

Macmillan Cancer Information and Support Centre
at the Berkshire Cancer Centre

NEWSLETTER

October
2023

Opening Hours:

Monday to Thursday 9.30am – 4pm and Fridays 9.30am to 2pm

Telephone Number: 0118 322 8700

Email: macmillan.information@royalberkshire.nhs.uk

Address: North block, Royal Berkshire NHS, London Road, Reading, RG1 5AN



#hello my name is... Joyce

Macmillan Personalised Care Project

We would like to help you embed cancer care reviews into Primary care to enhance patient care and experience following a diagnosis of cancer.

The aim of this project is to:

- Support GPs, Practice Nurses, and Allied health professionals' training undertaking meaningful cancer care review.
- Establish Cancer Care Review (CCR) champions in each Practice.
- Increase the number of cancer care reviews completed within 3 months after diagnosis and 12 months after discharge from secondary care.
- Improve communication and coordination between secondary and primary care.
- Increase signposting to local and national services.

What is a Cancer Care Review

A Cancer Care Review (CCR) is a conversation between the person living with cancer and their GP/Practice Nurse/Cancer Care Coordinator/Social Prescriber about their cancer journey. It is essential to [personalised care](#) and helps patients to:

- Talk about their cancer experience and concerns.
- Understand what support is available in their community.
- Receive the information they need to begin supported self-management.

When should you have a cancer care Review

- People with cancer will be offered an opportunity to discuss and be informed of the support available within 3 months of diagnosis.
- People with cancer will have a structured Cancer Care Review (CCR) recorded within 12 months of diagnosis.

Joyce Hernandez

Macmillan Personalised Care Nurse Facilitator Cancer Care

Email address: Joyce.hernandez4@nhs.net



**MACMILLAN
CANCER SUPPORT**



Macmillan's Local News

#hello my name is... **Heather**

I am a Band 7 therapy radiographer and has been working with the trust in the BCC department for the past 19 years.

I am also the Lead radiographer for the skin cancer patients, as well as the Health and Wellbeing champion.

I am a Fitness and health fanatic and an avid garden lover, outside of my daily jobs I am the assistant secretary on the committee for the Barbados Friends and Family Association (BAFA). BAFA is a charity which caters for the Caribbean community in Reading.

During Black History Month, BAFA (Reading) was promoting a Health Awareness Programme on 07 October 2023 and Heather presented a session on Prostate Cancer. Also presenting on Crohn's Disease were Natalie and Rochelle Alleyne.

The seminar was well attended.



Lead radiographer



Wellbeing Service

- Dear members of Adult Care Forums and Community & Faith Groups
- Please click on the link below for the **October-November 2023** Community Wellbeing Newsletter:
- <https://servicesguide.reading.gov.uk/kb5/reading/directory/site.page?id=OUdZSnRYQ24>
- Includes updates on:
 - Ranger Station at Prospect Park, Archery – Every Friday 3pm-4pm
 - Get Berkshire Active Sport Development Forum – Thursday 12th October 2023, 9:30am-1:30pm
 - Sessional ESOL Tutor
 - Together-UK Job opportunity
 - Sports and Leisure – Activities on offer for Reading Residents
- **Senior multi-activity offer at Meadway Sports Centre on Wednesdays 9:30am – 12:30pm**
- Get Berkshire Active, Ever Active Ageing Well Sessions and Free Reconditioning Programme
- Independent Financial Advice for paying for care
 - Community Centres Consultation – closing date 13th October 2023
 - Reading Transport Strategy 2040 – closing date 11th December 2023
- Reading Services Guide updates
 - [Turners Oak](#) - providing emotional, practical and logistical support to older people who move home in later life
 - [Let's talk about it - Bereavement counselling](#)
- Cost of Living Fund application now open – deadline 16 October 2023
- Check your health!
- Compass Recovery College
- Cost of living information and support
- If you would like further information, please email: wellbeing.service@reading.gov.uk



hello my name is... Shirley



- We continue to support Cancer patients, families, carers and other health professionals and we are open to support you just call on 0118 322 8700 and speak to Hilton, Sara, Sofia, Jenny or Shirley re any non-clinical questions you may have. I.e. work, financial, emotional, practical support.
- Quarter 3 (Jul-Sept) has seen an increase in face to face contacts – I believe this is a direct result of having our volunteers on site and helping meet and greet and having a direct contact with patients coming for appointments and treatments. Thankyou volunteers.
- Find out more about what is happening at Macmillan www.macmillan.org.uk

	Jan – Mar 23	Apr – Jun 23	Jul-Sept 23
Total Visitors	156	174	384
Female	100	110	228
Male	56	64	156
Face 2 Face	82	90	275
Telephone	60	68	80
Email	14	16	29



The Macmillan Buddy Service

- Our free Macmillan Buddy Service will match you to a volunteer buddy who understands what you're going through. They'll be a listening ear, ready to talk about how you're feeling and your support needs or anything else you'd like to talk about.
- They can also point you to other support which may be available to you within the local community.
- If you also require some help around the home. Like putting washing away or a little cleaning they can help.
- Support is usually for 12 weeks and can sometimes be extended, they will review how it's going and signpost you on to other suitable support as and when needed.
- Sign Up link: [Sign up to get support from a Macmillan Buddy - Macmillan Cancer Support](#)



Parenting With Cancer



**PARENTING IS HARD.
HAVING CANCER IS HARD.
PARENTING WITH CANCER
FEELS IMPOSSIBLE.**

YOU'RE NOT ALONE.

Welcome to this space where you will find support, guidance, tips, advice and the recognition that parenting with cancer is tough.

It doesn't matter what your family looks like, or if you're just diagnosed, in treatment, living with, or now cancer free, we will help you navigate family life and the challenges parenting throws at you.

You are not alone!

There is a heading on the website which is called 'workshops' (very useful page for parents with cancer and children)

This has several topics which cover the following:

- Talking to your kids
 - Dealing with uncertainty
 - Behaviour is communication
 - Dealing with all the emotions
 - Being good enough
 - Parenting through treatment
 - Working with school
 - Supporting neurodiverse kids
 - Explaining inherited cancers
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- Ted talk [Parental Love Vs Parental Empowerment | Caroline Leek | TEDxLewisham – YouTube](#)
 - Click on the link below and book into workshops to help yourself throughout this cancer fight: [Book workshop — Parenting with Cancer](#)

RCCSG (Reading Cancer Care Support Group) AGM



- AGM at the Quaker meeting house on Wednesday, 13th September.
- It was great to catch up with you all, hear your updates, and taste lovely dishes! I want to take this opportunity to thank Betty for her wonderful 2-year tenure as the chair of RCCSG and congratulate Gosia, our newly elected chair. Following the AGM, Gosia is the new chair and secretary, and Izabela is the treasurer for RCCSG.
- Additionally, a big thank you to Mary, Christine, Joyce, and Shirley for attending the AGM and immensely supporting RCCSG.

Royal Berkshire Hospitals Macmillan Coffee Morning

Sept 28th 2023



Staff from Berkshire Cancer Centre kindly helped donate and contribute towards the Cakes, coffee, tea, biscuits, baking mixes and Hilton also had a friend (Gogi) help make some savoury flavour food (vegan + meat options were available).



Thanks to each and every single person who also participated in the raffle sale (Patients, friends, family & staff) we managed to raise a WHOPPING total of **£947.52** which is way more then we had in previous years. 😊

Macmillan will use this money to go towards supporting anyone who is affected by cancer. It will help local cancer centres as well as support lines open, as well as contributing the towards the Macmillan grants we can apply for patients going through chemo/radiotherapy.

Congrats to all the prize winners!

Most importantly, thank you to everyone who took part on this fabulous day, you have all helped make a real difference to lives affected by cancer.

Thank you from all of us here In the Centre 😊





Chemogiftbags

Chemogiftbags supports men & women across the Thames Valley who are undergoing chemotherapy following a breast cancer diagnosis.

Our free-of-charge Chemogiftbags are filled with items that are carefully selected to help people through their treatment and bring a little light at what is a daunting time.

“If we can bring a smile to those receiving our Chemogiftbags then our mission is achieved”

To request a Chemogiftbag for yourself or someone you know please visit chemogiftbags.org



[chemogiftbags](https://www.chemogiftbags.org)



[chemogiftbagsUK](https://www.chemogiftbags.org)



chemogiftbags.org



Registered Charity No: 1168095

Cancer Rehabilitation Wellbeing Day

- Cancer Rehabilitation team ran a wellbeing day on Tues 17th October and was really well attended by over 40 patients and some of their carers.
- The day cover topics delivered on Mindfulness by Kate Ellis, Complimentary Therapies by My Cancer My Choice, Resilience by Dr Petra Kagledger, Sleep Well by Matt Williams, Diet and Cancer by Emma Hogbin, Physical Activity/exercise by Tessa Higgins.
- Other guest organisation were there Look Good Feel Better, Involve Wokingham, RVS Reading, Community Cancer Champions, and Macmillan Info and Support from Royal Berkshire.
- Contact cancer.rehabilitation@nhs.net or call them on 07392861323 for up-and-coming events.

