

Getting to know you films

Films for patients made by patients

With two of our patients, Sara and Mairead, we have made a series of information films which can be found on the trust website.

The first is a guide to the Oncology outpatient department.

The second is a candid conversation between Sara and Mairead about what helped them through their treatment.

The third and newest is a guide to receiving chemotherapy treatment at our Trust; how chemotherapy is made and given. Some of the more common potential side effects, and hints to help with these.

Visit www.bhrhospitals.nhs.uk/cancer-services

Or scan



These films may be able to take away some of the anxiety and answer some of the questions that you may have about the department and your chemotherapy treatment

Patient Advice and Liaison Service (PALS)

PALS is a free and confidential service for patients, their relatives, carers and friends. At BHRUT we are committed to providing the best quality of care in a friendly, pleasant and professional environment. Sometimes, however, things can go wrong and should that happen PALS aims to help with any concern.

Raising a concern will not affect the care or treatment that you or the patient receives.

You can contact us on:

01708 435454

Monday – Friday 9am – 5pm

Email: bhrut.pals@nhs.net

Covid-19 and Vaccinations

It is strongly advised that you are fully vaccinated before starting treatment to protect yourself against serious illness. Please speak to your CNS or GP for further advice.

GP Cancer Care Review

You should receive a call from your GP surgery within the first few months of your diagnosis, to offer help and support with any needs that you have. Please contact your surgery for further information.

January 2024

Barking, Havering and Redbridge
University Hospitals
NHS Trust

THE BRIDGE NEWSLETTER

By The Living with and Beyond Cancer Team



Introducing you to the Living with and beyond Cancer Team

Our office is open from **9am to 5pm**

Monday to Friday .

The team can be contacted by

Calling in to the Macmillan Information Room located in Queens Hospital
Oncology Department, ground floor, orange zone

Telephone: **01708 435 174**

Email: bhrut.cancerinfoandsupport@nhs.net

What to find inside

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 www.bhrhospitals.nhs.uk

 [@BHR_hospitals](https://twitter.com/BHR_hospitals) / Follow [@BHR_cancerinfo](https://twitter.com/BHR_cancerinfo)

 Barking, Havering and Redbridge University Hospitals NHS Trust

TAKING  IN YOUR CARE

Macmillan Information Service

We provide support and advice to all patients, carers and relatives.

In our Information Room you will find a wealth of literature available on:

- Living with Cancer, before, during and after Treatment
- Emotional Impact of cancer
- Further information for Family and Friends

You will also find more information on the Macmillan Website:

Macmillan.org.uk

Here you can find out about:

- Macmillan Online community
- Macmillan/Bupa telephone counselling (Self referral)
- Macmillan Telephone Buddies
- Information on Macmillan Grants
- Information in different languages



You can contact the Macmillan Support Line on: **0808 808 0000 8am-8pm**

Holistic Needs Assessments (HNA)

At some point in your cancer journey you should be offered a Holistic Needs Assessment.

This can either be with your Clinical Nurse Specialist, Support Worker or the Personalised Cancer Care Team.

In this assessment you will have the chance to discuss any Physical, Practical, Emotional, Spiritual, or Relationship concerns.

This will be a private and confidential conversation which will be able to provide you with support and advice.

Useful Contact Numbers

You should be allocated a Clinical nurse specialist who is your key worker throughout your diagnosis and treatment. You can call them to discuss any concerns, ongoing symptom control, emotional support and future care planning. If you are unsure who your key worker is, please contact us on **01708 435174** and we can pass on their contact information to you.

Please use these extension numbers for queries regarding appointments:

Radiotherapy appointments	01708 435000 Ext 3074
Chemotherapy appointments	01708 435000 Ext 3087
Outpatient appointments	01708 435000 Ext 3070

Spiritual & Pastoral Care For Those With or Without Faith

Spiritual care involves exploring how people feel about themselves. It includes reflecting on the relationships, activities and beliefs that matter to us and understanding how these things give us our sense of value and purpose. Illness can affect all these areas of our lives. As chaplains we can offer a safe environment and friendly ear to those who want to talk about these issues.

Our Trust Chaplaincy team consists of Chaplains from Christian and other faiths and has established links with the local community including **Jewish, Muslim, Hindu, Sikh** and **Greek Orthodox** faiths.

If you wish to speak to a chaplain please email: **chaplaincy@bhrhospitals.nhs.uk**

Advanced care planning drop in for cancer patients

After a cancer diagnosis people quite often think about their future and what this could look like for them. Advance Care Planning is the process of sorting your affairs and discussing preferences for your future care. With the aim of empowering you to take control of your future.

Drop in sessions are open for anyone who wants to discuss their worries around death, dying and end of life planning.

Session are held the second Wednesday of every month

Next date: Wednesday 10th January 2024

Time: **10am—1pm**

Venue: **Queens Oncology VERT room**

One to one sessions are also available please call Tiffany on:

01708 503526

Breast Cancer Now



If you are struggling to get back to “normal” after finishing treatment for primary breast cancer the **Moving Forward** course is here to help.

Its aim is to provide information, support and professional guidance on how to cope with and adjust to life after breast cancer.

Topics covered include healthy eating, exercise, lymphoedema, fatigue, managing symptoms, intimacy and relationships.

The course is held at **Romford YMCA** and run by **Breast Cancer Now**.

Book online at: breastcancernow.org/moving-forward or calling Breast Cancer Now on:

0808 800 6000

Secondary Breast Cancer Group

A diagnosis of secondary breast cancer can be very difficult and it can help to talk to others in a similar situation. Being part of this group can do that in a relaxed and supportive environment.

The group is held at **Romford YMCA** on the first Thursday of each month from **11am—1pm**

An experienced counsellor will be there to welcome you and facilitate the group.

You can book by visiting

breastcancernow.org/living-secondary-breast-cancer

Or calling: **0345 077 1893**



Further Support

[Ageuk.org.uk](https://www.ageuk.org.uk)
[Cancerresearchuk.org](https://www.cancerresearchuk.org)
[Cancersupportuk.org](https://www.cancersupportuk.org)
[Mariecurie.org](https://www.mariecurie.org)
[Shinecancersupport.org](https://www.shinecancersupport.org)
[Cancercaremap.org](https://www.cancercaremap.org)
[Gov.uk](https://www.gov.uk)
[Patient.info](https://www.patient.info)
[Relate.org.uk](https://www.relate.org.uk)
[Talkingtherapies.nhs](https://www.talkingtherapies.nhs.uk)

Living with Non-Curative Cancer Workshop

This workshop is designed to provide psychological support to patients with non-curative cancer, enabling them to openly discuss the impact of their diagnosis and work through their emotions. Patients can gain a deeper sense of meaning and purpose throughout their cancer journey. Our experienced team of psychologists will provide a safe and supportive environment for patients to share their experience and feelings.

Date: February 2024-day to be confirmed

For further information or to book a place please call:
01708 435360

Please leave a message and we will call you back.

Our Workshops

To book on to any of our workshops please contact us on 01708 435174

We cannot guarantee that a space will be available without booking.

Arriving late may result in you needing to rebook.

EMPOWER:

Wellbeing event after a Cancer diagnosis



EMPOWER is an educational workshop which aims to help a person with a new diagnosis of cancer take control, whilst learn about their journey ahead. Giving them a chance to ask questions and find out the necessary information needed to promote a positive lifestyle change.

Your CNS should have given you an **EMPOWER** booklet or you can pick one up from the Macmillan Information room.

The session is face to face, letting you meet others going through a similar situation and allowing you to ask questions to the trained members of our team.

We also offer this via a video that you can access on the Trust website below, if you are unable to make it to the session. <https://www.bhrhospital.nhs.uk/cancer-services> (film is in the Living with and beyond cancer – Health and Wellbeing hub section) Or by scanning the QR code below.



Sessions are from 10am—12:30pm at YMCA Romford, RM7 0PH

Next Dates Available: Tuesday 9th January 2024

Tuesday 13th February 2024

Please contact us on 01708 435174 to book your place.

Fatigue

9 out of 10 people with cancer report feeling fatigued at some time. If you are struggling with the effects of cancer related fatigue join us at our workshop where you can:

- Share experiences
- Learn to recognise your fatigue levels
- Learn coping mechanisms

Date: Tuesday 30th January 2024

Time: 10am—12pm

Venue: YMCA Romford RM7 0PH

Please call or email us to book a place

Nutrition & Exercise

This session will cover the benefits of good nutrition and exercise.

Topics covered include:

- Education on The Eat Well Guide
- Tips on reducing fat & salt intake
- Tips to improve your energy level & fitness
- Help promote a long term healthy lifestyle

Date: Tuesday 23rd January 2024

Time: 10am—12pm

Venue: YMCA Romford, RM7 0PH

Please call or email to book a place

Peripheral Neuropathy

As a result of cancer treatment

Get practical tips on how to cope with the symptoms of peripheral neuropathy.

Date: Tuesday 16th January 2024

Time: 10am—12pm

Venue: YMCA Romford, RM7 0PH

Please call or email to book your place



Coffee & Chat

This group is open to all patients and gives you the chance to have a cuppa and get to know new people and share experiences.

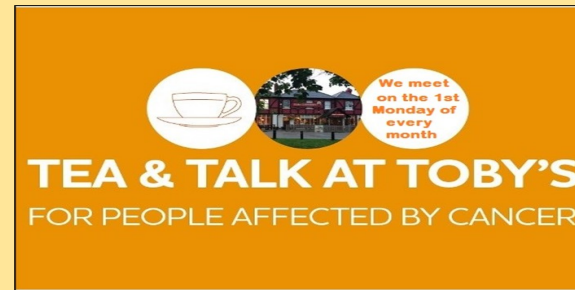
Date: Tuesday 9th January 2024

Tuesday 13th February 2024

Time: 2pm—3:30pm

Venue: YMCA Romford, RM7 0PH

Tea and talk



Where: Toby Carvery, Brentwood, CM15 8DZ

When: 1st Monday of every month

Time: 10am—12pm

Call **01708 758649** or visit: orangeline@sfh.org.uk

Myeloma support group

Face2Face Support Group

Monday 29th April, Monday 3rd May

Eastbrook End Country Park Tearooms
Discovery Centre,

Dagenham Road, RM7 0SS

2:00pm—4:00pm

Monthly Virtual Support Group

Monday 19th February, Monday 10th June

2:00pm—4:00pm

To book a place or for more information please email:

Kate Williams— k.williams10@nhs.net

Margaret Oliver-

margaretoliver1206@gmail.com



Proper Blokes Club

Proper Blokes Club is a walking club for men to be able to meet other people, talk and walk.

There are several walks in the area. For more information please visit their website

Theproperblokesclub.co.uk

Or visit their Facebook page.



Lymphoma Support Group

We are a friendly independent support group for people affected by lymphoma or any form of blood cancer. We meet monthly at Upminster Baptist Church. We chat, share experiences and offer support. We welcome family, friends and carers.

Our programme includes speakers from the medical profession, and other areas, sharing their expertise and advise. The group has been running over 10 years, supporting people through difficult times and forming friendships.

If you would like more information please do not hesitate to get in touch.

Ian and Doreen Russell

ian.doreen@btinternet.com

Denise Hosking

Denise.hosking@gmail.com

Other Support Groups



We are committed to raising public awareness about prostate cancer, encouraging men to seek advice early as the condition is responsive to treatment if detected early enough.

Monthly Support Groups

APPLE's monthly meetings give us the chance to get together, share experiences, ask questions and support each other.

Venue: Fullwell Cross Library, IG6 2EA

Time: 7.45pm-9pm

We also provide one to one telephone support

Please contact Jane Smith on: **07824 532835**

Or email: **info@appleprostate.co.uk**

For further information

Romford Brain Tumour Support Group: The Brain Tumour Charity

This friendly group in Romford, not far from Queens Hospital, is for anyone affected by a brain tumour.

The group meets on the first Wednesday of every month between 1pm - 3pm and is held at The Salvation Army Centre



LASAG

Please join us for coffee, cake and conversation.

Our support groups have special guest speakers who can offer invaluable support including consultants, Lung CNS, cancer specialists and solicitors, as well as the opportunity to meet others living with the disease. Our experienced staff will be available to provide information, advise or a listening ear in a safe environment.

The last Thursday of each month.

11:00am-1:00pm

Toby Carvery Moby Dick, RM6 6QU

Contact: Jenny@lasag.org.uk

07526 499163



Worrying About it Coming Back

Have you finished your treatment and find yourself worrying about whether it has worked or the possibility of cancer coming back? This workshop will help you to manage these worries and concerns and also what changes or symptoms to look out for.

Facilitated by Cancer Psychologists and LWBC Team.

Date: Tuesday 20th February 2024

Time: 10:00am—12:30pm

Venue: YMCA Romford, RM7 0PH

Please contact us to book your place

Health & Wellbeing Event

An educational day for people following cancer treatment to enable them to take control and participate in their recovery. Learning the necessary information and promoting positive lifestyle changes.

The day will include talks covering:

- The benefits of physical activity and healthy eating.
- The emotional effects of cancer.
- Consequences of treatment.
- Coping with fatigue.

Date: Monday 29th January 2024

Time: 9:30am - 3pm

Venue: Fullwell Cross Library, Barkingside

Please contact the team to book

Fruitfly Collective

Fruitfly collective is a charity always building new ways to support children, adults and families affected by cancer through creativity, education, research and communication.

For more information visit: **fruitflycollective.com**

Black Women Rising

Brings awareness and education around the signs and symptoms of cancer in the **BAME** community. This also includes changing the way we think about unhelpful myths surrounding cancer diagnosis. For more information visit:

www.blackwomenrisinguk.org

HOPE 'Help Overcoming Problems Effectively

If you have finished treatment or are on long term treatment and struggling to get back on track, the HOPE course will help you to rebuild your skills and confidence. Rediscover your inner strength, and learn how to cope emotionally, psychologically and practically with the journey ahead. **This is a 2 1/2 hour session, once a week for 6 weeks held on a Tuesday afternoon 2pm—4:30pm.**

Participant quote

"I am much less stressed now and dealing better with my anxiety. I am more positive about things and am trying hard to move forward."

Next available course: Tuesday 19th March to Tuesday 23rd April 2024

For more information please call us on: 01708 435174





look good feel better
SUPPORTING WOMEN WITH CANCER

Look Good Feel Better (LGFB) is a charity helping to boost the physical and emotional wellbeing of women undergoing cancer treatment. Face to face workshops are held where you can:

- Learn how to look after your skin, combat skin changes and learn new techniques when applying your makeup.
- Get to speak to an expert LGFB makeup artist and ask any questions you have, plus a chance to speak to others on the workshop.

Time: 10:30am - 12:30pm

Venue: Romford YMCA, RM7 0PH

Next Date: Tuesday 6th February 2024 or Tuesday 5th March 2024

Please look on <http://lookgoodfeelbetter.co.uk> to book or contact our team.



Look Good Feel Better offer **online** skincare and grooming workshops for men. Here you can learn expert tips on:

- The importance of sun protection.
- Tips for shaving safely during treatment.
- How to deal with scars.

You will receive a gift bag containing skincare and grooming products.

Please look on <https://lookgoodfeelbetter.co.uk> to book your place.



Cancer hair care is a charity which offers free expert advice on all aspects of hair loss and hair care before, during and after treatment. The dedicated team is a mixture of experts in their field plus people who have experienced hair loss through cancer treatment first hand.

For more information please visit their website:

www.cancerhaircare.co.uk

We will be hosting workshops with the hair care team call to book a place.

Date: TBC Time: TBC

Venue: Romford YMCA, RM7 0PH

Contact us on **01708 435174** to book a place.

Complementary Therapy Team

Our team of highly skilled and experienced therapists offer a range of therapies including:

- Reflexology Bach Flowers Remedies
- Aromatherapy Massage

These therapies help deal with the side effects & symptoms of cancer treatment, they can also help with emotional wellbeing.

You will be given 6 consecutive appointments that we hope you can commit too. Should you cancel your appointments we may not be able to rebook them. This is to ensure valuable appointment time is not wasted.

To find out more and to speak to a member of the team please call :

01708 504208 or email: bhrut.cancercomtherapyteam@nhs.net

Benefit Advice

Questions about money?

We can help

Our welfare Advisor offers free and confidential advice for people living with cancer and their carers. Including help with benefits or advice regarding debt.

To access this service ring or email the contact details at the front of this Newsletter or ask your clinical nurse specialist.

Appointments are available **Tuesdays, Wednesdays and Fridays.**

Wigs & Headscarves

Wigs are available through the NHS, on prescription. Most people must pay a prescription charge which is currently

£78.15

This entitles you to a wig up to the value of **£340** and can be cut and styled to your wishes.

This service can be accessed by calling **01708 435174**

Or by popping into our office.

We also keep a selection of headwear in the information room which you can purchase for a donation.