to help improve health and well-being by focussing on what matters to them.

If anyone is interested in speaking to a member of our team please contact your Cancer Support Worker, Cancer Nurse Specialist or Consultant and we will be very happy to help!



## Matrons Musings: Amanda Bessant



In early November, it was a real privilege to attend the annual Macmillan Conference in Manchester

The event is an excellent opportunity for Macmillan professionals to reconnect with their colleagues from all over the UK, sharing best practice to advance practical skills to better support both patients & staff

Listening to the keynote speakers & gaining insight into the Macmillan vision for the future around issues such as accessibility, advances in technology, care planning, psychological support & end of life support left me feeling very motivated to support people living with & affected by cancer

The Macmillan Professionals Excellence Awards are also celebrated during the 2 day conference, when outstanding achievements in cancer care are recognised. Due to the pandemic, this year's event was extra special & proved to be a very glamorous & extremely inspiring ceremony

With glamour & sparkle in mind, this brings me onto the joys of winter & Christmas celebrations

For some this may not be your favourite time of year but for others there is plenty to look forward to, especially breathing in the crisp air on a bracing walk & coming home to an evenings in front of the fire

Halloween & bonfire night have passed & the festive season is just around the corner, so I would like to take this opportunity to wish all of our readers a Happy Christmas & a wonderful New Year

# From Cardiology to Oncology on the OHDU

Hi my name is Leanne.

I am the newest member of the OHDU team at Weston Hospital. I have worked at Weston Hospital for twenty eight years in various roles including my last role as a Cardiac Rehabilitation Specialist nurse.

I am excited to embrace my new role within the Cancer services team. I have been informed that I need compassion, empathy and a liking for cake all of which I have in abundance!!

I have been welcomed into the team and am looking forward to the opportunities it will bring.



## Macmillan Coffee Morning



Congratulations and thank you to the children of Ashbrooke House School & PreSchool who held a coffee morning, with cakes they had made and served themselves, raising an amazing £487.

Some of them came with their head teacher Miss Wallington to present the cheque to the Macmillan Cancer Support Workers.

## Charitable Fun and Donations

Myself, and two friends completed the Mighty Hike in the Wye Valley in September. We raised £2,351 for Macmillan. It was a twenty six mile hike. As a group of friends we decided to set ourselves a challenge for our 50th birthdays.

Sally Squire a pharmacist, Gill Weadon a physio and Leanne Knight a nurse.

Gill has undergone treatment in the form of chemotherapy for cancer and has now recovered



W. Bro David Wallington of The St Katherine Lodge in the Province of Bristol was Worshipful Master during 2019 & kindly raised £500 donation for the care and help given to his daughter after she was diagnosed with breast cancer in January 2019.

The cheques were presented by W. Bro David Wallington and Bro Richard Cater Lodge Almoner & Charity Steward to CNS Anna and Emma, Centre Manager



# Last word: Update from the Dietetic Team

Contact the Macmillan Support centre on :  
01934 881079  
Ex 5079 or email :  
WGHTMacmillansupport  
centre@UHBW.nhs.uk



For information, support or just someone to talk to, call 0808 808 00 00 or visit [macmillan.org.uk](http://macmillan.org.uk)

**Meet the team:** Rachel White (outpatient dietitian – Monday, Wednesday, Thursday), Sarah James (inpatient dietitian), Richard Westhead (dietetic support work)

Hello, my name is Rachel. I am the newest member of the dietetic team at Weston. My new role is outpatient based and I will be supporting patients throughout their Macmillan journey. I previously worked at the Bristol Royal Infirmary in intensive care, and have had roles in London and Liverpool as an oncology specialist dietitian.

I run a general oncology clinic every Monday and a chemotherapy clinic on Thursdays. I will also be undertaking project work to scope the needs of the dietetic service to improve patient care. My first project will involve nutritional screening work, to help us provide early intervention when required.

Our service is here to provide individualised dietetic support across all the stages of the cancer journey. This includes; weight loss and poor appetite, weight gain, managing side effects of treatments, dietary changes required post-surgery, late effects of treatment and supporting patients navigate dietary myths and diets. If you think you would benefit from dietetic support, or feel your patient would benefit then please do get in touch to discuss.

Contact details: Extension 3554 or bleep 280

## How to refer:

- Patients can self-refer – please go to the Macmillan Centre to pick up a leaflet
- We accept referrals from all healthcare professionals, if you are a patient speak with your Specialist Nurse or Cancer Support Worker who can complete a referral for you.

Edited by Emma Pugh  
Macmillan Centre  
Manager

For further information  
or future contributions  
— please email:  
[emma.pugh@uhbw.nhs.uk](mailto:emma.pugh@uhbw.nhs.uk)