



Sir Robert Ogden Macmillan Centre (SROMC) Newsletter

Spring Ball Success!

A night of glamour and fun supported by
HRH Prince Charles.



Left:
Members of the
SROMC Nursing
Team
Debbie Argent,
Sybille Sullivan,
Unit Manager
Brenda McKenzie,
Jess Thackway,
Kath Donnelly and
Laura Smith.

The Old Swan Hotel, Harrogate was the setting once again for the second Sir Robert Ogden Macmillan Centre Charity Spring Ball, raising money for Macmillan Cancer Support and The Sir Robert Ogden Macmillan Centre cancer fund. Two hundred guests were treated to an evening of great food and fantastic entertainment. Band 'Ticket 415' and Disco 'Loaded' ensured the dancefloor was always full.

The event sponsored by 'Lights4Fun' and 'Rabbit Hill Country Stores and Rural Supplies' raised over £17,000 on the night with the total still rising. This year saw some amazing prizes donated to the charity Auction, Silent Auction and Raffle, including a very special hamper donated by HRH Prince Charles containing items from the Highgrove Prince of Wales Check collection.

Sarah Grant, Chair of the 2016 Spring Ball Committee said,

'We have been overwhelmed again this year by the generosity and support shown to this event



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On behalf of the committee I would like to thank everybody who donated prizes or attended the evening to make it such a success. The money raised will help support local patients and carers affected by a cancer diagnosis.”

Right: The Sir Robert Ogden Macmillan Centre Charity Spring Ball Committee;
 Front Row L-R Fiona Tomlinson, Chair Sarah Grant, Katherine Demir, and Julie Crossman.
 Back Row L-R Clara White, Michaela Ryder and Helen Brown.



Left: The Cancer Services Team

The evening had a real party atmosphere and was thoroughly enjoyed by everyone who attended. So much so that tickets for tables next year have already been requested.

SAVE THE DATE

**Next year's Ball will be held on
 Saturday 20th May 2017
 At the Old Swan Hotel,
 Harrogate.**



Below: Auctioneer David Lindley.



Above: Guests from The Beauty Shop, Boroughbridge.

**For more information about the event held this year or for details of
 The Sir Robert Ogden Macmillan Centre Charity Spring Ball 2017,
 Contact 01423 557317 or Email: sromcspringball@gmail.com.**

The SROMC Information and Support Service receives recognition from Macmillan



Congratulations to the Cancer Information and Support Team for becoming one of only a few services nationally to achieve the Macmillan Quality in Information and Support Service Standards (MQiSS).

Allan Cowie, Director of Service Excellence and Support at Macmillan stated,

“This demonstrates the commitment to delivering continuous quality improvement in the provision of information and support for people affected by cancer.”

Above: The Cancer Information Support team with Volunteers, Trish Brodlie and Tim Wokes.

SROMC to showcase services at National Conference

Delegates attending the Macmillan Information and Support Professionals Conference on the 15 and 16 June in Leeds will see first hand examples of the services developed and offered by the Cancer Information Support Service at The Sir Robert Ogden Macmillan Centre.

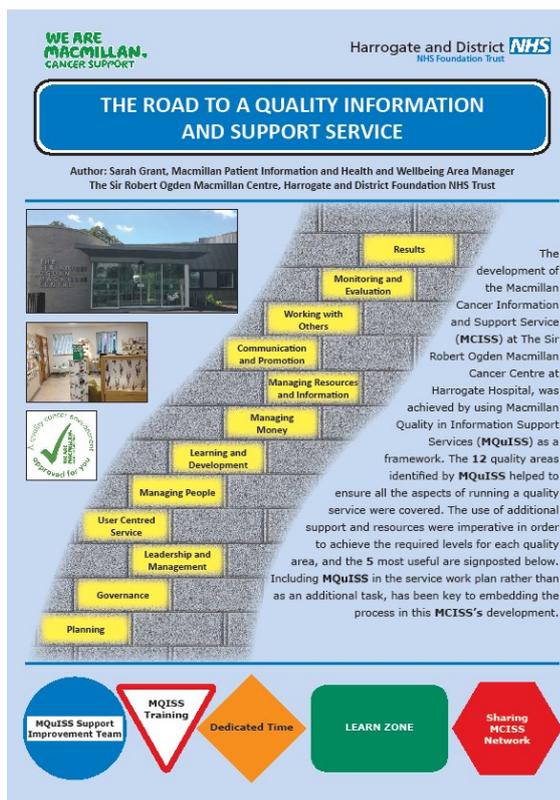
A poster depicting the process of building a new information and support service using the MQiSS standards has been accepted for display over the two day conference.

We have also been invited to join a panel answering questions relating to MQiSS and its implementation in practice.

Feel More Like you

Will be taking to the stage to share the development of partnership working with Boot's NO'7 within an NHS Cancer Centre.

The successful beauty programme devised at the SROMC will be shared for use in centres around the UK.



SROMC Information & 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 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@hdfnhs.uk

Health and Wellbeing Follow Up Service is Launched

The National Cancer Survivorship Initiative (NCSI) Programme was launched in September 2008. The aim of the NCSI is to ensure that cancer survivors receive the care and support they need to lead as healthy and active a life as possible for as long as possible.

Our Health and Wellbeing Programme promotes a self-management model of follow up instead of the traditional outpatient follow up.

Our programme consists of two 2.5hr sessions held one month apart at the Sir Robert Ogden Macmillan Centre. Each session includes three topics with guest speakers, plus coffee, chat and feedback at the end of each session.



The topics on day 1 include understanding the consequences of treatment, alert symptoms that require referral back to a specialist and the importance of a good diet and nutrition.

The topics on day 2 include managing fatigue and anxiety, the importance of physical activity and moving forward. Some specific support needs that are identified following attendance may require referral to other local support services. Evaluation of the programme and the impact it has on a patients confidence to cope will be continually assessed. Programmes will be modified to reflect patients feedback.

We have just completed our first pilot two day Health and Wellbeing Programme. We invited 16 patients and 14 attended. Feedback from the attendees was excellent. The most important thing they felt they had been able to discuss was how to recognise adverse symptoms and who they should report them to. They all valued sharing information and experiences. Several of the ladies have arranged to meet up for coffee after the programme as they very much enjoyed the peer support element of the group.

TLC (Talking and Listening Club)

Are you having treatment for Cancer?

Or have you recently been through Cancer treatment?

Would you like to talk and share your experiences with other patients who understand first-hand how you may be feeling?

When: The 3rd Wednesday of the month

Where: The Ripley Room, in the Sir Robert Ogden Macmillan Centre,

Time: 10am – 12.30pm

Everyone is welcome. Refreshments provided.



SROMC Volunteer News



Celebrating our volunteers!

By Fiona Tomlinson



National [Volunteers Week](#) has begun! This year it has been specially-extended to 12 days, giving us more of a chance to celebrate our fantastic Trust volunteers! They deserve more than just a week to celebrate their hard work and dedication in making a difference for patients who need it the most.

Lynne Gray is one such individual:

Lynne was nominated for the Stray FM Local Hero Awards 2016, and received Special Recognition in Volunteer of the Year category. Lynne is a Volunteer Complementary Therapist at the Sir Robert Ogden Macmillan Centre, based at Harrogate District Hospital and has been volunteering with us on a weekly basis since August 2015.

She travels a round trip of 82 miles each week to provide six hours of complementary therapies, including massage, reflexology and the Bowen Technique on a voluntary basis to help local cancer patients and their carers whilst they are undergoing treatment.

Lynne is an absolute advocate of the benefits of complementary therapies and the sense of well-being and calm they can create. She is a lady who is passionate about the service she provides and the quality of it. She goes above and beyond with everything she does, greets everyone with a smile, reassures patients with her calm and friendly manner, and truly just wants to give something back to the NHS and its patients. She is highly regarded by both her professional colleagues and patients and their families.



Above: Lynne pictured receiving her award with Fiona Tomlinson and Sarah Grant.

The SROMC Chemotherapy Unit

#hello my name is...

Alison Hunt - Chemotherapy Unit Treatment Scheduler



I joined the NHS in the SROMC in September 2015, having previously worked in administration in the education sector and PA/Management at the Crown Prosecution Service – my children are both at university now which has given me the flexibility to work full-time hours.

My daily tasks include; booking treatments for patients and managing the chemotherapy pathways on the Bookwise system, supporting the nurse in charge by liaising with patients, pharmacy and transport services to list a few. I have also been known to pop an apron on and serve lunch!

Shortly after joining the unit I was asked by the Unit Manager Brenda McKenzie, to overhaul the role and to produce a process map to show how the role could become more patient focused with clearer lines of communication. As the services on the unit develop and in response to patient feedback this role is constantly evolving, a process I am pleased to be part of.

I am proud to put my uniform on and know that I am will be spending the day with an incredibly dedicated team, whose main aim is to provide the best patient care possible. I can genuinely say that I absolutely love my job and the team I work with!

Hair Today - Hair Tomorrow

Wig Wham Thank You Mam

In aid of:

**WE ARE
MACMILLAN.
CANCER SUPPORT**

Local Support for People Affected by Cancer

Wig Wham Thank you Mam, offers to relieve some of the financial worry for those patients who may require a wig due to their cancer treatment.

Peter Gotthard, Harrogate's Premier Hair Dressing Salon on Parliament Street is also on board to put the finishing touches and personalise the hair piece to suit the client. Free of charge.

For more information contact;
www.wigwhamthankyoumam.com

Or
www.cancerinformation@hdfn.nhs.uk Tel: 01423 557317

Key To Staff Uniforms on the unit and in the hospital



Lead Cancer Nurse/Matron



Clinical Nurse Specialist



Unit Sister



Staff Nurse



Clinical Support Care Worker



Care Support Worker



Cancer Care Co-ordinator



Complementary Therapist

Thank you

By Rebecca Ventress

The team in Pharmacy Aseptics would like to say a big thank you to everyone who has donated to the Sir Robert Ogden Macmillan Centre Charitable fund enabling us to have a second Chemotherapy Isolator, which will undoubtedly improve the service to patient's having chemotherapy at the Sir Robert Ogden Macmillan Centre. As we now have two Chemotherapy Isolators we will be able to respond to changes in a much more efficient way:

- Treatment can now be ready for patients in a timely manner as workload can be shared between two operators, this also means that repetitive strain injuries are less likely to occur as session times are now shorter
- Monoclonal antibodies can be made in one isolator and chemotherapy treatment in the other which increases efficiency as the operator doesn't have to clean down the isolator between these different types of treatment
- In a situation where one isolator fails a test then we still have the second isolator to utilise to ensure the service continues with minimal disruption to patient care until the problem can be rectified
- As workload naturally increases year on year we are now in a much better position to cope with this

Training staff can now be carried out in a much safer way:

- There is now far less pressure on a member of staff who is training as they can be preparing treatment required for later on in the day or the following day, whilst a trained operator will make the treatments which are more pressing
- Newly trained staff can now work independently with the knowledge that someone else is in the room should they need assistance

Cost efficiency:

- Having two operators in the clean room allows us to 'vial share' expensive chemotherapy drugs on occasions where this is possible which saves money .



Above: Georgia Coombes, Vicky Bedford, Natalie Robinson and Tracey Fullard



Skin Cancer Awareness Month

Skin Clinical Nurse Specialist, Louise Binns highlighted Skin Cancer Awareness month across the Trust in May. Displays could be found in Dermatology, The Main Hospital Foyer and in the Sir Robert Ogden Macmillan Centre.

- A** Avoid *unprotected* UV exposure, seek shade
- W** Wear sun protective clothing, a hat and sunglasses
- A** Apply sunscreen generously and often
- R** Routinely check skin and report changes
- E** Educate yourself and others

As well as helpful advice about protection and signs and symptoms, FREE samples of sun screen were also available to staff and visitors.



Macmillan Team Promote Bowel Cancer Awareness Month

April is Bowel Cancer Awareness Month

Someone is diagnosed **every 15 minutes**

What do you know about bowel cancer?

Bowel cancer is the fourth most common cancer in the UK, after breast, prostate and lung cancers. Over 41,000 people are diagnosed with bowel cancer every year in the UK. It is important to be aware of the symptoms and screening options in order to diagnose it as early as possible.



The Macmillan Colorectal Team at Harrogate and District NHS Foundation Trust were keen to promote Bowel Cancer Awareness month in April. Leaflets explaining the signs and symptoms of bowel cancer were distributed to one hundred establishments, restaurants, gyms, hotels, and GP practices

within the Harrogate District. These leaflets were requested to be placed in receptions and wash room areas where they could be clearly seen.

Stray FM broadcast an interview with Gastro-Intestinal/Colorectal Clinical Nurse Specialists, Mel Aubin and Pippa Cottam, along with Specialist Screening Practitioner Denise Cullingworth from the Bowel Cancer Screening Programme. They shared professional advice on signs and symptoms, the importance of Bowel Screening and how a healthy lifestyle can improve your health and reduce your risk of developing Bowel Cancer. Kirsty Bull showed enormous courage and bravery by recording an interview for the programme. Kirsty lost her husband Paul to Bowel Cancer in March 2015. She explained the importance of not ignoring symptoms and the impact losing Paul at the age of 41 has on her and their two young children. The radio feature was aired hourly on 1st April and repeated later on Stray FM's Health and Wellbeing programme. ([http://www.strayfm.com/news/local-news/1936447/audio-harrogate-woman-shares-bowel-cancer-heartbreak/.](http://www.strayfm.com/news/local-news/1936447/audio-harrogate-woman-shares-bowel-cancer-heartbreak/))

A stand highlighting Bowel Cancer Awareness was placed in the front entrance of Harrogate and District NHS Foundation Trust during the week commencing the 11th April. This was repeated the following week in Boots' Harrogate store in Cambridge Street. Information on signs and symptoms, bowel screening and healthy eating for good bowel health were all displayed for the public to take. To encourage people to come and look at the stand there were free gifts from the Bowel Screening programme and Macmillan Cancer Support. Mugs, bags, tape measures, pens and pencils proved very popular and the team were kept busy all week replenishing the gifts and information. Details of the campaign were also circulated throughout the Trust by the Hospital's Communications Team.

Boots assistant store manager Lorna Scahill - Butterfield was very keen to help support the Macmillan GI/Colorectal Team to raise awareness, and all the nurses were grateful for the store's support.

The campaign went well and the team hope that the information they have been able to provide across the local community will go a long way to encourage people to be aware of the signs and symptoms of bowel cancer.

Remember;

- Bleeding from your bottom and/or blood in your poo
- A change in bowel habit, that is not usual for you
- Unexplained weight loss
- Extreme tiredness for no obvious reason
- A pain or lump in your tummy

If you notice any of these symptoms, go and see your doctor.

Most symptoms will not be bowel cancer, but early detection saves lives.



Fundraising and the SROMC

The White Company Jigsaw Sheer Bliss



Strutting For Cancer Fashion Show



Venue: Harrogate Bar and Grill
Date: Thursday 8th September
Time: 7pm – Late

Tickets £25

Raising funds for the Sir Robert Ogden Macmillan Centre
Complementary Therapy Service

Includes:
Prosecco, Canapes, Live Music and Entertainment



Smithers of Harrogate Womenswear

Smithers of Harrogate Menswear

The White Boutique Stray FM Sudo Atire

Strutting for Cancer

Join us at Harrogate Bar and Grill, for a night of high fashion and great entertainment on Thursday 8th September.

To raise funds for the Sir Robert Ogden Macmillan Centre Complementary Therapy Service. Tickets are available from the Sir Robert Ogden Macmillan Centre. Contact Julie Crossman or Sarah Grant
Tel: 01423 557317.

Raffle tickets will also be available leading up to the event.

Don't Miss Out!!!



Summer Fun!

Join with friends at annual fundraising event

Friends of Harrogate Hospital
supporting
Harrogate Hospital & Community Charity

The Big Picnic

- Fun Fair
- Bouncy Castle
- Archery
- Climbing Wall
- Tombola
- Stalls incl. Procter & Gamble
- Raffle Joe's Ows
- Food Brass Band



- BRING A PICNIC AND HAVE A GREAT FAMILY DAY OUT**
- If you want more information about the event or having a stall: Contact bigpicnic2016@gmail.com or tel. 07538 098384
- [f bigpicnic2016harrogate](https://www.facebook.com/bigpicnic2016harrogate)

Valley Gardens, Harrogate
Sunday 3rd July 2016 12pm to 4pm

Kindly supported by    Registered Charity Number 1050008

Thank you to **Spellow's Café** who are supporting The Sir Robert Ogden Macmillan Centre throughout the Summer.
Situating at Rabbit Hill Business Park's, Great North Road, Arkendale, Knaresborough, HG5 0FF
Open from 10am – 4pm.



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

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





Feel the Benefit with Phil's Top Tips!



SROMC Hair Loss Service

Unforgettable Special Days for seriously ill 16-40 year olds



The **Willow Foundation** is a national charity working with seriously ill young people (18 to 40 year olds) to fulfil **uplifting** and **unforgettable** Special Days. It includes life limiting conditions of, but is not limited to, cancer, motor neurone disease, cystic fibrosis and Huntington's disease.

Willow's Special Days are so much more than just a day and their importance and impact cannot be overestimated. The Special Day provides an uplifting and positive experience to be shared with a partner, parents, siblings, children or close friends. From the moment of application and the anticipation of the day to come, to the excitement of the day itself, a **Special Day** creates memories that are treasured forever.

Every day deserves to be treated as precious but the pressures of diagnosis, treatment and recovery can be overwhelming. Willow aims to redress the balance by providing a Special Day tailored to your needs and this might be a UK city break, theatre trip, sporting event or a visit to a theme park.

For more information and details on how to apply call

01707 259777 or visit willowfoundation.org.uk

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 on the

The Wig Service

To arrange an appointment contact the Orthotics Department

Tel: 01423 55 3445

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

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 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



£10 Prize for winning Word Search

Return Entries to address below by 1st August 2016

S	T	R	A	W	B	E	R	R	Y
T	E	J	R	D	F	N	Q	U	E
U	N	S	M	E	N	O	B	E	L
C	U	I	Y	U	G	D	Y	R	L
O	M	R	A	C	K	E	T	H	O
U	P	E	T	E	K	L	E	D	V
R	W	E	N	W	A	B	E	R	Y
T	L	W	A	L	C	M	O	V	P
Y	A	H	O	E	R	I	P	M	U
L	B	I	X	U	L	W	S	K	E

COURT
 DEUCE
 HAWKEYE
 LAWN
 NET
 RACKET
 STRAWBERRY
 UMPIRE
 VOLLEY
 WIMBLEDON

Name:.....

Tel:.....

Dates for your diary!



11th June Macmillan Race Day at York Race Course

June National Cancer Survivor Month

3rd July The Big Picnic, Valley Gardens

12th - 14th July Yorkshire Show

July Sarcoma Awareness Month



Harrogate and District **NHS**
NHS Foundation Trust

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

You matter most

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

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