

Mac News

The latest Weston General Hospital cancer news, views and announcements

Matrons Musings : Amanda Bessant

Well-being is defined by the Oxford English Dictionary as "the state of being comfortable, healthy, or happy" & I attempted to focus on these 3 elements when arranging a Weston based, cancer team wellbeing session recently. However, I should have known better, when planning outdoor activities, than to imagine it taking place on a sunny, Saturday in August, rather than the actual torrential rain & blustering winds.

Picture this, 22 members of the cancer team, who have generously given up their Saturday for a spot of team building & find themselves on the top of Wains Hill.....which overlooks the Pill in Clevedon.....stunning on a nice day but not so stunning with the rain lashing down.....hoods well & truly up, hands in pockets, disbelief on face, whilst we took part in a resilience building session..... the irony was not lost.....as just by being there it made us all super resilient & I clearly failed on the comfortable & happy elements of wellbeing with our first activity!

After completing this session, we were buffeted along the promenade to the welcoming, warmth of a coffee shop, for a much needed hot beverage & cake.

Next stop was to attend a leather workshop, learning about the art of leather making & being taught saddle stitch in order to make a leather key ring.

This was an example of, team building at its best, with exceptional patience from the instructor, we helped each other, throughout our many.....& I mean many..... queries along the lines of.... 'I think I have gone wrong / tell me why I have 2 needles on one piece of thread again / can you help me unpick / sorry what am I supposed to do next'!



From there we collected picnic boxes to enjoy on Clevedon Pier....fortunately the high winds had calmed & the risk of the pier having to close did not come to fruition.....& the sun did actually make an appearance.....it was a memorable setting to round off our day.

What with an abundance of kagoules, much laughter, loud chatter & packed lunches, never mind calling this a 'team building' or 'wellbeing' day, I think an accurate descriptions for the jocularity, friendship & all around good nature shown by the team was very reminiscent of a 'school trip'.....& as a result, the chorus of Schools out for Summer did indeed, reverberate around my head!



Senior Sisters Update OHDU

Alison Hatton



The Oncology and haematology day unit (OHDU) is excited to announce that we have received delivery of a new double unit scalp cooler which has been purchased using kind donations to the OHDU via The Bristol & Weston Hospitals Charity.

This new unit will complement the existing scalp cooling machine already in use and will enable us to offer scalp cooling and flexible appointments to all our patients that meet the criteria for receiving scalp cooling. Scalp cooling is used to reduce hair loss from chemotherapy that causes hair loss.

We are proud to announce the repatriation of the lung service to Weston from October 2023. For the past few years all patients with lung malignancies have had to travel to Bristol Haematology and Oncology Centre (BHOC) for clinic appointments and out-patient chemotherapy.

PCS Team Update



In August, our Cancer Information & Support team - made up of cancer support workers, project managers & centre managers attended Mental Health First Aid. This was all possible due to the use of the Macmillan education grant for staff. This excellent resource allows staff the opportunity to attend education sessions that can develop their confidence & knowledge, and in turn have great benefit for the people living with and affected by cancer that come into contact with them.



Staff feedback:

- This course has enhanced my confidence in my ability to speak with patients affected by cancer and to successfully navigate difficult conversations.
- I have taken away a more structured approach to conversations around mental health, in particular if someone is known to have an existing mental health diagnosis
- I will take away renewed knowledge and utilise this with confidence to support people living with and affected by cancer.
- This course has reinforced the importance of my own self-care and mental well-being, I can't support patients to the best of my ability if I don't feel okay.

Congratulations to the team who are now Mental Health First Aiders and thank you to Macmillan for funding this opportunity.



Thanks to a Macmillan Wellbeing grant the Weston PCS team took the opportunity on one of the sunny blustery days we had in July to undertake a wellbeing walk and lunch.

We had a 30 minute walk to the local Uphill Yacht Club followed by a lovely lunch in the Boathouse café and then a 30 minute walk back to work refreshed and invigorated ready to support our patients

Goodbye to Alex Stephens Macmillan Clinical Psychologist

This month we said a sad goodbye to Alex who has been part of the Macmillan team here since March 2019. A brave few met for a refreshing swim at Clevedon Marine lake followed by cheesy chips and a warming drink in the local pub, whilst others wished Alex well at a lunch time party on her last day.

Good Luck Alex in your new roll as Principle Clinical Psychologist within Staff Support and Avon Partnership Occupational Health Service



Engagement Work by the PCS team



PCS Pop Up Stand at Weston General Hospital -spreading the word on the team and the work they do. Over 100 people stopped by to say hello



We took the Macmillan Centre Pop up stand to the Clevedon flower show which was held over 2 days and very well attended. Out of area visitors were also support and directed to their local PCS team and Macmillan Centres.



Look Good Feel better was restarted in the centre. We supported 6 ladies who are going through cancer treatment with a makeup workshop. They all really enjoyed themselves

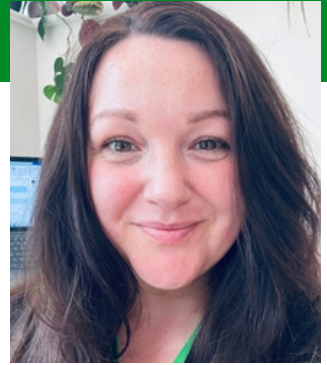


Emma and Ellie attended Caafi Health Promotion Event.

A great place to network with other health providers in N Somerset

Macmillan Partnership update

by Alex Neale Engagement Lead



I am excited to be the new Engagement Lead for SWAG.

I have a lot of experience with working in communities and am looking forward to understanding the needs and activities going on for the area.

I want to work with communities to shape services and challenge health inequalities through engagement projects and grants.

I'm passionate about listening and understanding the lived experience of people living with cancer.

If you'd like to know more contact me on aneale@macmillan.org.uk

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

A Surprise Donation to the Macmillan Centre

The Macmillan Support Centre received a lovely surprise when Jo and her family arrived with a cheque of £2075. The ladies of the family, Geraldine, Megan, Sam and Sarah had all "Braved the Shave" in support of Jo and her Mum Geraldine both of whom have had cancer and received help from us.

For information,
support or just
someone to talk to,
call 0808 808 00 00
or visit
macmillan.org.uk



Before and after
photos at the brave
the shave party



Edited by Emma Pugh
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For further information or
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The cheque presentation party a
few weeks later showing how
quickly the hair is growing back