



The Sir Robert Ogden Macmillan Centre (SROMC) Newsletter

Complementary Therapies make a welcome return to the SROMC

After a period of intensive service review, re-design and significant investment the Complementary Therapy Service will be available to provide treatments again in July 2014.

We are thrilled to welcome Julie Crossman to the permanent position of Complementary Therapist based in the Sir Robert Ogden Macmillan Centre. Many of you will already know Julie as one of the therapists who provided complementary therapy treatments on Wednesday mornings in the Macmillan Dales Unit. She has a wealth of experience in using complementary therapies to help treat the emotional and physical effects of cancer experienced by patients and carers. Julie is qualified to practice a range of complementary therapy treatments, and will be able to offer patients and carers sessions using;

- Therapeutic Massage,
- Daoyin Tao
- Reflexology
- Reiki
- Bowen Technique.



The complementary therapy service has been greatly expanded, increasing its provision from one morning a week to 3 days a week. This expansion will allow patients and carers to have greater access to the real benefits that complementary therapies can offer. For the first time healthcare professionals throughout Harrogate District Hospital will also be able to refer cancer patients for complementary therapy treatments during their admission to hospital.

The Sir Robert Ogden Macmillan Centre is proud to have its very own purpose built complementary therapy treatment room which offers the highest quality equipment within the privacy of a relaxing therapeutic setting. Plans to expand the service further in the future, include the introduction of group therapies to be held within the centre.

The complementary therapy service is funded purely by charitable donations and would not be possible without the amazing generosity and support from the local community.

Referral to the complementary therapy service should be done by the healthcare professional involved with the patient/carers care. Referral forms are available to download from www.hdft.nhs.uk/our-services/hospital-based-services/clinical-department-service-a-f/cancer-services/sir-robert-ogden-macmillan-centre/

Alternatively contact Sarah Grant, The SROMC Macmillan Patient Information, Health & Wellbeing Manager. Tel: 01423 55 7317 or email: cancerinformation@hdft.nhs.uk

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SROMC wins Supreme Award!

Harrogate and District Hospital NHS Foundation Trust has been named the winner of the LABC North and East Yorkshire Building Excellence Awards. The Supreme Award 2014 has been presented to the trust in recognition of the high standards of construction and workmanship in the development of the Sir Robert Ogden Macmillan Centre.



My role as a Volunteer at the Sir Robert Ogden Macmillan Centre by Sue Dickinson



My name is Sue and I have volunteered at SROMC for a couple of months now on Monday mornings. My role is mainly administration - based, to support the patient information and health and wellbeing service. The tasks I do include shredding, answering the phone, photocopying, laminating leaflets, updating volunteer rotas, contacting patients to confirm their attendance at wellbeing sessions like the 'Feel More Like You' programme and other general admin duties.

I am looking forward to providing clerical support to the Complementary Therapist when that service is launched at the beginning of July.

I very much enjoy volunteering at the Centre; it's a bright and welcoming place staffed by dedicated people who really care. My nephew was diagnosed with cancer when he was 10 (he's now 16 and over 6ft!) and I clearly remember the help and support my sister received from Macmillan services and wanted to give something back.

For more information on volunteering opportunities in the Sir Robert Ogden Macmillan Centre contact Sarah Grant, Macmillan Patient Information, Health & Wellbeing Manager. Tel: 01423 55 7317

There are lots of ways volunteers can support health and social care services, such as providing advice and support, meeting and greeting, fundraising, administration, complementary therapies.....the list goes on and on and on!



'Carers Week' 9th-15th June

Carers Week is an annual UK - wide awareness campaign to improve the lives of carers and the people they care for. The Sir Robert Ogden Macmillan Centre registered its support to 'Carers Week Quest', helping to reach out to carers and raise their awareness of some of the support and services available to them.

Facts about Carers in the UK

- There are **6.5 million** carers in the UK looking after a loved one who is older, disabled or seriously ill.
- **6000** people will start to care for someone each day.
- Carers save the state **£119 billion** each year.
- **1 : 8 adults** is a carer in the UK
- **49%** of carers struggle financially
- **45%** of carers give up work to care.

The Patient information, Wellbeing and Benefits Service within the Sir Robert Ogden Macmillan Centre has a wealth of information on hand to help carers and signpost them to a wide range of support services available locally and nationally.

Phil Bremner, the centres Macmillan Welfare and Benefits Adviser provides valuable advice and assistance where possible to alleviate the financial cost of caring.

National 'Dying Matters' Awareness Week

The 12th to 16th May was 'Dying Matters' week, a national campaign led by the National Council of Palliative Care to raise awareness around the tough subject of dying.

An interactive display was held in the entrance to Harrogate District Hospital, with the aim of getting as many people as possible thinking, talking and acting on decisions for their future during this week. Members of the public were encouraged to take simple steps to help make their end of life choices and experience better, both for them and for their loved ones.

Our perspective for the week focused on 'Living Matters'. We wanted to encourage everyone to think about what is meaningful in their life, and if they knew that there was only a limited period of time left to live how would they want to spend that time?



A blog ran each day that week on the trusts communication forum 'Daily Bulletin'. Topics focused on a range of subjects - from making life more meaningful to funeral costs. The week proved very successful and generated the interest and discussion we had hoped for.

For more information contact ;Tricia Keogh , End Of Life Care Facilitator 01423 55 3504
Sarah Grant , Macmillan Patient Information, Health & Wellbeing Manager 01423 55 7317

Dr Rachel Phillips explains the role of Clinical Psychology in cancer care

- * **What happens when you receive a diagnosis of cancer?**
- * **What do you think?**
- * **How do you feel?**
- * **In what way do the sensations in your body change?**

For most people the overriding reaction is that of anxiety and fear. Why? - Because it suddenly throws us into the unknown.



- * **What happens next?**
- * **How will I react to treatment?**
- * **How will I/my family cope with my illness?**
- * **What will the outcome of treatment be?**
- * **How will we cope financially if I can't work?**

The questions come thick and fast but the answers are not always so quick to follow. So, the sense of threat remains. When facing threat of any kind, our minds and bodies automatically move towards a state of "high alert". This serves a really useful function if we are walking along a steep path or crossing the road. Experiencing anxiety in the short term is tolerable – even exhilarating for some people. However these feelings can be hard to bear when they persist.

Prolonged anxiety can wear our emotional resources to the point where it can impact on our confidence in our ability to cope, our sense of enjoyment in life, our motivation and our relationships. As a result we might become more withdrawn, feel isolated, as though others don't really understand what we are going through. In fact we might not really understand our own reactions. This, after all, is uncharted territory. Working with our Clinical Psychologist gives you the opportunity to "tell it like it is" without the constraints of feeling that you are upsetting or burdening others. This can be a relief in itself. Telling your story in context of your past, your current experiences and hopes for the future allows you to work out a framework for understanding your responses, and hopefully those of others around you. Once you have this you can identify and work on strategies for changing, or at least tolerating, the areas you find difficult. This might involve learning to think in a different way or going about things differently. It might involve learning new techniques like meditation, relaxation or breathing exercises. It might also involve reflecting on your values and the way you would like your life to evolve as you move forwards. This will mean looking at the choices available to you. This can be both challenging and uplifting at the same time. The aim is to maximise your strengths and resources so that you feel a greater sense of confidence in your ability to manage any demands that lay ahead.

If you would like a referral to the Clinical Psychology Service please speak to your Clinical Nurse Specialist or the Healthcare professional involved in your care .

Just For Fun



Word Search

V	O	L	U	N	T	E	E	R	C
H	Q	M	R	F	S	W	P	E	A
G	L	A	B	X	S	N	C	I	W
Y	E	S	T	O	O	B	L	K	A
O	P	S	J	E	L	O	I	I	R
J	M	A	W	P	R	O	N	D	E
K	V	G	R	A	I	K	I	L	N
I	C	E	H	E	A	L	C	Z	E
S	Y	D	N	S	H	E	N	R	S
B	E	N	E	F	I	T	S	G	S

AWARENESS
 BENEFITS
 BOOKLET
 BOOTS
 CLINIC
 HAIR LOSS
 MASSAGE
 REIKI
 THERAPY
 VOLUNTEER

Phil's Wise-Aid

Can't find a missing pension you used to pay into?

More and more people have located their lost pension fund (either where they used to work or personal pension plan) by using the Government's free Pension Tracing Service. You can find your pension by calling the Pension Tracing Service on 0845 600 2537 (lines are open Monday to Friday 8am to 6pm) or by visiting <https://www.gov.uk/find-lost-pension>. The more information you can provide, the better your prospects of finding your pension.

**WE ARE
 MACMILLAN.
 CANCER SUPPORT**

Macmillan Cancer support improves the lives of people affected by cancer. We provide practical, medical, emotional and financial support and push for better cancer care.

www.macmillan.org.uk
 0808 808 00 00

Future diary dates

- HDFT Showcase Open Event - 18th September 2014
- Breast Cancer Awareness month - October 2014



For more information on any of the articles within this publication please contact;

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