



The Sir Robert Ogden Macmillan Centre (SROMC)

SROMC hosts own literary launch to introduce
Jackie Buxton's new book,



A local author is showing her gratitude to the staff who treated her for cancer by donating a portion of the profits of her upcoming book, *Tea & Chemo: Fighting Cancer, Living Life*, to Harrogate and District NHS Foundation Trust's Sir Robert Ogden Macmillan Centre.

When Jackie Buxton was diagnosed with breast cancer at the age of 45, she lurched between the crippling fear that the cancer had spread, and great comfort that she was one of the lucky ones because the medical profession aimed to cure her.

Determined to learn about her condition, Jackie devoured patient information leaflets and online articles. But what she really wanted to read was the account of an ordinary person being treated for cancer who, crucially, emerged on the other side still smiling.

Unable to find anything, Jackie decided to do what she does best: write. Detailing her experiences in a blog, she soon found that people began to write to her saying that her blog had helped them in their own struggle with cancer. Delighted to be having an impact on others, Jackie realised that she had much more to say.

What started as a blog grew into the book that Jackie wanted to read when she was diagnosed:

"the truth coated with positivity and optimism".

Continued overleaf

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Tea & Chemo is a mix of Jackie's thoughts and experiences, documenting everything from wigs, mouth ulcers, Chemo Cough and twitchy legs to The Fear, a premature menopause, and what not to say when someone tells you they have cancer. There's also a section devoted to the positive stories of people who've had a brush with cancer and are still around to tell the tale many years later.

Jackie was treated at Harrogate and District NHS Foundation Trust's Sir Robert Ogden Macmillan Centre, and to give something back to the team who supported her so well, she's now chosen to donate one third of the book profits to the centre.

Jackie said: "The team of staff at the centre were responsible for turning the emotionally and physically difficult experience of having chemo into something almost pleasant. I never felt as secure and cared for as when I was attending the Centre every three weeks. Indeed, when I was pronounced unsuitable for the injection of Herceptin to be administered at home, and instead would need to continue attending the hospital every three weeks to receive it intravenously, nobody was more pleased than me.



Jackie Buxton pictured above

"I'd like some of the proceeds of *Tea & Chemo* to go to the department to show my gratitude to all the staff and volunteers as well as to attempt to do something small for all cancer sufferers and their loved ones."

To support Jackie, with the launch of her book, the SROMC is hosting a book signing in December.



Jackie pictured with some of the team at the SROMC

Tea & Chemo: Fighting Cancer, Living Life, is published by Urbane Publications and will be available from book stores and online (paperback and eBook) from 23 November 2015, priced £7.99:

A limited number of copies will also be on sale in the SROMC after December 15th 2015 for a short period.

<http://www.amazon.co.uk/Tea-Chemo-Fighting-Cancer-Living/dp/1910692395>.





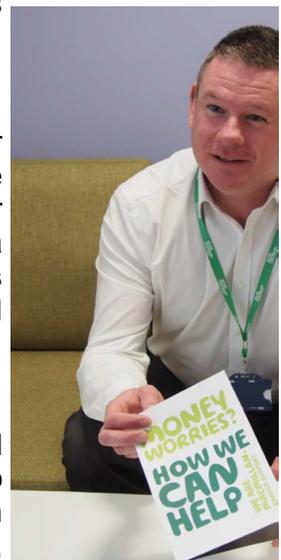
Stray FM reports on the role of Macmillan Cancer Support and the SROMC



Stray FM's Stray Extra Health and Well-being Show featured The Sir Robert Ogden Macmillan Centre as part of their programme aired 10/11/15. The programme explored the benefits the Centre has on the lives of those affected by cancer in the Harrogate and surrounding area. Patrick Dunlop visited the centre and met with Staff to hear first hand how the ongoing support it receives through Macmillan continues to improve the services it provides.

Clara White Macmillan's Fundraising Manager for North and East Yorkshire explained how money being raised by the charities supporters continues to make such a difference to the experiences of patients and their loved ones attending the unit. Macmillan is extremely well supported by the local community and Clara paid particular thanks to everyone who has, and continues to fundraise for Macmillan Cancer Support so that no one faces cancer alone.

Patrick also spoke to Phil Bremner, Harrogate's Macmillan Welfare and Benefits Adviser for an insight into the financial help and support he is able to give to help patients cope with the cost of cancer. Loss of earnings and extra transport costs can also make things difficult for patients. Phil discussed how his role is able to ease the financial burden often faced with a cancer diagnosis. As the SROMC approaches its second anniversary in March, Phil has already helped cancer patients in the local area claim just under £3 million of annualised benefits as well as accessing additional financial grants and goods.



Macmillan Patient Information and Health and Wellbeing Manager, Sarah Grant was able to explain the positive impact supportive health and wellbeing services are having for patients, particularly those who would previously have had to travel much further afield to receive them. The continued investment and support received from Macmillan enables the extremely dedicated and passionate staff working within the unit to provide the high standards of quality care that Harrogate has such a good reputation for delivering.

To access the page and hear the show in full follow the link below;

<http://www.strayfm.com/news/local-news/1787874/audio-cancer-centre-changing-peoples-lives/>





SROMC Volunteer News



Harrogate Volunteering Oscars 2015



We are delighted to announce that, Carolyn Rothwell, HDFT volunteer gardener won 'Wildlife Volunteer of the Year' at last Friday's Harrogate and District Volunteering Oscars held at the Old Swan Hotel. Carolyn and her team of volunteer gardeners have been transforming the hospital courtyards and open areas over the last year including the gardens at the SROMC.

Nominated for the 'New Volunteer of The Year' award was Lynne Gray. Lynne joined the SROMC in the summer as our first volunteer complementary therapist. A volunteer role not only new to the Centre but also to Harrogate District NHS Foundation Trust. Lynne provides a range of supportive complementary therapies, including Reflexology, Massage and The Bowen Technique to patients and carers attending the unit.

We are very lucky to be so well supported by so many volunteers who give their time to improve the experiences of our patients and their carers. If you have an idea of a new volunteer service or role that you feel would be of benefit to the SROMC please contact Sarah Grant, Macmillan Patient Information and Health and Wellbeing Manager to discuss. Tel 01423 557317 or, email cancerinformation@hdfnhs.uk.

Thank you.

Christmas Cards

Thank you to everyone who has bought Christmas cards on sale in the SROMC. All proceeds go to Harrogate Hospital and Community Charity. So far we have sold the grand total of £500.00. Its not too late cards are still available from the Macmillan Cancer Information Area opposite the SROMC Reception. Alternatively cards can be purchased from St Peter's Church, Cambridge Road, Harrogate.



Fundraising and the SROMC



Local Singing group 'Side By Side' Benefits 2 local charities the SROMC and Mesothelioma Support Yorkshire

Side by Side is a small concert group of about 10 singers (and a pianist) based in Harrogate, performing mainly to audiences in church and village halls and residential/care homes in the Harrogate, Knaresborough and Ripon areas. The group was founded over 20 years ago with one or two of the founder members still participating.

The singers are all connected with, or have been active members of other larger operatic and musical groups. Their concerts offer variety of music and humour drawn from personal experiences of productions they've been involved with over the years.

Whilst they do not charge a fee, the group receive donations for the performances that they give, which they pass on to various local charities. This year, Side By Side have chosen two organisations which one or two of the singers have personally benefitted from.



Simon Bolton and Sarah Grant pictured above, were delighted to be presented with cheques for £250.00 from the group in support of the Mesothelioma Support Yorkshire and the Sir Robert Ogden Macmillan Centre.



Wacky sock day – thank you!

A huge thankyou to all who supported “Wacky sock day,” In memory of Chris Skeels. £171 was raised for the Sir Robert Ogden Centre and the same for the Emergency department funds.

The donations were gratefully received and made all the more special by the spirit in which they were given in memory of our dearly missed friend and colleague.

We will plan to replay the sock event next year on 4th November which is the anniversary of Chris commencing his nurse training – a day he always celebrated. Many thanks again

Stephanie Davis, Matron.

Simon Raises £715 for Mesothelioma UK

Lung cancer Clinical Nurse Specialist, Simon Bolton ran up a massive donation of £715 by taking part in the Yorkshire Marathon in October. Simon sees first hand the benefits and support this charity provides to many of his patients.

“Thank you to everyone who sponsored me, it really does make a difference to my patients.”





Patient Information, Wellbeing & Benefit Service

Barbara Hibbert – My story



Just over a year ago I was shocked to be diagnosed with metastatic bowel cancer, following a routine trip to donate blood, where I was found to be anaemic and sent to my GP, who put me on an emergency referral to the hospital.

I knew that I was overweight and drank too much alcohol, but otherwise thought that my underlying health was excellent. My diagnosis led me to the internet, and a trawl of sites of varying degrees of reliability and credibility, as I sought measures I could take to give myself take some control over my situation – and help the medical staff who were treating me. I was surprised to find that I ticked all the high risk factors for bowel cancer, apart from eating ‘five a day’ portions of fruit and vegetables. I then had an appointment with the Macmillan dietician at the SROMC and I also found the World Cancer Research Fund (WCRF) website. This website contains authoritative scientific research from around the world on cancer prevention and survival through diet, weight and physical activity. I was led to the conclusion that I needed to take more exercise, drink less alcohol and eat differently, with the result that I have lost over 3 stones in weight. My BMI has gone from ‘obese’ to ‘normal’. Who knew?! Drinking wine in the evening had become habitual, but the habit was broken because of a liver operation in May 2015, and I now just have the occasional glass of wine – more to be sociable than to unwind after a hard day at work.

As far as exercise goes, my daughter enrolled me in a ‘challenge’ which was running at her place of work. I had a pedometer and logged my steps every day for 100 days. This incentivised me to reach an average of 13,600 steps a day – beating her average by over 1,000 steps a day! It is harder to maintain this level of activity during winter, but I now have a fitness band which automatically logs my activity and keeps me on track.

Changes in diet involved following the WCRF guidelines of reducing red meat, avoiding processed meat and generally having a more plant-based diet. I have considerably reduced my intake of fat – I eat little butter now – and sadly I have had no bacon for nearly a year. But this is a small price to pay for the knowledge that I am giving myself the best chance of avoiding recurrence. I also feel healthier and more energetic, and look better than I have done for years – an added bonus! If the worst happens and the cancer does recur, at least I won’t have to say ‘if only...’.

Lung Cancer Awareness Month November 2015

Simon Bolton provided a display of information to raise awareness around Lung Cancer during November. Based at Harrogate and District Foundation Trust, Simon offers clinical and emotional support to patients and carers affected by Lung cancer. He provides additional support through the Harrogate Lung Cancer Support Group and Mesothelioma Support Yorkshire. For more information on both of these groups see page 11.

www.roycastle.org

www.mesothelioma.uk.com



Above: Macmillan Lung Cancer Nurse Specialist Simon Bolton.





Local Business bring Christmas to the SROMC

Two local business have shown their support for the SROMC by getting the Centre into the festive spirit. Rabbit Hills Country Store & Rural Supplies kindly donated two beautiful Christmas trees for each of the buildings courtyards.

A Fantastic display of lighting for the trees in the courtyards and also outside the Centre on the Wetherby Road has been supplied by Lights 4 Fun.



Staff at the SROMC are very grateful to both companies for their generosity and help in providing such a fabulous display to be enjoyed by all those attending the Centre over the Christmas period.

Right: Store Manager Kate Bielby and Glenn Brown are pictured with staff from the SROMC



COUNTRY STORE AND
RURAL SUPPLIES
T. 01423 332100
[www.rabbihillpark.co.uk/
countrystore](http://www.rabbihillpark.co.uk/countrystore)



T: 01423 816040
www.lights4fun.co.uk/contact

The SROMC is represented at Health, Safety & Wellbeing Event

The SROMC Cancer Information Support Service (CISS) attended Harrogate Borough Council's Health, Safety and Wellbeing event held at the Harrogate International Centre in October. The supportive event held for the benefit of Harrogate Council employees addressed a variety of health and lifestyle issues, consisting of advice on exercise, alcohol, domestic violence and stress management to name just a few.



The Cancer Information Service provided help and support for a wide range of enquiries including cancer prevention, specific cancer types, emotional support as well local services and employment information for both employees and the employer.

The event was well attended and hopefully will be the first of many joint collaborations between other service partners within the Harrogate and wider community.





The SROMC Chemotherapy Unit



#hello my name is...

My name is Kath Fowler. I started working as a staff nurse at the Sir Robert Ogden Macmillan Centre (SROMC) in July 2015. I previously worked on Byland Ward, a busy acute medical ward in Harrogate District Hospital. Oncology and Haematology are fields that have interested me for a long time, so I was delighted to be given the opportunity to join the team as a chemotherapy nurse.

My first impressions of the SROMC were of a calm, happy and 'un-hospital like' environment, into which the whole team, patients and volunteers have made me feel very welcome. It feels a privilege to work amongst such warm and friendly people in such a beautiful place.

I have recently taken on the role of 'Patient Information and Health and Wellbeing Link Nurse'. This is an exciting role with the potential to impact positively on patients' experiences at the SROMC.

Above: Kath Fowler

Some of the initiatives we are currently involved in include;

- Raising awareness of the services/support groups available
- Improving communication between the clinical staff and the Patient Information and Health and Wellbeing Manager and Patient Information Volunteers
- Streamlining patient referral pathways

I hope that my involvement as a link nurse will result in improved services for the people attending the SROMC

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





Feel the Benefit with Phil's Top Tips!



Financial Guidance from Macmillan



Did you know that **Macmillan's Financial Guidance Team** can help with a whole range of subjects including ;

Mortgages, Insurance, Pensions, Estate Planning, Savings, investments and Financial Planning.

Problems paying your mortgage whilst undergoing treatment?

Need help with your payment protection claim, insurance claim or getting insurance?

Want to know what your pension options are?

Need guidance around making a will or obtaining Power Of Attorney ?

Want to know more about the implications of Inheritance Tax or putting assets into Trust?

If you need assistance with any of these aspects then

Macmillan's Financial Guidance Team can help.

They can be contacted on **0808 808 00 00**.

More information about the service can be found here

www.macmillan.org.uk/financialguidance

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
(Early bird rate of £70 pp for Tickets bought before 31st January 2016)

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.

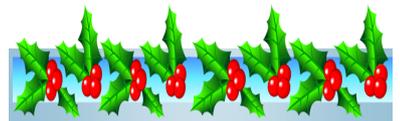
Please join us at the 2016 ball and help us to continue to support these invaluable services.

Beauty packages including a choice of Facials, Manicures and Massages are also available for £15 throughout the day at Boots, Harrogate. To book or for more details

Contact: Sarah Grant

Email: sromcspringball@gmail.com

Telephone: 01423 557317



SROMC Wellbeing

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/



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.

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





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

Cancer Support 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

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

E	L	L	H	B	R	D	O	L	S	CARROT
O	V	L	E	W	A	L	N	U	T	COAL
T	Q	S	A	D	D	I	G	N	O	HEARTH
E	L	E	R	O	Z	F	L	T	C	ICICLE
L	U	O	T	H	C	R	E	K	K	ORANGES
T	P	S	H	G	I	E	L	S	I	MISTLETOE
S	I	H	G	M	W	E	C	S	N	PUDDING
I	G	R	P	U	D	D	I	N	G	SLEIGH
M	A	T	O	R	R	A	C	J	O	STOCKING
O	R	A	N	G	E	S	I	N	G	WALNUT

Dates for your diary!



January 26-30 Cancer Talk Week Information

March Ovarian cancer awareness month

March Prostate cancer awareness month

May 14th The SROMC Spring Ball,
Old Swan Hotel, Harrogate.

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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Harrogate
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Email: cancerinformation@hdfnhs.uk

**WE ARE
MACMILLAN.
CANCER SUPPORT**

