

Mac News

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



Matrons Musings : Amanda Bessant

As a matron it is important to have a genuine & visible presence for both staff & patients, in doing so, it often means I need to have a flexible & creative approach with my own timetable.

Having time & making time are two different things, by making time it shows that you genuinely care & that people really do matter, so my aim is to always try to make an effort to be bothered, such a simple approach but it really does help not only yourself to be the best you can but helps others to feel valued.

I am not alone in trying to fit more & more tasks into an already busy day - the current demand for the cancer nursing teams often outweighs their actual capacity & can therefore be a real challenge to get together on a regular basis, for a formal catch up to ensure staff wellbeing is prioritised or review any service concerns as well as celebrating service developments.

On a monthly basis, regardless of what is on our schedule....& yes, we may chop & change our meeting times & days but inevitably, myself & the team leads get together to discuss their wellbeing, that of their teams & their service as a whole.

The results of these regular 1to1s feed into the site specific team meetings & helps all involved to have true insight into the service to provide a whole service approach. From these meetings, we work together to manage & develop the service, address concerns, understand clinical governance aspects to enable decision making, redesign & review.

Once a year, each team has an annual service review to monitor overall successes, priorities, opportunities, risks & threats to each site specific service with the Directors of Nursing for Specialised Services.

The team collate activity over the past year, taking an objective view to see how far they have come in terms of successes; this could be professional achievements, recognising & celebrating nominations or service developments, to agree what the priorities areas for their services are & if any perceived risks or threats can be mitigated in order to better meet the needs of both patients & staff.

The opportunities these reviews provide really do reflect an accurate overview as to how the teams work cross site & to some extent enable teams to assess specialities for parity of service across Bristol & Weston. The attention to detail the cancer nursing teams have in collating & summarising a year's work for their annual reviews is admirable & just shows how dedicated these fabulous teams are in their dedication, foresight & how each team works to such high standards to enable quality of care for our patient.

World Nordic Walking Day, 18 May 2024

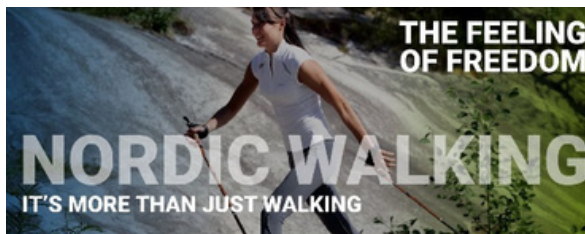
Raising money for Macmillan Cancer Support



My name is Emma Eabry. I have been working for 20 years as an independent Nordic Walking Instructor and Personal Trainer in North Somerset. I was diagnosed with breast cancer back in the summer of 2023 and like many others, have undergone a gruelling treatment plan including surgery, chemotherapy, radiotherapy, and hormone therapy to fight this cancer, with the support of many local hospitals and charities along the way, including Macmillan Cancer Support.

On Saturday 18 May 2024 my Nordic Walking Group took on a challenge of walking around Clevedon to mark World Nordic Walking Day, mapping out the numbers 2024, whilst at the same time raising money for Macmillan Cancer Support.

INWA (the International Nordic Walking Association) educate instructors, like me, all around the world who promote the benefits of Nordic walking.

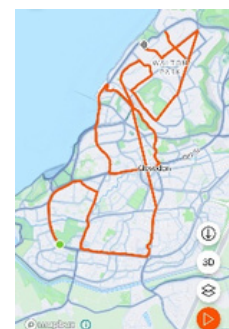


Nordic Walkers took to the streets this weekend to promote the health and physical activity benefits, demonstrating the activity. Nordic Walking is currently seen in over 40 countries around the world.

I have been teaching, leading, guiding and supporting clients through their own personal health and fitness challenges over the past 20 years, through my independent, self-employed fitness business in North Somerset. This year the tables have been turned due to my cancer diagnosis. So many kind, thoughtful, sincere, generous, mindful individuals have supported me through my cancer treatment whilst I've been unable to work. This weekend, they all came together, with their Nordic Walking poles, and helped me raise over £500 for the Macmillan Cancer Support Charity.



In my normal world, I would be out most days teaching individuals and leading Nordic Walking groups, plus personal training across all corners of North Somerset, classes for mixed abilities, multi-terrain, one-to-ones and in various locations. Once my treatment has finished later this year, I will be back, helping others to achieve their health and fitness goals once again.



Macmillian nurses have guided me through my difficult cancer diagnosis and treatment. They have supported me both mentally and physically from day one. This weekend was my opportunity to share my story with my support group and in return I've raised money for the charity that has been there for me, every step of the way. It feels like some good has come out of this personal nightmare.

Suzie Moon Macmillan Partnership Quality Lead



This month Macmillan's comments focus on Macmillan Grants for the Patient but also for Macmillan Professionals:

Macmillan Patient Grant:

This Grant is a payment of up to £200 which can be used towards, energy bills, home adaptations or the cost of travel to and from Hospital, among many other things. The Grant is means tested, with the additional criteria that you have not received a previous Macmillan Grant in the past two years.

People with a regrowth or new cancer can apply again if they have received a Macmillan Grant more than 2 years previously. This Grant can also be applied for by homeless people and people in one of His Majesty's Prisons if they have a cancer diagnosis.

You can contact the Macmillan Support Line on 0808 808 0000 for more information about the Patient Grant.

Macmillan Professionals Grants

Macmillan recognise how important it is for Professionals to be up to date in their training and feel as upskilled as they can possibly be, this will allow them to deliver the best possible service to their Patients. This is why Macmillan offer two Education Grants to Macmillan Professionals.

- An Individual Education Grant which can be used to attend conferences, courses, webinars or obtain learning materials. The Grant runs January to December and can be applied for multiple times in a year up to the maximum spend available. The Macmillan Professional's Line Manager must approve the training with the Trust paying for the training up front, Macmillan will then reimburse the Trust directly.
- A Group Learning Grant. This Grant can be used for team training days, team planning days, group education sessions, presentations in latest techniques or role specific group training. The same criteria as above applies.

To apply for either of the Education Grants a Macmillan Professional will log into the Learning Hub and click on the Macmillan Professionals section. Please check the criteria before submitting your application.

Neuroendocrine Cancer Patient and Family Day



We had an incredible First UHBW Neuroendocrine Cancer Patient and Family Wellbeing Day on the 14th of May 2024 held at the Penny Brohn Centre.

We had 35 people in attendance, a variety of complimentary therapies and well-being activities there was an amazing team who helped make the day a success, professionals at UHBW teaching Diet and Fatigue management, Nikie Jervis from Neuroendocrine Cancer UK providing an excellent overview of what Neuroendocrine Cancer is, As well as cancer support workers from our information & support service and the Carers Liaison Service at UHBW. The feedback from the day was positive from the attendees and facilitators of the day





Senior Sisters update From OHDU

by Alison Hatton

As we approach summer, the longer and hopefully sunnier days will enhance both patients and staff wellbeing.

Lots of work has been going on in the background as we continue to improve and develop our merge with Bristol: The results from our recent audit have highlighted the need for some changes in our practice here at Weston.

Patients receiving intra venous (IV) systemic anti-cancer therapy (SACT) and IV supportive treatments are now issued with identity wristbands while they are here. This has been accepted well by both patients and staff and potentially reduces the risk of errors.

Some hormone therapies given following SACT have been referred out to the community and some patients can now receive their hormone injections at the GP surgery. This will reduce the need to attend the hospital so frequently and free up chair space on the unit and will enable us to fit in more patients for SACT in a timely manner.

We have been working closely with pharmacy in an effort to reduce patient waiting times for their SACT delivery. You may have noticed that the timing for your pre SACT blood tests may have changed which has enabled us to approve prescriptions earlier and consequently order the SACT more timely. However there will still be occasions when there are other conflicting matters that may delay the arrival of treatment. Please be reassured that we are continually striving to improve our service.

Thank you to every patient who has taken the time to fill in our patient experience forms (Exit cards) which are available in the waiting room and on the side tables in the chemotherapy lounges. (please ask if you cannot locate one). This is much appreciated and will ultimately help us to improve our service to you all.

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**



Patient Voice Cancer Information & Support Teams

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Are you interested in improving services provided by the Cancer Information and support teams ?

We are looking for patients who have completed treatment and would like to be involved in shaping our services . This could be face to face , a phone call or video call . We want to ensure that any changes to our service are based on the voices of people affected by cancer.

If you are interested please let your cancer support worker know or drop into one of the Cancer Support Centres