

# Mac News

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

## Macmillan Partnership update



### **LAST WORD FROM Sue Littler :**

It is with mixed feelings this will be my last contribution to the fabulous Mac News.

As of January 2023 I will be moving to another area of the region, working with the Royal United Hospital Bath, Salisbury District General hospital, and other organisations in those areas, as their Macmillan Partnership Quality Lead.

Mixed feelings because I will miss you all. You've been such fabulous colleagues and Macmillan Professionals to work with, over many years, but excited as this change is part of our restructure and renewed offer which will enable us to be more responsive to you and your needs. It'll also be nearer home for me 😊.

I want to thank you personally for everything you've done and continue to do, be very proud of the impact you have on people affected by cancer and the ambassadors you are for the Trust and Macmillan Cancer Support.

*All of us here at Weston would like to thank you Sue for all the support you have given us over the years both as a Lead Cancer Nurse and as Macmillan Partnership Quality Manager. We were all very lucky when you left you LCN role that we would still be able to contact you for advice and support when you moved over to Macmillan.*

### **Taking over from Sue is Suzie , here's a few words of introduction from her:**

My name's Suzie Moon and I'm delighted to be your new Partnership Quality Lead.

I originally trained to be a Solicitor but found myself working as a Macmillan Professional for Brain Tumour Support which is based in Bristol. After working there for 7 years I became the Macmillan Partnership Quality Lead for Devon, Cornwall, Dorset and parts of Somerset and Wiltshire.

As a result of our re-structure I will now be working with UHBW, North Bristol NHS Trust, Musgrove Park Hospital and Yeovil District General Hospital.



I really look forward to meeting you soon and please don't hesitate in getting in touch:  
My email address is: [smoon@macmillan.org.uk](mailto:smoon@macmillan.org.uk)

# Matrons Musings : Amanda Bessant

With the shorter days & longer nights, winter is generally a time to slow down & often go outdoors less.....unless you continue to outdoor swim like yours truly.....many people will be staying at home, trying to keep warm as the temperatures drop.

Today, I found myself staring at a blank screen, in an attempt to write this quarters Matrons Musing as I couldn't help reflecting on the economic crisis, which made me feel bleak as opposed to festive.

As an individual, looking at the big picture, I felt rather useless.....but putting it into perspective, no matter how small, there are often things each one of us can do to change a situation for the better.

There is a rise in the need for non-profit food banks to provide emergency food to people in crisis, to help prevent people in the UK going hungry, often for reasons beyond their control, this can be a time when a simple box of food can make a big difference.

There are a number of local foodbanks that don't only donate food to those in need but partner with a wide range of care professionals, social workers & the police to identify people in crisis & issue them with foodbank vouchers.

Weston food bank - 01934 708906

The Salvation Army - 01934 425134

The Trussell Trust Food Bank - Bridgwater 07804119273 / Cheddar 07922309369 / Highbridge 07570707400

Clevedon & District Foodbank - Clevedon 07722769529 / Nailsea 07927472649 / Portishead 07379891130

So, I decided to do something about it.....obviously a very small something in the global scheme of it all.....& with the support of the fabulous Cancer Support Workers, Macmillan Centre Manager & Cancer Nursing team we have set up a 'donation station' in the Macmillan Centre for the local food bank which will be delivered in time for Christmas.....so it doesn't feel such a melancholy Monday after all!

## Sisters Update From the OHDU

As we draw to the end of 2022 we can reflect on a physically and emotionally difficult past few months. COVID had never been far away and we also have the added pressures of the seasonal flu virus. This has affected both patients and staff alike despite the majority of us having had regular vaccinations and the continued wearing of personal protective equipment.

One of our amazing patients continues to raise money for the OHDU and puts together "goody bags" (These contain all the items that she wished she had when starting her chemotherapy and include sun screen, lip salve, skin moisturiser, warm bright socks, heat pads, lavender spray to help with sleep, mints and other lovely items) An "Eve bag" is given to all new patients when they start chemotherapy. She also purchases warm blankets for patients to keep for chemo visits, hairbands, turbans and hair conditioner for patients who scalp cool throughout treatment, sweets, drinks and many other really useful items for our patients. What an absolute star she is and we are eternally thankful and grateful to her for enabling us to ease the chemotherapy journey for others.

We have also been able to order another scalp cooling machine with generous donations from our past and present patients and relatives, which will ease the bookings and timings for those patients who scalp cool through chemotherapy

Finally after many years of requesting, the OHDU has a lovely shiny new kitchen. The old kitchen had been in place since the unit opened in 2003 and was becoming dated and shabby with perpetual plumbing problems. This is a really clean and tidy area to prepare patient drinks and for staff to reheat their lunches.



# PCS Team Update, a hello and a goodbye



December ended with the PCS team saying a sad goodbye to Sue Bannister our AOS CUP and Gynae Macmillan Cancer Support Worker.

Sue has been a very valued member of the team and will be much missed as will her funny anecdotes and smiling face. Good luck Sue in your new role.



November saw our team welcome Ellie Lewis, the new Personalised Care & Support and Cancer Information & Support manager for UHBW

A note from Ellie..

I began my career by gaining a Diploma of Higher Education in Adult Nursing from Oxford Brookes University, here I realised my interest lay in personalised cancer support and delivering high quality services within this speciality. This discovery led me to the pilot role of Macmillan Health Promotion Support Worker for Oxford University Hospitals where I coordinated the delivery of trust wide health & wellbeing events across all tumour sites. During this time, I was kindly invited to speak at the Macmillan National Conference, running two sessions titled 'Embedding Models of Personalised Care' - it was great to share my enthusiasm with so many different NHS trusts, and take further learning from the excellent initiatives running across the country.

I then moved to Penny Brohn UK as a Wellbeing Consultant, delivering and managing the health and wellbeing service and a team of complementary therapists with focus on quality improvement.

After 8 years, I have returned to my hometown of Bristol - yay!

I am extremely excited to lead and manage the multi-disciplinary team who are responsible for the delivery of cancer information and support services across UHBW, including the BHOC Cancer information centre, the cancer support worker team (including Macmillan centre manager and remote project officer) and delivery of personalised care and support.

As I integrate into UHBW, I look forward to meeting you all and also working with other professionals across the Somerset, Wiltshire, Avon and Gloucestershire community & charitable networks and beyond, as we make strive for constant development of our cancer information and support services. If you see me around, do say hello.

## New Radiotherapy Late Effects service

The Radiotherapy Late Effects service at UHBW has been established thanks to funding from Macmillan as part of a two-year pilot project. The late effects of radiotherapy (developing six months or longer post-treatment) can vary widely and, depending on the part of the body treated, may include bowel and bladder disorders, pain, swelling, sexual dysfunction and fatigue. These physical symptoms can develop months, years, or even decades after undergoing Radiotherapy, and can have a significant impact on a patient's quality of life, often leading to emotional distress

The new service provides specialist advice for patients with long-term complications of radiotherapy. It offers a range of strategies including assessment of symptoms with appropriate diagnostics, patient information, treatment care plans and medications. Health professionals and patients can find out more about the service by emailing [lateeffects@uhbw.nhs.uk](mailto:lateeffects@uhbw.nhs.uk)





# Macmillan Professionals Conference and Excellence Awards 2022



In November myself and Lesley Bowskill were lucky enough to attend the Macmillan Conference held at the Wembley Hilton Hotel.

It was a fabulous 2 days of sharing views, ideas and general networking with likeminded professionals. We both attended 3 breakout sessions giving us ideas and tips on how to improve the service here ...look out for more news in the coming months.

There were 2 key note speeches one delivered by Judith N who has had terminal cancer since 2018. She is passionate about the role of the patient and their voice and has set up a charity called From Me to You which supports and empowers people from diverse communities with a cancer diagnosis .

The second was from Eddie Nestor all about how he sunk into depression following the end of his treatment for cancer, highlighting the importance of the support he received from Macmillan professionals and how it turned his life around.

The highlight of the conference was the fabulous Macmillan Excellence Awards Ceremony with a drinks reception and sit down meal. This year Gail Porter presented the awards, she herself has been affected by cancer as both her sister and mother had have breast cancer. She made us all laugh worrying about her false eyelashes falling off due to her crying so much at the wonderful stories she was hearing.



There was some down time for shopping in the Wembley outlets which we both enjoyed once I'd found Lesley after she had got lost in the hotel basement ( see Lesley for the full story ) and I even managed a swim on the second morning in the hotel pool which started the day off well .

All in all it was a brilliant learning and enlightening but exhausting experience well worth attending if you are able. Who knows, maybe next year one of our teams could be an award finalist ?????



Contact the Macmillan Support centre on :  
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centre@UHBW.nhs.uk

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

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