



# The Sir Robert Ogden Macmillan Centre (SROMC) Newsletter



★ **HAPPY** ★  
**BIRTHDAY!**



## SROMC Celebrates its 1st year

Twelve months ago this week we welcomed the first patients and carers through our doors. Over the last year we have seen our cancer services expand and flourish with the advent of this fabulous new facility here in Harrogate. The building has finally enabled cancer treatments and vital supportive care services to be fully accessible to those affected by a cancer diagnosis under one roof.

Once again patients have rated Harrogate District Foundation NHS Trust within the top 3 trusts in the country for cancer treatment in a national survey. This is a reflection of the dedication and high standards of care delivered by staff here every day. More and more patients are wishing to choose Harrogate as the place to receive their cancer care. The new Centre is enabling plans for more types of cancer to be treated here in the future, alongside the expansion of existing services offering support available during and after the completion of treatment. Some examples of those already achieved are listed below;

- A purpose built Cancer Information Support Service offering support and information resources on all aspects of a cancer diagnosis.
- A Clinical Psychology Service providing emotional support and therapy.
- A Macmillan Welfare and Benefit service. This has now received 500 referrals resulting in **£2 million** of benefit awards for those struggling with the extra costs a cancer diagnosis brings.
- A free complementary therapy service, expanded from 4 hours to 3 days a week providing symptomatic and emotional relief to patients and carers.
- A comprehensive hair loss service now able to give support to patients at every stage of losing their hair as a result of their cancer treatment.

Thank you to everyone who has helped to make our first year such a success.

### Inside this issue

Volunteer News .....3

Time to Say Thank You.  
Alan Williams' personal  
challenge.....2

The SROMC Unit .....4

The SROMC Spring Ball .....5

### Regular Features;

Feel the Benefit with Phil  
Bremner's hints and tips.....6



Cancer Support .....7



Dates for your Diary.....8



## Time to say THANK YOU



As you may or may not know, myself and my dear wife Jean, are a Harrogate couple. Some 15 years ago Jean was unfortunately diagnosed with Breast Cancer and for 12 years Jean was in and out of hospital, eventually having a double mastectomy and at the end of her treatment contracted MRSA.

After Jean was given the “all clear”, approximately 3 years ago, we got on with our life, Jean initially did some charity work for Breast Cancer, including doing the Race for Life at the Showground in Harrogate, just 2 weeks after leaving Hospital. It was a very emotional time for Jean and her 10 friends who helped

her round the course, although they finished last, between them they raised a few thousand pounds.

Whilst on Holiday in Mexico, an absolute paradise we were having dinner on our first night and I looked across the dining table at Jean, and I thought what a beautiful lady she is and what a lucky guy I am to have her, and in my mind I thanked the people who gave Jean back to me after her illness. I thought back to when Jean was ill and for obvious reasons at times we thought we would never go on holiday together again. I then started sobbing and had to leave the dining room to come round. I should add at this point that they were tears of happiness, and I then realised how selfish I had been in taking it all for granted and what had I done for the people who gave Jean back to me, “SOD ALL” that’s what I have done, and I was determined to put that right when we got home. We continued to have a wonderful but at times a very emotional week.

I am 66 years old and I will be running the London Marathon in aid of Macmillan Nurses, the unsung heroes who looked after us during Jeans illness. I have been guaranteed a Gold Bond place by Macmillan and with your help and support, my aim is to raise a minimum of £25,000 for these wonderful people.

I am being trained and looked after by a leading local Personal & Fitness trainer and an independent Physiotherapist Andy Wray of AVA Physiotherapy at Ripon. Andy is no stranger to long distance and endurance running and he will be running a few endurance races this year. I will also be joined on the run by Patrick Dunlop of Stray FM News fame. Patrick and I have been friends for many years and Patrick has been going through the same training schedule that Andy has set us. All the people who are training and assisting me have given up their precious time free of charge to get me through the years training and ultimately finish the race.

On Monday 20th April 2015, Patrick, Andy and I will set off on our five day ride down to London in a Rickshaw. We will be leaving from the Sir Robert Ogden Centre Macmillan Centre at 9.30am. We are pleased to say that we will be seen off by the Mayor and Mayoress of Harrogate, MP Andrew Jones, Councillor Ann Jones and other local dignitaries. Please come along and help send the team off in style.



### **To Donate;**

Just pop into any branch of Yorkshire Bank and ask for your donation to be put into our account. “*Time to say thank you*” And the staff will do the rest.

**OR** Follow the link our website  
[www.timetosaythankyou.co.uk/donate](http://www.timetosaythankyou.co.uk/donate)

For more information email  
[alan@timetosaythankyou.co.uk](mailto:alan@timetosaythankyou.co.uk)  
[jean@timetosaythankyou.co.uk](mailto:jean@timetosaythankyou.co.uk)

# SROMC Volunteer News



## My Role as a Meet and Greet Volunteer by Andrew Hart



**Above** Andrew Hart, supporting Patients and Carers in his role as a volunteer at the SROMC.

Hello, my name is Andrew, one of the most recent members of an already great team of volunteers and staff to work in the SROMC. My role is “Meeter & Greeter” in the main Reception and waiting area on Monday, Wednesday and Friday mornings. I do however, help wherever I can throughout the Centre.

I had my last and worst heart attack just before Christmas. I believe I am so lucky, not just because I survived again but because it gave me the great honour and opportunity to move my voluntary role across to the SROMC. I have been a Royal Marine Officer, a Director for a very well known local Tea & Coffee Producer and several other nationally known Tea, Coffee and Food producers and packers. I have worked with some wonderful people and had many proud moments. However, I can honestly say I have never worked with such a warm, welcoming, professional and compassionate team of people as I do now.

At the same I have never met such a group of brave, determined and positive people as our friends the patients. However, there is another group of people I like to spend time talking to and supporting – the partners, the families and the close friends of our patients. It is all too easy for us all to forget their “fixed smiles”, their relentless support, their reassurance and possibly their secret tears.

The Volunteer Team, guided by Sarah Grant are there for all these lovely people and I am so lucky to have joined them.

So next time I offer you a tea and coffee on arrival remember I am just the beginning of a fantastic service provided by a Team who quite definitely care about you, your family and your friends.

Thank you to all of you for letting me into this exclusive volunteering club.

# Welcome to the SROMC Unit

## Key To Nursing Staff Uniforms on the unit and in the hospital



Lead Cancer Nurse



Clinical Nurse Specialist (CNS)



Unit Sister



Staff Nurse



Clinical Care Support Worker



Care Support Worker

The Nurse in charge wears a red badge. If you have any questions or feedback, please speak to the nurse looking after you, the Nurse in Charge or the Unit Sister.



For patients attending the unit for clinic appointments, blood tests, Complementary Therapies, support groups and sessions there is a beverage bay in the main waiting area. Here patients and those accompanying them to the unit can help themselves to free refreshments whilst they wait.

Patients attending the Chemotherapy Suite for treatment are served refreshments including lunch and afternoon tea and cake. Additional drinks and snacks of cheese and biscuits are available from the staff and volunteers within the clinical area if requested.

Every effort has been made to ensure patients receiving treatment can do so in a way most comfortable to their individual needs. Each treatment chair can be positioned to face their preferred direction. The window blinds and patio doors to each chair space can be opened or closed by using the handsets on each patient locker.

Free Wi-Fi is available for patients receiving treatment in the chemotherapy treatment area in pebble 2 only. Access is arranged through the nurses on the unit.

Image showing a treatment chair space in the SROMC Chemotherapy Suite



# Amazing support for the forthcoming inaugural SROMC's Spring Ball

The first SROMC Spring Ball is due to be held on Friday 15th May at the Old Swan Hotel in Harrogate. Funds raised will be used to support both the health and wellbeing services available to patients and carers in the centre and Macmillan Cancer Support. The support for this new event from the communities within Harrogate and Rural districts has been overwhelming.

A cancer diagnosis will now touch 1 in 2 people. The supportive care to help patients and their loved ones cope with their treatment and find a sense of normality and routine to daily life once it's completed can make a huge difference to a person's recovery and wellbeing for their future. The SROMC's design has now made it possible to offer and facilitate these services here in Harrogate. Many of these local services would not be possible without the generous charitable donations from the public.

The Spring Ball has received amazing support from a range of companies and individuals who have donated event sponsorship and prizes on the night for the Auction, Silent Auction, Raffle and fun Spot Prizes. The committee would like to extend a huge thank you to all those who have pledged to support this event so far, as it promises to be a great night.

If you are interested in supporting or coming to the Spring Ball please Contact Colette Lain

Telephone:07538098384 or Email: sromcpringball@gmail.com

Tickets are £75 pp and include a welcome drink, dinner, wine, live band and disco.

A limited number of rooms are available at a reduced rate at the Old Swan contact the Hotel for details.

Bookings for Relaxation therapies and pre ball make up sessions on the day are available - all proceeds go to The SROMC Spring Ball in support of The SROMC and Macmillan Cancer Support.

## Particular thanks so far to;

AEGIS Martial Arts & Leadership Academy  
Bayford Group  
Benefit Cosmetic Hamper  
Betty's and Taylors of Harrogate  
Boots  
Braun  
Bumble and Ojon  
Mr & Mrs Tony Brooks  
Claire of the Retreat  
Divine Hairdressers  
EnviroVent  
Gold Standard  
Grantham Arms Boroughbridge  
Green-tech  
Hargrave Hales  
Harrogate Football Club  
Helen Dempster Yoga Class  
Integral Design and Media Limited  
JC Trees

Jessica Ennis  
Linley & Simpson Residential Lettings  
Morrisons  
Multiflight  
Old Swan Hotel  
Personal Training Sessions  
PWM Platform  
Railway Football Club  
Ripon Racecourse  
Riverford  
Rudding Park  
Sharon Calvet  
Skipton Building Society Harrogate  
Skipton Building Society Ripon  
Smashbox Bumble  
Sysmex  
The Academy  
The Nuffield  
Waitrose

## SROMC Wellbeing Services

### The Complementary Therapy Service



offering;

**Therapeutic Massage, Daoyin Tao, Bowen Technique, Reflexology and Reiki.**

**FREE**  
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.**



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



### Get Pension Wise!

In **April 2015**, significant changes come into force for members of **money purchase** or **defined contribution** schemes.

These changes provide greater flexibility and freedom for people **aged 55 or over** to access their pension pot in a variety of ways.

Such **flexibility** allows you to take a larger lump sum or perhaps you might want to **drawdown** some of your pension pot.

Whatever you do, you should think **carefully** about your decision. The government provide free guidance on their website

<https://www.pensionwise.gov.uk/>

If you are a person affected by cancer you can call the Macmillan Support Line on **0808 808 00 00** and ask to speak to one of the Financial Guidance Team or access their website;

[https://](https://www.macmillan.org.uk/information-and-support/organising-your-finances)

[www.macmillan.org.uk/  
information-and-support/  
organising-your-finances](https://www.macmillan.org.uk/information-and-support/organising-your-finances)



### Waitrose Charity Tokens

Thank you to Waitrose Harrogate, and everyone who chose to support the centre with their Waitrose Tokens. A grand total of **£241.00** was raised.



## 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

# Cancer Support Information

## 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/SirRobertOgdenMacmillanCentre](http://www.hdfnhs.uk/SirRobertOgdenMacmillanCentre)

### Macmillan Cancer Support Line

Open 9am— 8pm  
Tel: 0808 808 00 00  
[www.macmillan.org.uk](http://www.macmillan.org.uk)

## Mesothelioma Support Yorkshire

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

## Harrogate Lung Cancer Support Group

Time 2-4pm  
At Fire Station, Skipton Road,  
Contact Simon Bolton, Lung CNS  
Tel 01423 55 5872

## 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.

## Golden Girls Gynaecology Cancer Support Group

Contact Marion Webb  
Tel 01423 55 5732

## Prosper Prostate Cancer Support Group

Meet Monthly  
Time 7.30-9pm  
At Christchurch Hall,  
Harrogate.  
Tel 01423 55 3318

## Welfare and Benefits Advice

Contact Phil Bremner  
At The Sir Robert Ogden Macmillan Centre.  
Tel 01423 55 7316  
Email [benefitsadvice@hdfnhs.uk](mailto:benefitsadvice@hdfnhs.uk)

## Breast Cancer Care

### Living with Secondary Breast Cancer

Contact 0345 077 1893 OR 0808 800 6000  
Time 11.00am  
3rd Wednesday of the month near Harrogate & York



## Just For Fun

Y	E	A	S	T	S	B	D	A	Y	BUNNY
A	G	S	U	S	T	U	X	V	C	BUNS
D	H	G	O	I	U	N	J	E	H	CHICK
N	Q	R	W	R	O	N	A	R	O	CHOCOLATE
U	C	H	I	C	K	Y	E	O	C	CROSS
S	F	N	A	H	D	T	B	E	O	EASTER
N	Z	K	M	O	S	H	C	G	L	EGGS
U	L	L	E	A	S	E	J	G	A	HOLIDAY
B	A	I	E	M	N	D	C	S	T	PALM
P	H	O	L	I	D	A	Y	O	E	SUNDAY

### Dates for your diary!



**March** Prostate Cancer Awareness Month

**March** Ovarian Cancer Awareness Month

**April** Alan Williams Rickshaw Challenge and London Marathon

**April** Bowel Cancer Awareness Month

**4th-8th May** Skin Cancer Awareness Week

**15th May** SROMC Spring Ball at the Old Swan, Harrogate.

For Tickets Contact Colette Lain, Tel 07538 098384

**8th-12th June** Carers Week

Harrogate and District **NHS**  
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**