



# The Sir Robert Ogden Macmillan Centre (SROMC) Newsletter

## Macmillan Welfare & Benefits Adviser Claims £1 Million in less than 12 months for Harrogate Patients

Phil Bremner has successfully claimed a total of £1 million, from a wide range of annualised benefit claims for over 300 patients and carers affected by the cost of cancer in the Harrogate and rural district. A further £34,000 has been claimed in backdated awards and over £7000 in Macmillan Patient Grants.

Based in the Sir Robert Ogden Macmillan Centre, the Macmillan Welfare and Benefit service was launched on November 13th 2013. Four in five cancer patients are hit with an average financial cost of £570 per month due to their illness. Phil is often able to help reduce some of the financial pressures faced by providing;

- Benefit advice and help to complete forms
- Information and signposting to other local support agencies offering financial help and advice
- Advice regarding financial grants
- Appeals to the DWP on claims already submitted and declined
- Maximising existing personal income and reducing expenditure

When asked about the impact of his role Phil said, *“This service has clearly demonstrated the unmet need experienced by so many of our patients who historically would not have received this financial support. I work very closely with the nursing staff in the Centre to ensure we deliver the best quality service for our patients.”*



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## SROMC Interest at the Harrogate District Hospital Open Event

Thursday 18th September saw the 'Annual HDFT Showcase Open Event' take place in Herriots Restaurant. It gave the SROMC its first opportunity to take part, and open its doors to members of staff and the public since opening in March 2014.

This hugely popular event gives services across the Trust a platform to share examples of their good practice, innovation and high standards of care delivery.

Behind the scenes tours for members of the public and staff provide a rare opportunity to see departments and services that



are normally not on show.

Three tours had originally been scheduled for the SROMC, but due to popular demand on the night, this was extended to four.

Those who toured the centre were shown the state of the art services on offer to our patients. These included clinical treatments, health and wellbeing and financial support services.

## Worlds Biggest Coffee Morning Raises £316 in the new Centre



The Sir Robert Ogden Macmillan Centre hosted its first 'Worlds Biggest Coffee Morning' on Friday 26th September.

Staff, patients and carers were welcomed to share coffee and cake whilst also having an opportunity to participate in quizzes and a raffle. Support from local businesses were key to the events success with consumables and prizes being kindly donated by Weetons, Boots, Sainsbury's and Asda. HDFT staff and patients also provided a generous array of cakes and biscuits for the day.

The event ran for two hours supported by members of the local Harrogate Macmillan Fundraising committee and raised an amazing £316.05. Sarah Grant (Macmillan Patient Information and Health and Wellbeing Manager for the Centre) said she,

*"had been delighted by the positive response to the event and would definitely be repeating it again next year."*

Macmillan Cancer Support bestowed substantial funds to aid the build of the new unit and continues to provide valuable medical, emotional, practical and financial support for our patients and carers affected by cancer.

Last year saw a whopping £20 million pounds being raised at coffee mornings held across the UK. On behalf of Macmillan thank you to everyone who helped make our SROMC coffee morning such a success!

## Unique Addition to our Hair Loss Service



At the beginning of September, we welcomed volunteer hairdresser Joy Burton, to join the SROMC Hair Loss Service.

For many patients, both men and women who have lost their hair following chemotherapy treatment, its regrowth can sometimes cause additional worries and concerns.

Joy is qualified in hairdressing and Trichology and has specialised in the use of organic hair products professionally throughout her career. These can be safe for use whilst undergoing certain cancer treatments. She is able to offer valuable information and advice on how to style and care for the scalp and hair, when treatment ends and the recovery period for hair begins.

One to one consultations are available within the centre **FREE** of charge. Contact Sarah Grant Tel 01423 55 7317 for more details or to arrange an appointment.

## New 'Coping with Chemotherapy' Support

For People Receiving Cancer Treatment

A rolling programme of **FREE** weekly meetings offering information and support on a range of topics for patients and their carers undergoing chemotherapy.

### Programme of Sessions

18/9/14	Complementary Therapies
25/9/14	Sleep and Fatigue
2/10/14	Body image changes
9/10/14	Exercise and Physical activity
16/9/14	Managing anxiety, an introduction to mindfulness and relaxation
23/10/14	Anticipatory nausea
30/10/14	Dietetic workshop
6/11/14	Preparing for the end of treatment

You do not have to attend all the sessions. If you prefer just choose those topics which you feel will benefit you the most. Speak to your Cancer Nurse for details or contact Sarah Grant

Tel: 01423 55 7317

Email: [cancerinformation@hdfn.nhs.uk](mailto:cancerinformation@hdfn.nhs.uk)

## SROMC Hair Loss Service



### Scalp Cooling

For more information speak to the nursing staff on the chemotherapy unit

### The Wig Service

To arrange an appointment contact the Orthotics Department

Tel: 01423 55 3445

### S.A.S.H.

(And Stylish Headwear)

Every Wednesday  
2 – 4pm  
In the Ripley Room  
Just Drop In



# Exciting Changes to Follow-up Services Planned

by Lorraine Cooper, Service Improvement Facilitator, Acute & Cancer Care.

Dramatic improvements in survival rates over the last twenty years mean that cancer is increasingly being viewed as a long term condition which people can live with for many years.

Over the last few years the National Cancer Survivorship Initiative (NCSI), a partnership between the Department of Health, Macmillan and NHS Improvement has been testing out ways to improve the quality and effectiveness of care and support to those living with cancer.

The resulting 'Recovery Package' is a combination of Holistic Needs Assessment and personalised Care Plan, a Treatment Summary and Health & Wellbeing Clinics, where patients can get the information and support they need to help them self-manage.

Cancer Services within Harrogate & District NHS Foundation Trust are now beginning to adopt and adapt these new approaches; with the SROMC set to become a focal point for their delivery.

The traditional model of follow-up is a standard regime of outpatient appointments and surveillance tests over several years. Nationally evidence shows that this model now neither meets the full range of peoples' needs, nor offers good value for money.

The Colorectal team has recently introduced a risk stratified approach, whereby the follow-up pathway is tailored on the basis of cancer type, stage and treatments received as well as individual needs. A Steering Group has been set up to further develop these new follow-up pathways, which will rely less on outpatient clinics and place more emphasis on needs assessment and provision of information and support. The Breast team will be next to introduce these changes.

If you would be interested in contributing to the steering group or for more information on the proposed changes at HDFT, please contact Lorraine Cooper on 01423 555680

More information on The Recovery Package approach can be found on the NCSI website at:  
<http://www.ncsi.org.uk/what-we-are-doing/the-recovery-package/>

## SROMC Wellbeing Services

### The Complementary Therapy Service



offering;  
**Therapeutic Massage, Daoyin Tao, Bowen Technique, Reflexology and Reiki,**  
to patients and carers.

To arrange a referral or for more information please speak to the nurse/clinician looking after you.

## Feel More Like you



For expert advice on caring for your skin, hair and nails during cancer treatment our **Boots Macmillan Beauty Adviser** will help to provide practical help and tips.

## Need Information?



The Macmillan Cancer Information Support Service at The Sir Robert Ogden Macmillan Cancer centre provides Information to help and support patients, staff and carers on all aspects of living with a cancer diagnosis

Open Mon - Fri  
9.30– 4pm

Tel: 01423 55 7317

Email: [cancerinformation@hdft.nhs.uk](mailto:cancerinformation@hdft.nhs.uk)

[www.hdft/SirRobertOgdenMacmillanCentre](http://www.hdft/SirRobertOgdenMacmillanCentre).

## Cancer Support Groups

**ABC After Breast Cancer Support Group**  
Meet every 1st Wednesday each month  
Time 7.30-9.30pm  
At Fire Station, Skipton Road, Harrogate.

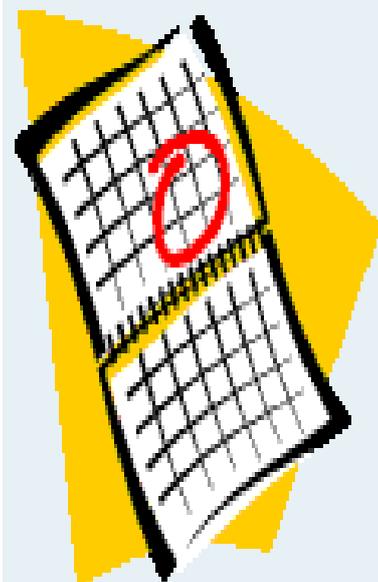
**Mesothelioma Support Yorkshire**  
Meet every 6 weeks  
Time 2-4pm  
At Park Plaza Hotel, Leeds  
Contact Simon Bolton, Lung CNS  
Tel 01423 55 5872

**Golden Girls Gynaecology Cancer Support Group**  
Meet every 2nd Thursday each month  
Time 7.30-9pm  
At Fire Station, Skipton Road, Harrogate.

**Harrogate Lung Cancer Support Group**  
Meet Monthly  
Time 2-4pm  
At Fire Station, Skipton Road, Harrogate  
Contact Simon Bolton, Lung CNS  
Tel 01423 55 5872

**Prosper Prostate Cancer Support Group**  
Meet every month  
Time 7.30-9pm  
At Christchurch Hall, Christchurch, Harrogate  
Contact 01423 55 3318

**Oesophageal Patients Association**  
Meet Drop in session every 3rd Thursday of the Month  
Time 11.30am - 2pm  
At The Ripley Room, The Sir Robert Ogden Macmillan centre Harrogate



## Dates for your Diary

'Breast Cancer Awareness Month' October 2014

'Lung Cancer Awareness Month' November 2014.

'Mouth Cancer Awareness Month' November 2014

'Children's Cancer Awareness Month' December 2014

### SAVE THE DATE!

Harrogate District Foundation NHS Trust and Macmillan Cancer Support are holding a Spring Ball on May 15th 2015 at The Old Swan Hotel, Harrogate. All proceeds will be shared between The Sir Robert Ogden Macmillan Cancer Funds and Macmillan Cancer Support.

Tickets will be on sale soon!!!

## Local Community Cancer Charity Fundraising Events



The Wesley Chapel, Oxford Street,  
Harrogate,

Sunday October 19th at 3pm

### MUSIC FOR PIANO DUET

PLAYED BY  
THE ELWIN - MAXWELL  
PIANO DUO

David Elwin and Dorothy Maxwell

Weber, Schumann, Brahms, Schubert and Moszkowski

Tickets £10 at the door or in advance  
Tel 01423 881834

All proceeds for Marie Curie Cancer Care

## BIG BAND JAZZ NIGHT with ECHO 42 Big Band

CAIRN HOTEL, HARROGATE

21st October 2014 @ 7:45 pm

Admission £8

tickets available on the door or online at [justadddtickets.co.uk](http://justadddtickets.co.uk)

all proceeds in aid of Teenage Cancer Trust



## Winter Wonderland Ball

18th December 2014

At Leeds United Stadium

Arrival from 6:45pm, Dinner 7:30pm

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

Only £60 Per Person

- Drinks Reception with Live Music •
- Santa and Las Vegas Show Girls •
- Photographer •

- Dinner with Wine and Live Entertainment •
- Casino and Auction •

- Chocolate Fountain, Candy Bar and Photo Booth •
- Our Main Act: the 'Emerald Thieves' & Disco

Radio DJ host and other surprises!

For tickets please email [wonderlandball@outlook.com](mailto:wonderlandball@outlook.com) or Tel: 01347 889419.

JustGiving [www.justgiving.com/macmillan-support](http://www.justgiving.com/macmillan-support)

twitter @Macmillan\_Ball | facebook [www.facebook.com/yess87](http://www.facebook.com/yess87)

All proceeds will go to Macmillan Cancer Support