

LIVING WITH AND BEYOND CANCER: This is a summary of a report issued in June 2016 for the Bristol area in conjunction with Macmillan Cancer Support, North Bristol NHS Trust and University Hospitals Bristol NHS Foundation Trust. Links to the entries are listed at the end.

The report summarises the services provided at North Bristol NHS Trust (NBT) and University Hospitals Bristol NHS Foundation Trust for people living with and beyond cancer in Bristol, North Somerset and South Gloucestershire CCGs. It says that those working to deliver cancer diagnostic, treatment and support services across Bristol are committed to continuing to work together to improve the outcomes for people living with and beyond cancer.

One aim is to improve communication between care providers and lead to a better quality and equity of service. This will enable people living with a cancer diagnosis to prepare for the future, identify their individual concerns and support needs and have these needs met. This will enable people to maximise their rehabilitation and quality of life after cancer treatment.

The report also provides information on links to services provided by other organisations such as health, local authority and the voluntary sector.

Since cancer can affect all areas of a person's life, including physical and mental health, relationships, work and finances, the aim should be to reduce the impact of cancer and supporting a person to cope with life during and after cancer treatment. The authors say they need to transform the way support is given, simply treating the disease, or checking it hasn't recurred, is not enough. The report demonstrates the numerous services based locally around Bristol that meet these needs many patients have unmet needs after treatment and it's suggested that both trusts had some way to go in improving the patient experience, especially in relation to communication and information-giving to support better self-management.

Other providers that offer aftercare for cancer survivors are centres such as the Penny Brohn Cancer Care Centre which delivers a combination of physical and emotional support designed to work alongside medical treatment. Its Living Well course, recently expanded across various locations in England, helps people living with cancer and their support network to consider lifestyle choices which can help them to live well with the impact of cancer at any stage before, during and after treatment. Services are also provided for palliative and end of life care by St Peter's hospice, near Bristol.

Bristol succeeded in becoming a host site for one of the Macmillan One to One Support projects. This was a partnership between NBT, UHB, Bristol Community Health and South Gloucestershire Community Health Services (Sirona Health). The aim was to provide a more seamless transition for patients between primary and secondary care.

As part of the NCSI pilot NBT developed tumour site specific Living Well Days. Funding from Macmillan has helped to expand the programme. In 2015 35 site specific events were held. 36 events were planned for 2016. They are run at the end of treatment and include input about physical activity, nutrition, how to recognise signs of recurrence and consequences of treatment and emotional support.

Using a Macmillan grant, UHB were able to pilot and develop Next Steps clinics which followed a different format by delivering physical activity, nutrition and emotional support to patients from a range of cancer types.

In order to improve support offered to patients at the end of treatment there are a number of self-management courses on offer across the BNSSG region. These include:

- . NBT Living Well Courses - These are led by a clinical psychologist, CNS and patient tutor, are tumour site specific and run for 2.5 hours a week over six weeks.
- . UHB Information and support sessions. Led by a clinical psychologist, these are a generic rolling programme of eight two-hour sessions which are open to any patient at any stage of treatment, covering specific topics of interest or concern such as managing nausea and sickness, and talking to children about cancer.
- . Macmillan HOPE (Helping Overcome Problems Effectively) programmes. These are led either by two HOPE trained healthcare professionals or by a healthcare professional and a lay tutor. They can run in a number of formats depending on patient and healthcare professional need. They are for patients who have completed active treatment.

- . Penny Brohn UK offer Living Well courses for either a 15-hour (two-day) residential course or a seven-week (two hours a week) non-residential course for patients at any stage of treatment.
 - . The Harbour (Bristol charity providing free counselling services to people with life threatening illness) offer a therapeutic group for cancer patients as well as a breast cancer specific group and a carers group.
 - . St Peter's Hospice offer a two-hourly fatigue and breathlessness group over five weeks to palliative cancer, COPD and heart failure patients.
- North Bristol Trust offer a dedicated outpatient cancer dietetic clinic at Southmead Hospital. The NBT and a local leisure centre provider, Everyone Active, created a formal partnership with funding from the Avon, Somerset and Wiltshire Cancer Network to set up the Energise programme in Easton and Henbury Leisure Centres. With subsequent funding from Macmillan, more Energise programmes were started in South Bristol (Hengrove Park Leisure Centre) and three in North Somerset (Clevedon, Portishead and Weston-super-Mare).
- . Through a partnership with the Ramblers, Macmillan has developed the Walking for Health programme. This is a national scheme where people affected by cancer or other health conditions can participate in free volunteer-led walks in their region. Walks are graded in terms of difficulty. Walking for Health is provided across the BNSSG region.
- Macmillan's course on Help Overcome Problems Effectively began January 2016 and is run every six weeks to offer a group approach to self-management in cancer in community venues.
- . The NGS Macmillan Wellbeing Centre at Southmead Hospital provides information and support to all cancer patients and their families at any stage during their cancer pathway. The centre is also the hub for the Living Well days and courses and other group activities.
 - . At UHB the Cancer Information Support Service is in the reception area of Bristol Haematology and Oncology Centre and is run by a centre manager, support officer and a team of volunteers.

Other voluntary sector support services:

- . Macmillan Bristol Buddies - this supports people affected by cancer in the form of assisting them with everyday tasks that they are finding difficult.
- . Macmillan and Bristol Citizens Advice Bureau are working to deliver welfare benefits advice specifically for people affected by cancer.
- . Macmillan Prevention and Re-enablement Project - this is a partnership with LinkAge, a Bristol charity providing support to reduce loneliness and isolation in adults over 55. The aim is to help older people affected by cancer to take part in community activities.

Links

Penny Brohn: <http://www.pennybrohn.org.uk>
 St Peter's Hospice: <http://www.stpetershospice.org.uk>
 Macmillan: <https://www.macmillan.org.uk>
 Bristol Buddies: email bristolbuddies@macmillan.org.uk
 LinkAge, Bristol: <http://www.linkagebristol.org.uk>
 Wellbeing Centre, Southmead: <https://www.nbt.nhs.uk/our-services/a-z-services/ngs-macmillan-wellbeing-centre>
 Energise: <https://www.bristol.gov.uk/social-care-health/cancer-rehabilitation-exercise>
 Macmillan Helping Overcome Problems Effectively: <http://www.macmillan.org.uk/yourmacnews/archives/summer2013/features/regionalroundup.aspx>
 Walking for Health: <https://www.walkingforhealth.org.uk/walkfinder>
 Macmillan One to One support projects, email: macmillan@bristolcab.org.uk or ring 0117 9462563
 The Harbour: 30 Frogmore Street, BS1 5NA. <http://www.the-harbour.org.uk>. Tel: 0117 925 9348 or email: info@the-harbour.co.uk
 Bristol Haematology and Oncology Centre: <http://www.uhbristol.nhs.uk/patients-and-visitors/your-hospitals/bhoc/>