



# The Sir Robert Ogden Macmillan Centre (SROMC) Newsletter

## SROMC Services Celebrate Double Success at Trust Annual Awards Ceremony

This years 'Celebrating Success Award's' saw two SROMC services recognised at the Harrogate and District NHS Foundation Trust's annual award ceremony. Both were shortlisted in the 'Anne Lawson Award' category for outstanding contribution to high quality care.

First prize was awarded to Trish Feber and Tracey Malton for introducing a Peripherally Inserted Central Catheter (PICC) Line service. PICC lines are used to give treatments such as chemotherapy, blood transfusions, antibiotics, intravenous (IV) fluids and liquid food for patients unable to eat. They also enable blood samples to be taken for testing. Having a PICC line can be of major benefit to patient comfort and relieve anxiety as it prevents the need for repeated needles and injections to be used.

The Patient Information, Wellbeing and Benefit Service was also awarded a commendation for its contribution to providing 3 new areas of supportive care for cancer patients living in the Harrogate and rural district.



Trish and Sarah with their service awards

The award ceremony held at The Pavilions in Harrogate, gave an opportunity to celebrate good practice and innovation across the Trust and also reward those staff who have achieved long service in the NHS. The event was a true celebration of a wide range of achievements, and showcased some of the amazing services, teams and individuals we have working within the Trust.



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# SROMC Volunteers are Honoured at the 2014 Harrogate Volunteer Oscars

Volunteers from the SROMC were honoured in three separate categories at this years Harrogate Volunteer Oscars, held at the Old Swan Hotel in Harrogate on Friday 31st October.

This annual prestigious event celebrates the work of volunteers who tirelessly devote their time to improving the lives of people and services within the Harrogate community.

All the nominations put forward from the SROMC were shortlisted and received invitations to attend this years celebration.



The Harrogate Boots No'7 Team collecting their award for 'Feel More Like You'

The category and nominee for each of these awards were;

**New Volunteer of the Year**  
**Tim Wokes : Meet and Greeter**

**Volunteer of the Year**  
**Joy Barker : Chemotherapy unit**

**Corporate Engagement Award**  
**Boot's No'7, Harrogate : 'Feel More Like You' support programme.**

All 3 nominations were Highly commended for their services to the SROMC at Harrogate District Hospital.

This was a fabulous achievement and a reflection of the dedication and commitment of all the volunteers who support our patients and their carers whilst they attend cancer services at the SROMC.



**Above:** Joy Barker's certificate.

**Right:** Joy receiving her Award.





## Feel the Benefit with Phil's Top Tips!



### Top Tips for saving money on Energy Costs

With energy prices rising further, it can be hard to manage electricity and gas bills. Here are some Top Tips to save money and energy every day.

- Don't leave appliances on standby and turn off chargers. You could save **£50-£90** a year just by remembering to 'turn it off'
- Close your curtains at dusk to stop heat escaping. DIY draught proofing of windows and doors can save up to **£55** a year.
- Turning your thermostat down by **1°C** could cut your bills by up to **10%** saving around **£65** a year.
- Is your water too hot? Your cylinder thermostat should be set at **60°C/140°F**.
- Try to fill up the washing machine or dishwasher: **One full load** uses less energy than two half loads.
- Only boiling as much water as you need, can save **£8** a year.
- Use energy saving light bulbs, using one can save you around **£50** over the lifetime of the bulb.
- Make sure your home is well insulated. A wrapped up home is a warmer home and saves on your heating bill too, so check if you have cavity wall and loft insulation.

There are grants, benefits and sources of advice available to make homes more energy efficient, improve heating or help with bills. Contact your energy supplier for further information



### Waitrose Charity Tokens

Waitrose in Harrogate are supporting The Sir Robert Ogden Centre. Please don't forget to place your tokens in our box to help raise money in support of our wellbeing cancer services, Thank you!



### 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.

(Scarves And Stylish Headwear)

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

#### When Hair Grows Back After Treatment

A Free consultation service offering support and advice, To book an appointment

Tel: 01423 55 7317



# Complementary Therapies in Cancer Care

by Julie Crossman, Complementary Therapist,  
The Sir Robert Ogden Macmillan Centre.

I joined the Sir Robert Ogden Macmillan centre in June to launch a new



Complementary Therapy service for patients and carers affected by cancer. The service is held three days a week and is funded purely by charitable donations. It offers a range of complementary therapy treatments which are given in a dedicated complementary therapy room built in the centre, out on the chemotherapy day unit or up on the wards for those patients admitted to hospital.

Complementary therapies have been proven to be very supportive during times of physical and emotional distress. Their use can have a real affect on controlling many symptoms including pain, nausea, insomnia and anxiety. They are used alongside conventional medical treatments such as surgery, chemotherapy, radiotherapy and hormone treatments. Complementary therapies work on the principle of encouraging the body to find homeostasis — helping the body to discover the best way to help itself. This can work on many levels, not just physically. It is important to note they do not provide a cure for cancer and should not be used instead of conventional cancer treatment.

On receiving a referral from a clinician, we are able to offer a course of 6 treatments to our cancer patients, and 4 treatments to carers. Patients can be referred back in to the service should their circumstances require. Since coming into post in June 2014, this service has proved very popular and we do have a small waiting list. I work closely with the doctors and nurses to ensure that where possible treatments are given to patients at their greatest point of need. This need may be at diagnosis, during chemotherapy or even after treatment has finished, a time when support is still required by many people who may be struggling to live with their condition.

The therapies we offer are; Massage, Reflexology, The Bowen Technique, Reiki and Daoyin Tao (Chinese shoulder, neck, ear, scalp and face acupressure massage) and guided visualisation (often in conjunction with a hands on therapy such as reflexology). We are hoping to introduce Auricular therapy in the New Year, which is good for relieving hot flushes. This is a difficult symptom experienced by men and women undergoing certain cancer treatments or as a result of a particular cancer condition. Feedback and evidence collected from those who have experienced this service, have already overwhelmingly confirmed the positive benefits complementary therapy has had in controlling symptoms and improving the quality of their life.

For further information about this service please email: [julie.crossman@hdfn.nhs.uk](mailto:julie.crossman@hdfn.nhs.uk).

If you would like to make a donation to this service please contact Sarah Grant Tel: 01423 55 7317.



## 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 Advisers** will help to provide





## Need Information?



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

Open Mon - Fri  
9.30 – 4pm

Tel: 01423 55 7317

Email:  
cancerinformation  
@hdfnhs.uk

www.hdfnhs.uk/SirRobert  
OgdenMacmillan  
Centre.

**Macmillan Cancer  
Support Line**  
Open 9am— 8pm  
Tel: 0808 808 00 00  
www.macmillan.org.uk

# Cancer Support Information

## ‘Supporting you during Chemotherapy’

Help For people receiving cancer treatment

**Free** weekly sessions offering information and support for patients and carers.  
Starting **Thursday 15th January 2015, 2-3pm**, in the Ripley Room,  
Sir Robert Ogden Macmillan Centre, Harrogate.

Thursday 15 <sup>th</sup> January 2015	Sleep and Tiredness
Thursday 22 <sup>th</sup> January 2015	Eating Well
Thursday 29 <sup>th</sup> February 2015	Body Changes
Thursday 5 <sup>th</sup> February 2015	Complementary Therapies
Thursday 12 <sup>th</sup> February 2015	Relaxation, helping with worries and concerns
Thursday 19 <sup>th</sup> February 2015	Feeling Sick
Thursday 26 <sup>th</sup> February 2015	Exercise and feeling fit
Thursday 5 <sup>th</sup> March 2015	Life After Treatment

Contact your Cancer Nurse or Sarah Grant Tel: 01423 55 7317 for more information

### 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

Contact Marion Webb  
Tel 01423 55 5732

### 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 Monthly  
Time 7.30-9pm  
At Christchurch Hall,  
Christchurch,  
Harrogate  
Tel 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





## Just For Fun

U	L	E	A	L	C	G	A	D	T	ANGEL
D	O	D	E	E	R	T	H	V	U	CAROL
R	E	G	O	K	A	K	C	L	R	CRACKER
R	N	F	Y	N	C	E	S	W	K	DONKEY
A	A	C	C	W	K	R	D	A	E	FAIRY
I	G	T	Z	A	E	E	T	E	Y	HOLLY
T	N	E	S	E	R	P	Y	O	R	NOEL
S	O	R	Y	L	L	O	H	U	I	PRESENT
Y	E	T	I	N	S	E	L	Q	A	STAR
P	L	N	X	J	R	E	F	B	F	TINSEL
										TREE
										TURKEY

## Local Community Cancer Charity Fundraising Events

Save the Date!

15<sup>th</sup> May 2015  
Spring Ball

Venue: The Old Swan Hotel Harrogate

Raising funds for the Harrogate

Sir Robert Ogden Macmillan Centre

and Macmillan Cancer Support

Tickets £75 pp Includes welcome drink, dinner, wine, live band, disco, auction, raffle and more

Contact: Colette Lain for details Email: [colette.lain@googlemail.com](mailto:colette.lain@googlemail.com)

Telephone 07538098384

Harrogate and District   
NHS Foundation Trust

You matter most

 INVESTORS  
IN PEOPLE

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

Sarah Grant.

The Macmillan Patient Information and Health and Wellbeing Manager,  
The Sir Robert Ogden Macmillan Centre  
1 Willaston Crescent  
Harrogate  
HG2 7BF

Tel: 01423 55 7317

Fax: 01423 55 7319

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

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**