



Sir Robert Ogden Macmillan Centre (SROMC) Newsletter

SROMC Welcomes Their Royal Highnesses Prince Charles and the Duchess of Cornwall



Left:
 Lady Halifax
 introduces
 HRH Prince Charles
 to
 Paula Middlebrook,
 Lead Cancer Nurse
 at HDFT NHS Trust

Thursday 18th February 2016 saw the much anticipated arrival of TRH Prince Charles and the Duchess of Cornwall to the Sir Robert Ogden Macmillan Centre. As patron of Macmillan Cancer Support, Prince Charles was keen to see this award winning cancer centre first hand. Accompanied by Lady Halifax the regional ambassador for Macmillan, TRH were introduced to senior members of the three organisations responsible for making the SROMC possible. These included Lynda Thomas CEO at Macmillan Cancer Support, Ros Tolcher, CEO at HDFT NHS Trust, Sandra Dodson HDFT Chairman and Robert Curry PA to Sir Robert Ogden.

The Prince had requested that the centre should be business as usual during their visit, with as little disruption to patient care and services as possible. Thanks to the efforts of patients and staff this was definitely achieved on the day, giving the royal visitors a true insight into the treatment and support provided within the unit.

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Complementary Therapy receives a Royal compliment

The Prince of Wales' support and belief in the benefits of Complementary Therapies has been well documented over the past 30 years. So it was a real pleasure to be able to share the treatments available here in the SROMC with Prince Charles and the Duchess of Cornwall. This was an opportunity clearly appreciated by TRH's who took a great deal of time to hear just what having these treatments means to the patients and carers who receive them.

Prince Charles seen here speaking with patient Denise Craven, heard how complementary therapies have helped not only her physical symptoms but also had a huge impact on her sense of wellbeing and quality of life.

The Duchess of Cornwall was very interested in the practice of Reflexology, and discussed the treatment in depth with Julie Crossman, SROMC Complementary Therapist. **(See above)**

The Oesophageal Patient Association Group Hosts Prince Charles and the Duchess of Cornwall

Members of the Oesophageal Patient Association (OPA) welcomed two new visitors to their monthly drop in support group. The meeting co-ordinated by David Shreeve, The Leeds Regional Chair for the OPA was delighted to introduce TRH's to its members. The group offer support and a chance to share personal experiences of treatment and recovery for those patients and family members who are affected by a diagnosis of oesophageal cancer.

Diet and eating problems are often issues that are shared by the group, and The Duchess was particularly interested to hear how individual patients had managed to overcome these problems and the affects on their quality of life and recovery.



Below the Duchess of Cornwall meeting Chairman David Shreeve





Patients, staff and fundraising supporters from the SROMC meet TRH The Prince of Wales and the Duchess of Cornwall

As well as seeing the services and treatment on offer at the Sir Robert Ogden Macmillan Centre, it was also an opportunity for the royal party to meet with staff who work in the unit. Importantly, this also included some of those who had been key in the building's design and creation, as well as those who provide many of the vital services that ensure it's daily smooth running behind the scenes. The Prince also paid tribute to the role of volunteers within the SROMC saying, "Where would we be without volunteers supporting services like these?"



The patients attending for treatment that day were also delighted to be introduced to the Prince, and share their personal experiences first hand as to just what this state of the art cancer centre means to them.

The development of the SROMC was only possible due to the generous combined financial support from Sir Robert Ogden, Macmillan Cancer Support and HDFT NHS Trust. Fundraising has continued since the SROMC opened in March 2014. Individuals and groups have relentlessly raised money to help Macmillan Cancer Support and Harrogate Hospital and Community Charity. Their endeavours have ensured the development and expansion of new supportive services to be available for patients and families affected by a cancer diagnosis in the Harrogate and rural district. As patron of Macmillan Cancer Support it was therefore fitting for Prince Charles to meet some of those fundraisers who have and continue to raise money in support of the services provided at the Centre.



SROMC Volunteer News

My role as an Administration Support Volunteer

By Marilyn Pickard



ABOVE: Marilyn providing support to the Health and Wellbeing Service

I have been a Volunteer at the Pre-Operative Assessment & Admissions Unit at Harrogate District Hospital for 7 years and have been helping at SROMC for around 18 months.

My duties at SROMC are to provide admin support for Sarah Grant, Macmillan Patient Information & Health & Wellbeing Manager, Phil Bremner, Macmillan Welfare & Benefits Adviser and Julie Crossman, Complementary Therapist.

I provide support at SROMC for a couple of hours on a Monday afternoon. I am happy to provide support in any way I can. This usually consists of shredding, photocopying and reminder calls for the 'Feel More Like You' beauty sessions held by Boots.

I assist Julie Crossman, Complementary Therapist, by completing the necessary paperwork for each patient and also contact patients with appointment times etc. Julie is extremely busy and I know that her patients really appreciate this service which is able to help with pain, stress and anxiety.

I enjoy working at SROMC with such friendly and appreciative colleagues. It is good to know that the work I complete gives Sarah, Phil and Julie more time to spend on the very important aspects of their duties.

New Uniforms for the Volunteers in the SROMC

Volunteers supporting clinical services within the SROMC will now be easily identifiable thanks to the introduction of a uniform.

In keeping with the volunteers based on the reception desk in the main hospital, it was decided a red polo shirt should be the chosen colour and garment.

By wearing these shirts volunteers supporting the clinical areas will not only be easy to recognise but will also provide immediate assurance with regard to our hospital infection control policies and in particular, 'Bare below the elbows.'



Fundraising and the SROMC

Liam's Lake District Challenge.



On 19th June this year Liam Ford, from the Clinical Effectiveness team will be aiming to complete his first long distance triathlon to raise money for the Sir Robert Ogden Macmillan Centre.

The Centre provides a wide range of treatments and services to patients and their families when dealing with cancer and, just like the rest of us, they could always use a bit more money.

So, with that in mind, he has decided to swim 2.4 miles, cycle 112 and run 26.2 to see how much he can raise to support this great cause.

Your support could help to fund a wide range of services provided by the centre such as the complementary therapies available free of charge to patients and their carers which are used alongside conventional treatments, and are fully funded by public donations.

Liam explains his motivation, "We all know somebody who has been touched by this terrible disease in one way or another and by sponsoring me, you will be making a real difference by enabling the team to support patients and their families when they need it most."

If you'd like to sponsor him then please visit his **JustGiving** page at: www.justgiving.com/Liam-Ford2 or drop him a line at: liam.ford@hdfn.nhs.uk

Thank you very much for your support.

If you are interested in fundraising for the SROMC and Harrogate Hospital & Community Charity please contact, David Fisher at HDFT

Tel: 01423 555641 e-mail: David.Fisher@hdfn.nhs.uk



ABOVE: Liam pictured outside the SROMC



Charity Night Raises £2402.14

A charity night organised by Georgina Green raised an amazing £2402.14 in support of services at the SROMC.

The event held on 21/11/2015 at Harrogate Conservative Club was to raise money on behalf of the care received by a family member at the SROMC.

LEFT: Georgina pictured with David Fisher, Harrogate Hospital and Community Charity Fundraising Manager, staff from the SROMC & Michaela Ryder, Macmillan Fundraising Manager

The SROMC Chemotherapy Unit

#hello my name is... **Brenda McKenzie.**



Above: **Brenda McKenzie**

I started working as a junior sister at the Sir Robert Ogden Macmillan Centre (SROMC) in April 2014 and have recently (December 2015) been successful in being promoted to Unit Manager. I previously worked at Bradford Royal Infirmary as an Oncology Sister on a busy Oncology admissions unit. Prior to qualifying as a nurse I was a full time sheep farmer in the Yorkshire dales.

I feel privileged to work with such a dedicated team of people and want to help support my team to continue to deliver the best care possible for our patients and their families.

My vision for the unit over the next year is to improve patient services by listening to their feedback and acting on their comments. For example following feedback from a number of patients, and thanks to a kind donation we have been able to install a baby changing facility within the unit.

We are also looking to improve the working lives of the staff that work within the unit and have recently introduced a health and wellbeing programme to support staff at work. We have also introduced an education programme, which we run in house, to enable the professional development of our staff within this clinical speciality of haematology and oncology.

Shortly after coming into post I was tasked with reducing the volume of paper records we use within the unit. With the support of fellow clinicians and other members of the multidisciplinary team we have been able to introduce a 'paper-lite' record system which is phase one of the unit becoming paper free in line with the trusts environmental vision.

Since coming into post I have been extremely well supported by my clinical and management leads and feel excited for the future and the challenges ahead.

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



Lead Cancer Nurse



Clinical Nurse Specialist



Unit Sister



Staff Nurse



Clinical Support Care Worker



Care Support Worker



Above: Baby Changing unit now in place in the SROMC



Feel the Benefit with Phil's Top Tips!



SROMC Hair Loss Service

Getting Travel Insurance for people living with and after cancer



We know that many people struggle to find a company who is willing to insure them if they are living with cancer or have had cancer in the past.

General information can be found in the Macmillan booklets **Getting Travel Insurance** and **Travel And Cancer** which can be ordered from the Macmillan website or you can pick one up from the **Sir Robert Ogden Macmillan Centre**. Whilst these booklets do not recommend any particular company we do suggest that you look at **Macmillan's Travel Insurance Blog** where people affected by cancer have posted recommendations :-

<http://community.macmillan.org.uk/blogs/>

Those currently recommended on the blog include the following companies

- Insurance With** <http://www.insurancewith.com/>
- Eurotunnel** <https://www.eurotunnel.com/uk/home/>
- World First** <http://www.world-first.co.uk/>
- MIA** <http://www.miatravelinsurance.co.uk/>

Whilst we cannot endorse or provide any information on these companies it may be worth checking them out for yourself.

It's also worth checking out the website for **Cancer Research UK** <http://www.cancerresearchuk.org/> where useful telephone numbers for travel insurance companies and brokers can be found.

Phil Bremner, Macmillan Welfare & Benefits Adviser

Tel: 01423 55 7318 Email: benefitsadvice@hdfn.nhs.uk

Scalp Cooling

For more information speak to the nursing staff

The Wig Service

To arrange an appointment contact the Orthotics Department

Tel: 01423 55 3445

on the
Chemotherapy Unit

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

The SROMC Spring Ball

Saturday 14th May 2016
The Old Swan Hotel Harrogate

In support of the
Sir Robert Ogden Macmillan Centre, Harrogate
& Macmillan Cancer Support

Tickets £75pp
(Tickets bought as part of a full table of 10 or 12
will be charged at £70 pp)

Includes welcome drink, dinner, wine, live band and disco
(Auction, Silent Auction & Raffle)

Last year's total of
£17,500

was shared equally between the two charities.
The money raised has funded additional supportive
therapies over 12 months to help patients and carers
affected by cancer living in the Harrogate and
surrounding rural districts.
Many of these services are only possible through
your kind donations.

Please join us at the 2016 Spring Ball
and help us to
continue to support these invaluable services.

Contact: Sarah Grant
Email: sromcspringball@gmail.com
Telephone: 01423 557317

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



Feel More Like you



For expert advice on car-
ing for your skin, hair and
nails during cancer treat-
ment our Boots Macmillan
Beauty Adviser will help to
provide practical help and
tips.

For more information
contact Sarah Grant
Tel: 01423 55 7317
Email: cancerinformation@hdfd.nhs.uk

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 for appointments
Mon - Fri
9.30am - 4pm

Or drop in
Mon - Fri
8.30am - 4.30pm

Tel: 01423 55 7317

Email:
cancerinformation
@hdfn.nhs.uk

Macmillan Cancer Support Line

Open 9am— 8pm
Tel: 0808 808 00 00
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 7-9pm
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 7318
Email benefitsadvice@hdfn.nhs.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

B	H	P	O	R	D	W	O	N	S	BLOSSOM
L	I	P	L	B	F	U	Z	K	T	CROCUS
O	Q	Y	D	T	X	J	C	G	O	DAFFODIL
S	C	E	A	E	N	I	N	O	C	LUPIN
S	R	O	K	R	H	A	I	C	K	PEONY
O	Y	N	O	E	P	E	P	R	S	PRIMROSE
M	U	P	S	M	W	I	U	O	S	SNOWDROP
D	A	F	F	O	D	I	L	C	N	STOCKS
A	E	P	T	E	E	W	S	U	O	SWEETPEA
P	R	I	M	R	O	S	E	S	T	TULIP

Dates for your diary!



March
March
March 24th

Ovarian cancer awareness month
 Prostate cancer awareness month
 Wear a Hat Day, Brain Tumour awareness

April
April 18th - 24th

Bowel cancer Awareness month
 Orchid, Male Cancer Awareness week

May 14th

The SROMC Spring Ball,
 Old Swan Hotel, Harrogate.

May 9th - 16th

Sun awareness week

May 9th -15th

Dying Matters Week

Harrogate and District **NHS**
 NHS Foundation Trust

You matter most



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

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 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@hdfnhs.uk

**WE ARE
 MACMILLAN.
 CANCER SUPPORT**

