

Mac News

The latest Weston General Hospital cancer news, views and announcements

In This Issue

**Personalised Care
And Support**

Wellbeing Centre

Matrons Musings

**Thoughts From
OHDU**

Breast Care Team

AOS Team

Last Word



Welcome to the first edition of Mac News.

The one-stop shop for information on all the exciting goings on of the Macmillan Centre, the Personalised Care and Support team, cancer nurse specialists and the oncology and haematology day unit here at Weston General Hospital .

The Macmillan Centre was opened in its new location in October 2017 so it is now three years old.

Hopefully some of you had the chance to use it and have a look round when we were a Wellbeing Centre for staff during the initial stages of the COVID-19 lockdown. If you didn't, please feel free to call in anytime to have a look, it might surprise you!



Personalised Care and Support (PCS)

More people than ever are living with and beyond cancer, but not everyone is living well. Patients may be dealing with side-effects from their treatment, have other health concerns, or even face a recurrence of the cancer. However, the Personalised Care and Support team (PCS) at WGH can and are making a difference to the lives of patients, their families and carers.

A team of six Macmillan cancer support workers, supported by a Macmillan PCS transformation lead and a PCS administrator and data manager, have been in post since the spring of 2018. The team takes a holistic approach to patient-centred care: supporting patients to live well, with and beyond cancer, putting them more in control of their recovery and therefore improving their life experience. The team is there to support anyone who needs it, when they need it. Sometimes just lending an ear or a shoulder can make the word of difference, to the patient or their family, friends, carers. The team work really closely with the Macmillan Centre and one of them can be found daily in the centre.

Wellbeing Centre

When the hospital closed to visitors earlier this year due to the pandemic, the Macmillan Centre team decided that it would good to use the emotional support skills they have and the quiet space available within the centre to turn it into a Wellbeing Centre for staff.

Emma Pugh centre manager and Alex Stephens clinical psychologist offered one-to-one support sessions as well as a drop-in tea and coffee facility for staff who needed quiet time and space to talk when dealing with the difficult and stressful situation that caring for COVID-19 patients brings. We supported staff from across all areas of WGH.

The centre also became a central point of contact for all the lovely donations of uniform bags, toiletries, headbands and many other items that were so generously given by the local community. Finally, a patient message service was instigated where relatives of patients who were unable to visit could call and leave a message which the center team wrote up and delivered to the ward.



Matrons Musings: Amanda Bessant

I came into post as the Macmillan matron for cancer in January, with the COVID-19 pandemic ensuring my initiation was a challenging one.

The role of the NHS modern matron is to be a visible and accessible leader, an advocate for high standards of patient care, having the ability to provide evidence of safe care delivery whilst supporting and developing staff to fulfil their roles.

It is important to both recognise and celebrate successes of staff and I continuously ensure my team are aware of the fantastic job they do every day.

Working alongside the clinical nurse specialists and the Personalised Care and Support team is a true privilege and one I do not take for granted.

Thoughts from the Oncology and Haematology Day Unit (OHDU)

My name is Claire Berry I joined OHDU on 1 June 2020, having worked as a community nurse for the past five years.

This role is very different from my previous one when I worked in the community, although part of a team I was very much a lone worker. I am enjoying the support and team working with my new colleagues.

Lots of people have the perception that working in oncology is depressing and sad! But Weston's OHDU is full of care, hope and laughter and that's not just from the patients.

I would like to thank all the staff on the OHDU for making me feel very welcome and for their continued support, it already feels like my second home!



Breast Care Team

Whilst the rest of Weston General Hospital was merging with Bristol hospitals to become University Hospitals Bristol and Weston NHS Foundation Trust, Weston Breast Care Service merged with North Bristol NHS Trust, becoming part of a specialist service. The Breast Care Service is committed to providing a local service to our patients here at Weston. We welcome two new members of staff Sian Morgan and Becky Warner who will be working alongside Jenny Leonard, as breast care nurses, to provide care for women and men who have a breast cancer diagnosis. The nursing team is supported by Lesley Moore, our Macmillan support worker, who continues to provides additional support, both practically and emotionally, to our patients.

Acute Oncology Service (AOS)

Introducing the rejuvenated Acute Oncology Service (AOS) team at Weston General Hospital: Clinical nurse specialists Ceri Tucker, Amy Hadley and Rachel Booth and Cancer Support Worker (CSW) Sue Bannister.

The team is here to take telephone calls from cancer patients who are experiencing side effects or feeling unwell whilst undergoing anti-cancer treatment.

They also see cancer patients on the wards who are admitted with a new diagnosis of cancer or who are experiencing complications of their cancer or treatment. You can contact them on extension: 3990 or 01934 881080

Please click the image to view a full size poster.

Centre Activities

Pop-up stand at the For All
Healthy Living Centre



First Look Good Feel Better session
held in the Macmillan Centre



Contact the
Macmillan Centre:
01934 881079
Extension 5078
or 5079

**NO ONE
SHOULD FACE
CANCER
ALONE**

Edited by Emma Pugh
Macmillan Centre
Manager

For further information or
future contributions
please email:
emma.pugh@uhbw.nhs.uk

Last word: Alex, Clinical Psychologist



I am Alex Stephens, Macmillan Specialist Clinical Psychologist at Weston General Hospital. My post is part-time and is funded by Macmillan for two years.

Most people with cancer never come to see me; they are supported by other cancer services staff as well as family and friends.

Therefore, some of my time is spent offering psychological supervision to staff members. I do a small amount of individual psychological therapy, seeing about eight people a week. It is a great privilege to be with people at this time, and to be allowed into some of their most candid thoughts. My job regularly shows me how amazing human beings can be, with their ability to heal and grow in the direst of circumstances.

I think it's important that everyone has psychologically-informed care, so I also try to offer a psychological perspective on all that we do within cancer services, whether this is looking over the literature we provide or talking in the information events for people post-treatment.