

HEALTH & WELLBEING EVENTS

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CANCER SUPPORT

HOW TO GUIDE

A guide for professionals planning and managing events for both people living with cancer and those affected by cancer.

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Introduction

What's the purpose of this guide?

This resource has been designed to provide some simple steps for professionals when planning and delivering events for people living with and beyond cancer.

You may already be running events that create opportunities for people affected by cancer to meet and get essential information and support from clinical specialists, local providers, and other subject experts. At Macmillan we call these Health and Wellbeing Events (HWBE).

Many sites are trialling new approaches and ways of working to suit their local area. The concept is relatively new across the UK and we recognise that these events sometimes have different names such as 'education events', 'living well days', 'support and information groups', or 'health and wellbeing clinics'. However, if you are running group sessions to ensure people affected by cancer feel supported during a transition between different stages of treatment and recovery, then the information in this guide is relevant to you.



Laura Bailey (Macmillan Information Support Manager) and attendee at a local Health and Wellbeing Event.

Background

There are currently 2.5 million people in the UK living with and beyond cancer. That number is set to rise to 4 million by 2030, reflecting the increasing incidence of cancer and better survival rates. Those living with and beyond cancer often have poor health and wellbeing and may benefit from further support at the end of medical treatment.^{1,2} The unmet needs of people who have finished medical treatment include physical and psychological effects as well as financial, practical and spiritual aspects. We know that there has been an increase in people caring for those who have finished their treatment but who are living with the long-term impacts of cancer.^{1,2} People living with cancer want to be more informed and involved with their own care.^{3,4} Due to a challenging healthcare funding environment,^{5,6} there is a clear need for cancer services to adapt and support people to self-manage their condition, enabling better health and care outcomes.

The Recovery Package

The Recovery Package is a series of interventions, which, when delivered together can greatly improve outcomes for people affected by cancer.

Health and Wellbeing Events are a key component of the Recovery Package and are vital in enabling health or social care providers to deliver outcomes for people affected by cancer. Health and Wellbeing Events are all about education and information. They support people living with and beyond cancer, their carers and their families to take control and participate in their short and long-term recovery, giving them necessary information and promoting positive lifestyle change. Various models of delivery have been adopted and provision, both in acute hospital settings as well as in the community, has been positively received.



UK-wide policy drivers

Scotland

The Scottish Cancer Strategy's *Beating Cancer: Ambition and Action 2016* highlights the Transforming Care After Treatment Programme, with its focus on person centred follow-up.⁷

Northern Ireland

Northern Ireland's Cancer Service Framework addresses supported self-management with patient-triggered follow up, which will support people who are moving from 'patient' to 'life after cancer'. This could be a 'one off appointment with appropriate debriefing and signposting for ongoing support'.⁸

Wales

Together for Health: Welsh Cancer Delivery Plan (2012-2016) highlights the importance of identifying and addressing holistic needs in people living with and beyond cancer and stresses that an individual's care plan must address needs such as information on financial, emotional and spiritual advice and support in order to ensure a person-centred approach.⁹

England

The NHS Five Year Forward View,¹⁰ published in October 2014, made a specific recommendation for the provision of a Health and Wellbeing Event for people living with a cancer diagnosis as part of the Recovery Package.

*Achieving World Class Cancer Outcomes – A strategy for England 2015-2020*⁷ recommended that NHS England should 'accelerate the commissioning of services for patients living with and beyond cancer, with a view to ensuring that every person with cancer has access to elements of the Recovery Package by 2020'. Recommendation 65 of Macmillan's *Cancer in the UK 2014: State of the Nation Report* suggested that this could include 'access to a patient education and support event, such as a Health and Wellbeing Clinic, to prepare the person for the transition to supported self-management'.¹¹



What is a Health and Wellbeing Event?

A Health and Wellbeing Event is a service model that takes the form of a supportive event to help prepare people affected by cancer, their carers, and their family and friends for the transition through their cancer journey. The event brings together a range of service providers from health, social, community and voluntary sectors.

The main aims are:

- to provide information and advice relating to health and wellbeing,
- to signpost those attending to local resources and services including local and national charities, both clinical and non-clinical, and
- to facilitate interaction with other people affected by cancer.



Lucy, from Move More Southport and Formby, leading a breakout physical activity session for people living with cancer, at a local Health and Wellbeing Event.

Why are Health and Wellbeing Events important?

Health and Wellbeing Events offer a range of benefits to many different audiences.



Benefits to patients

- The events support self-management. They equip people who are diagnosed with cancer, being treated for cancer and living with and beyond cancer with the information and contacts they need. Patients achieve a greater sense of control, feel more confident, and are more easily able to access the support they need when they need it.
- Patients are better educated on the signs and symptoms of cancer recurrence and the consequences of treatment.
- Through being supported to engage in social activities, patients are better equipped to manage emotional distress. This can lead to improvements in quality of life.
- Patients are able to make informed decisions about their health and level of physical activity as a result of the information they receive at events and therefore may experience improved wellbeing.
- Patients can build their knowledge of the local and national services that are available to support them. They enjoy a sense of reassurance in knowing how to access support whenever they need it.
- The events provide an environment which is conducive to learning and sharing. Patients can freely tell their story and discuss their needs with peers, healthcare professionals and local service providers.
- Offering group discussions can allow patients to feel less isolated.



Benefits to health or social care professionals and organisations

- Sharing information allows patients to manage their own health more effectively and can reduce the need for support from health services.
- Offering health and wellbeing information to a group of patients is more efficient than offering the same information in multiple one-to-one consultations.
- The events are effective ways of ensuring that patients are supported through their cancer journey and that they continue to feel supported after their treatment. Ensuring clarity about the purpose and aims of the event at an early planning stage will make sure the benefits and full potential of the event are realised for everyone involved.



Macmillan staff talking to people living with cancer at an event.

What makes an effective Health and Wellbeing Event?

The Office for Public Management's evaluation of the 14 Health and Wellbeing pilot sites¹² in 2011 identified six characteristics which make an effective Health and Wellbeing Event:



1. Effective information giving

Whether verbal or written, excellent information is integral to the effectiveness of events. Information about cancer type, living with and beyond cancer, and the services available are key to patients having improved knowledge and being better able to self-manage.



2. Volunteer support

Volunteers at events can be beneficial in helping people feel welcome and relaxed. Volunteers can meet and greet people, serve refreshments and ensure networking and engagement. They can also play a vital role in providing feedback and insight from an attendee's perspective.



3. Engagement with the Multidisciplinary Team (MDT)

Good communication with the MDT is crucial to the success of an event. It means that oncologists, surgeons and all other healthcare professionals can recommend the event to patients and invite them to attend as an essential part of the pathway. They may, for example, send out personalised invitations for events.



4. Underpinning processes to support recruitment and engagement

When the event is fully embedded into the pathway all patients are automatically invited to attend. This acts as an opt-out rather than opt-in process encouraging patients to recognise the importance in attending.



5. Dedicated admin support

The most effective events are those in which the organisers have set aside dedicated time to facilitate recruitment, set up and delivery. Sufficient time needs to be spent on activities such as sending invitations to patients, organising the logistics on the day and administering follow up evaluation forms. It is worth noting that as Health and Wellbeing Events become more embedded into the cancer pathway, administrative processes will become less time consuming.



6. Partnership working with local community based organisations

This helps patients to understand the support that's available to them. Similarly, it helps local service providers to understand the needs of the groups of patients and encourages supported self-management in the community.

The characteristics can be found in the full report which can be accessed at www.opm.co.uk/publications/evaluation-of-health-and-wellbeing-clinics/



Claus (Macmillan Educational Programme Specialist for Cancer Survivors) speaking at a Health and Wellbeing Event.

Types of Health and Wellbeing Events

There are many different types of Health and Wellbeing Events, and yours will depend on the need of the patients in your locality and how you choose to segment groups of patients. In some cases there may be opportunities to integrate with existing long term condition events and offer cancer specific content, something that could be beneficial to smaller groups in rural areas.

In order to tailor your Health and Wellbeing Events to the needs of your patients, you can be very flexible in your approach. However, a few distinct types of event are already popular and they can provide a framework for you to evaluate what might work best for your patient or population needs.

Generic events: the content and information provided in these sessions will be valuable to anyone with cancer, regardless of their diagnosis. For example, these events may cover subjects like the benefits of physical activity and tips on dealing with fatigue.

Tumour-specific events: these events feature content designed for patients with particular types of cancer. Some events may bring together people with cancer in different tumour sites, but ones which have similar consequences of treatment profiles, e.g. urology and bowel cancer. Alternatively, people who have cancer in different tumour sites might have an event at the same time, but there might be specialised breakout time scheduled for people with different cancer types.

Geographic events: these can be held within one central area which captures patients from many rural places. For example, there may be an event for a cluster of people with cancer in different tumour groups all held in North Wales.

Of course, you can also combine any of the above options. It's all about looking at what works for the needs of your patients.

Tips on setting up a Health and Wellbeing Event

Strategic considerations

-  **Joining up with other services**

It is recommended that the structure and content of your event is considered within the wider context of other long term conditions. You should also make sure that you engage with organisations within the wider health and social care landscape, such as clinical commissioning groups (CCGs), health boards and health and care services.
-  **Aligning with pathway redesign**

Health and Wellbeing Events are best considered when they can be embedded into any pathway redesign as a core component to aid recovery and self-care. Doing this can also aid effective planning and resource allocation across the whole pathway.
-  **Existing governance structures**

You may already have existing structures in place for supporting people living with cancer. These can be used as a foundation for a Health and Wellbeing Event, and there may even be opportunities to co-deliver events in your area.
-  **Engaging the Multidisciplinary Team (MDT)**

All clinicians need to be well informed about the purpose of Health and Wellbeing Events so that they will encourage patients to attend. Events should be embedded into patients' aftercare pathways and treated with the same level of importance as any other health care consultation.
-  **Key stakeholders**

You will need to consider how often you meet with key stakeholders of your Health and Wellbeing Events, how long for and how often. Due to varying schedules it may not always be possible to meet face to face, so you could consider teleconferences or virtual meetings if available.

This group could establish the objectives of your events, design the content and set the agenda, as well as providing logistical and organisational support.



Steering groups

In order for your Health and Wellbeing Events to be successfully established and maintained, you will need a steering group of committed individuals. This group could meet up to six months before the planned event and then more frequently in the run up to the event to ensure the project is on schedule.

We'd suggest that the steering group membership includes a mix of professionals (including those with clinical experience), administration, local service representatives and, ideally, a patient representative. Your local cancer information centre manager may also wish to be included as they will have local links which could help and support patient groups and they may also have access to volunteers.



Engaging with commissioners or equivalent processes

It's important to think about how you could engage with and involve organisations within the wider health and social care landscape. You could do this by liaising with your local cancer manager, sharing what you are doing with them, and sending them updates and evaluations. By doing this you will ensure that your events fit in with wider strategic plans, e.g. the Sustainability and Transformation Plans (STPs) in England.



Budget management

You will need to consider how you will resource and fund your event, and how the budget will be managed from the planning stages through to delivery. It may be worth using a budgeting spreadsheet which you may already be using for other projects. If you do not have the budget it may be worth seeing if you can acquire the funding. Ask your lead cancer nurse or cancer manager if funding is available. Other people who may be able to offer some support include the clinical network, your local Trust, your local quality lead at Macmillan Cancer Support, and national and local charities appropriate to your event.



Collaborating with local community groups

By working closely with groups in your local area you could maximise attendees and identify how to engage with hard-to-reach groups. You may have a directory of local services to help you make these connections.

Practical considerations



Choosing a suitable location and venue

The location of your event is key. It's important to choose somewhere that attendees can travel to and from easily.

When sourcing a venue for your Health and Wellbeing Event, you may already have a suitable space within a clinical setting in mind. Conversely, you may wish to host your event somewhere within the community, such as a local leisure centre.

Accessibility

Is there disabled access at your venue? Does it provide car parking and, if so, will there be enough spaces? If there is a cost attached to car parking, can you reimburse patients for this?

Type of venue

Are you planning on hosting your event in a clinical or a community setting? The table below sets out the benefits and challenges of each option.

Table 1: Benefits and challenges of hosting a Health and Wellbeing Event in a clinical setting and a community setting

	Benefits	Challenges
Clinical setting, e.g. a meeting room in a hospital	<ul style="list-style-type: none"> • Clinicians may be more likely to be able to attend. • Patients will be familiar with the venue. • There is likely to be no cost (or minimal cost) for the room. 	<ul style="list-style-type: none"> • It may be difficult to get a large enough or appropriate room. • Patients may not want to come to the hospital when they are not having treatment.
Community setting, e.g. a local leisure centre	<ul style="list-style-type: none"> • Patients may be more likely to speak about their holistic needs. • It may be more relaxing for patients. • The venue may have a larger or more appropriate space. • It may encourage patients to think about what services are available to them locally. 	<ul style="list-style-type: none"> • You may have to pay for the venue. • The venue may be more difficult to access.

-  **Time**
How long will the event run? You could consider either a half day event or a full day event depending on the content and availability of resources.
-  **Cost**
If there is a cost attached to the venue, how will you provide funding? You could consider working in partnership with local organisations to negotiate a free venue – this may make funding go further.
-  **Lunch and refreshments**
You could ask the venue to include these in the total price. Alternatively, you could ask a local business to donate refreshments or you could ask attendees to make a small donation to cover the costs.
-  **Managing and running your event**
Managing and running a Health and Wellbeing Event requires organisational and planning skills.

Practical considerations on the day:

-  Ensure that someone runs through the agenda at the beginning of the event and talks people through housekeeping, including where the fire exits and toilets are, what to do with mobile phones, etc. This person could also be responsible for making sure the event is kept to time.
-  Check technology works and ensure you have long enough extension leads.
-  If a microphone is being used, ensure all audio-visual equipment is working or make sure that someone is on hand to help.
-  Provide any speakers with a glass of water.
-  Be flexible and have a backup plan in case, for example, any speaker cannot make it.
-  Allow enough time for patients to talk to each other and network.
-  Provide regular toilet and refreshment breaks.
-  Ensure that the room is not too warm and not too cold.
-  Ensure that the tables and seating are set up so that the screen is visible to all.

There will need to be a dedicated manager to organise and plan the day of the event. There will also need to be a sufficient amount of administrative support available in the run up to, during and after the event.



Identifying staff training needs

Do the members of staff who will be involved in your Health and Wellbeing Event need any training or guidance in order to deliver the event's aims and outcomes?

Training needs for staff could include:

- communication, presentation, and information giving skills,
- self-management or health education training,
- group management and facilitation skills,
- motivational behavioural interviewing techniques, or
- cancer awareness training.

It is likely that you will be able to access training to meet these needs through local learning and development providers.



Choosing speakers

Your event will probably feature guest speakers who have expert knowledge on specific aspects of living with and beyond cancer, and who your audience will benefit from listening to. It's important to choose engaging professionals who are willing to answer questions.

Guest speakers who are often invited to Health and Wellbeing Events include consultants, clinical nurse specialists, local physical activity providers, patient representatives, and allied health professionals.

Once you have decided on your speakers, you will need to give them as much notice as possible and brief them on the type of patients who will be attending the event so they can tailor their talk appropriately.

If your speakers are giving presentations, make sure that where possible you receive these a couple of days in advance so you have plenty of time to load them up onto the laptop or computer that you are using before the event begins.



Inviting people affected by cancer

There are several ways to let people living with cancer and their family and friends know about your Health and Wellbeing Event.

Personalised invitations:

This personal approach emphasises that Health and Wellbeing Events are an important part of follow up care. Encourage healthcare professionals to individually invite patients at appointments and then follow up by sending personalised letters of invitation. You can find an example of an invitation letter in Appendix 1. You could also send emails to GPs to encourage them to invite patients to your event.

General promotions:

Sign up to your event will need to be well planned. A number of approaches could be taken including distributing flyers at follow-up clinics, putting up posters in clinical areas, sending flyers to GP practices, and advertising in both your local cancer information centre and the local press. You can find examples and templates for promotional posters in Appendix 1.



Attendees at the Bromley-by-Bow Centre Health & Wellbeing Event.

Patient focus considerations

The Health and Wellbeing Events that you plan, create, and deliver should be shaped to fit the needs of your patient cohort, taking into account parameters such as diagnosis and pathway stage. For example, patients that have completed treatment may not find information on chemotherapy or radiotherapy as useful compared with a group of patients who are due to receive treatment. Knowing your patient cohort can help you shape what information would be of greatest benefit. If you are using a Holistic Needs Assessment this could provide useful insight.

> **Determining patient needs**

How will you meet the needs of the patients attending your event? If you and your colleagues offer a Holistic Needs Assessment with your patients then this can provide insight on what content would be beneficial.

You could also ask attendees to fill out a pre-event questionnaire in order to identify their needs and then shape the day around them. If you take this approach, you will need to consider the process of sending attendees a pre-evaluation survey well in advance of the event and using the information to shape the day.

> **Meeting patient needs**

How will your Health and Wellbeing Event meet the needs of the people attending it? How will your content match the concerns that have been raised? If, for example, you discover that there is a significant need for support with depression and anxiety, could you have a psychologist guest speaker and a local support group in attendance?

> **Managing patient expectations**

It is important to ensure that attendees understand what will be available at the event, particularly if the focus is tumour specific. You can do this by sending out a personalised letter containing the agenda for the event ahead of the day. You can find an example of and a template for an agenda in Appendix 1.

> **Signposting to further sources of support**

Why not consider setting up a table containing information about other local services and sources of support that are not able to exhibit on the day?

> **Providing a goody bag**

It's a great idea to send attendees home with a goody bag or information pack. You will need to identify appropriate resources and order them in advance of the event. All Macmillan resources can be ordered from [be.macmillan.org.uk](https://www.be.macmillan.org.uk)

Event content

Health and Wellbeing Events provide an opportunity to inform and educate patients about clinical and holistic aspects of their diagnosis and the ongoing management of their health. Their purpose is to give patients, their carers and their families information about local support services and opportunities that are available to them.

Subjects to cover at a Health and Wellbeing Event

Health and Wellbeing Events should have a focus on patients staying as well as possible for as long as possible. Ideally, the following subjects should be included as a baseline:

- physical activity,
- diet,
- anxiety and depression,
- fatigue,
- finance and benefits,
- tumour-specific content (if appropriate), and
- the potential consequences of treatment and long-term side effects,
- carers,
- signposting to local public health teams or services offering health and wellbeing support,
- treatments explained: radiotherapy and chemotherapy (if patients attend prior to treatment).



Additional subjects you could consider covering include:

- anxiety and depression
- benefits
- consequences of treatment
- diet
- fatigue
- finance
- healthy lifestyles
- lymphoedema
- mindfulness and relaxation
- physical activity
- recurrence
- returning to work
- skin care

> More complex or specific topics that would be included, if relevant, are:

- body image and appearance
- bone health
- breathlessness
- complementary therapies
- coping strategies
- emotions
- erectile dysfunction
- family and children
- food and eating recipes
- holidays and insurance
- housing
- continence
- menopause
- pain
- planning for the future
- preparing for treatment
- psychological impact
- relationships
- sex
- smoking
- support groups
- wigs
- wills and planning for end of life

It is important to note that local needs and availability of services will influence the content. Similarly, some of these topics may be covered in supporting resources as opposed to through a specific session.

The information in each subject area can be delivered by a range of healthcare professionals and other staff. These could include medical staff, welfare benefits advisers, local support groups, clinical nurse specialists and Allied Health Professionals such as physiotherapists, occupational therapists, dieticians, speech and language therapists and therapeutic radiographers.

> Market stalls and stands

Local service providers can exhibit their services by setting up a stall or stand at the event – a dedicated place to speak informally to attendees about their circumstances and inform them about the support that they can provide. Setting up a stall or stand will benefit patients by giving them the opportunity to speak to professionals directly and to also put a face to the services on offer.

If local service providers are not able to attend the event and man a market stall, then ask them to provide some promotional information or content for patients so that they can find out more about the local support available.

Evaluation and impact

An evaluation questionnaire is a great way to monitor the impact of your event and discover ways of improving future events. The questionnaire can be issued either on the day of the event or, if you are seeking to capture information about ongoing impact and behaviour change, up to two weeks later. You can find some example evaluation forms in Appendix 1.

Questionnaires can consist of any of the following groups of questions:

- **Standardised questions**
These questions are the same regardless of the type of event and allow for cross comparison of different events.
- **Bespoke questions**
These are questions that are added to the standard evaluation questions in order to gain insight from a particular group.
- **Impact and behaviour change questions**
These questions are issued at an agreed set time following the event. The answers to these questions can help you to understand what impact the event has had and what changes the patient has made as a result of attending.



Overcoming challenges and barriers

The challenge	Our response
<p>“Not everyone with cancer needs to go to a Health and Wellbeing Event – it’s only for people who need lots of support.”</p>	<p>Many patients have unidentified concerns or concerns that they don’t raise because they assume there is no support available. Every individual with cancer should be offered the opportunity to attend a Health and Wellbeing Event. It is an integral part of the cancer pathway.</p>
<p>“It’s going to take a long time to organise an event and I don’t have that time.”</p>	<p>The first few events may take some time to set up, but once established the ones that follow should become easier and less demanding on resources. A Health and Wellbeing Event can save time spent on follow up calls and repeat appointments.</p>
<p>“It’s going to cost a lot of money.”</p>	<p>The Office for Public Management’s evaluation (2011) found that Health and Wellbeing Events are cost effective¹². Economic case studies found that once the initial set-up costs have been covered, there have been monetary benefits to the healthcare system as a whole. This is because events reduce the need for further follow-up appointments. In a 2015 research paper, Macmillan Cancer Support found that most events cost less than £500 to run.</p>
<p>“We’ve run events before and have experienced problems. We are reluctant to arrange any more.”</p>	<p>Health and Wellbeing Events are most effective when they are tailored to support the local needs of patients while considering both the organisation’s outcomes and the capacity of staff to deliver. If your events have not worked in the past, feel free to tweak certain parts and amend them based on what suits you.</p>

Further learning and support

Further learning and support materials on Health and Wellbeing Events and other interventions of the Recovery package can be found on our Learn Zone page. To find out more, visit learnzone.macmillan.org.uk

Northern England Strategic Clinical Networks' *Health and Wellbeing Events: A Practical Guide for Implementation*:
www.nescn.nhs.uk/wp-content/uploads/2015/02/20150319-NESCN-Health-and-Wellbeing-Event-Guidance.pdf

Commissioning Guidance NHS England:
www.england.nhs.uk/wp-content/uploads/2016/04/cancer-guid-v1.pdf

Macmillan Cancer Support's information about Health and Wellbeing Events for health and social care professionals:
www.macmillan.org.uk/aboutus/healthandsocialcareprofessionals/macmillansprogrammesandservices/recoverypackage/healthandwellbeingclinics.aspx

One example of how Health and Wellbeing Events complement local interventions is the Macmillan Social Prescribing Service in Bromley-by-Bow. For more information visit www.bbbc.org.uk/macmillan

Videos of different Health and Wellbeing Events

Ashford and St Peters Hospital:
www.youtube.com/watch?v=42RW5gLs0V0

Northampton Health and Wellbeing Event:
www.youtube.com/watch?v=Uu2_Vcd5JLw

Southport Health and Wellbeing Event:
www.youtube.com/watch?v=wq-ZuXevVKI

Appendices

Appendix 1



Letter invitation

Letter invitation which can be downloaded and personalised



Promotional materials

A promotional poster which can be downloaded and personalised



Agenda template

An agenda template which can be downloaded and personalised



Evaluation questionnaire template

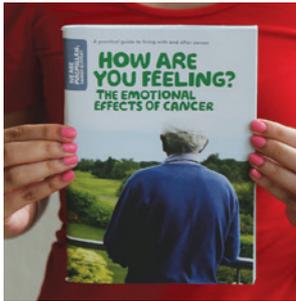
An evaluation questionnaire which can be downloaded and personalised

 To find examples of the above, please visit be.macmillan.org.uk/wellbeing

Appendix 2

All the following materials are available to order from be.macmillan.org.uk

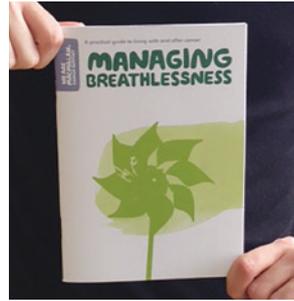
Anxiety and depression



Macmillan Cancer Support, How are you feeling?

Order code: MAC11593

Breathlessness



Macmillan Cancer Support, Managing breathlessness

Order code: MAC12918



Macmillan Cancer Support, Your feelings after cancer treatment

Order code: MAC12517

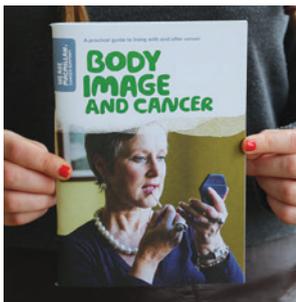
Carers



Macmillan Cancer Support, Looking after someone with cancer. A practical guide for carers, by carers

Order code: MAC5767

Body image and appearance



Macmillan Cancer Support, Body image and cancer

Order code: MAC14192



Macmillan Cancer Support, Work it out for carers. Essential questions for carers to ask about work and cancer

Order code: MAC13509

Bone health



Macmillan Cancer Support, Bone health

Order code: MAC12169

Complementary therapies



Macmillan Cancer Support, Cancer and complementary therapies

Order code: MAC11645

Continence



Macmillan Cancer Support, Managing the symptoms of cancer

Order code: MAC11671

Finance (including benefits)



Macmillan Cancer Support, Help with the cost of cancer

Order code: MAC4026

Family and children



Macmillan Cancer Support, Talking to children and teenagers when an adult has cancer.

Order code: MAC5766



Macmillan Cancer Support, Pensions

Order code: MAC14284



Macmillan Cancer Support, Talking about cancer

Order code: MAC11646



Macmillan Cancer Support, Housing costs

Order code: MAC14650

Fatigue



Macmillan Cancer Support, Coping with fatigue

Order code: MAC11664



Macmillan Cancer Support, Planning and managing your finances

Order code: MAC15911



Macmillan Cancer Support, Sorting out your affairs

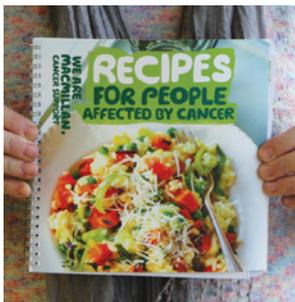
Order code: MAC14286

Food and diet



Macmillan Cancer Support, The building-up diet

Order code: MAC13614



Macmillan Cancer Support, Recipes for people affected by cancer

Order code: MAC15201



Macmillan Cancer Support, Managing weight gain after cancer treatment

Order code: MAC12167



Macmillan Cancer Support, Healthy eating and cancer

Order code: MAC13612

Holiday and insurance



Macmillan Cancer Support, Travel and cancer. Information for people affected by cancer who are planning to travel

Order code: MAC11667



Macmillan Cancer Support, Getting travel insurance

Order code: MAC4056



Macmillan Cancer Support, Insurance

Order code: MAC14285

Lymphoedema



Macmillan Cancer Support, Understanding lymphoedema

Order code: MAC11651



Macmillan Cancer Support, Side effects of cancer treatment

Order code: MAC12921

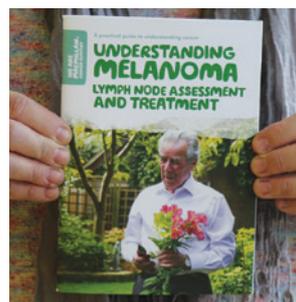
Menopause



Macmillan Cancer Support, Managing the late effects of breast cancer treatment

Order code: MAC12161

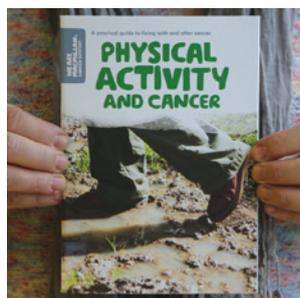
Skin care



Macmillan Cancer Support, Understanding melanoma. Lymph node assessment and treatment

Order code: MAC12176

Physical activity



Macmillan Cancer Support, Physical activity and cancer

Order code: MAC12515



Macmillan Cancer Support, Feel more like you: expert advice for your skin, nails and hair during cancer treatment

Order code: MAC14180



Macmillan Cancer Support, Move more: your complete guide to becoming more active

Order code: MAC13314

Pain



Macmillan Cancer Support, Managing cancer pain

Order code: MAC11670



Macmillan Cancer Support, Gardening as a way to keep active

Order code: MAC14169

Planning for the future



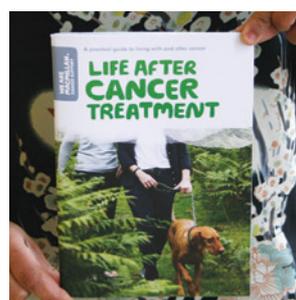
Macmillan Cancer Support, Planning your care and support: having a holistic needs assessment

Order code: MAC12957



Macmillan Cancer Support, Get active, feel good DVD

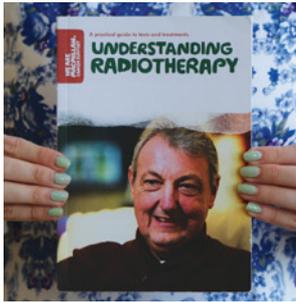
Order code: MAC14016



Macmillan Cancer Support, Life after cancer treatment

Order code: MAC11661

Preparing for treatment



Macmillan Cancer Support, Understanding radiotherapy

Order code: MAC11640



Macmillan Cancer Support, Understanding chemotherapy

Order code: MAC11619



Macmillan Cancer Support, Understanding breast reconstruction

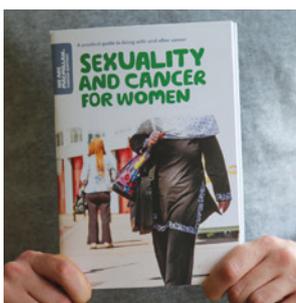
Order code: MAC11660

Relationships and sex



Macmillan Cancer Support, Sexuality and cancer: information for men

Order code: MAC14767



Macmillan Cancer Support, Sexuality and cancer: information for women

Order code: MAC14768

Smoking



Macmillan Cancer Support, Giving up smoking

Order code: MAC12514

Wigs



Macmillan Cancer Support, Coping with hair loss

Order code: MAC11627

Wills and planning for end of life



Macmillan Cancer Support, Your step-by-step guide to making a will

Order code: MAC14612



Macmillan Cancer Support, Your life, your choices: plan ahead

Order code: MAC13616



Macmillan Cancer Support, Preparing a child for loss

Order code: MAC 15372

Work and cancer



Macmillan Cancer Support, Questions to ask about work and cancer

Order code: MAC14580



Macmillan Cancer Support, Work and cancer: an essential guide for people living with cancer

Order code: MAC11675

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The group welcomes all comments and suggestions for future editions via the Macmillan Recovery Package Programme at **recoverypackage@macmillan.org.uk**

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Notes

As a healthcare professional, you know cancer doesn't just affect your patients physically. It can affect everything – their relationships, finances, work. But maybe you feel like there aren't enough hours in the day to spend as long as you'd like with them, or to answer all their questions.

That's where we come in. We're here to provide extra support to your patients with cancer, and their loved ones. Whether it's offering benefits advice, help returning to work, or support with getting active again – we're here to help you give your patients the energy and inspiration they need to feel more in control of their lives. Right from the moment they're diagnosed, through treatment and beyond.

To find out more about how we can help, visit [macmillan.org.uk](https://www.macmillan.org.uk).
And please let your patients know they can contact us on **0808 808 00 00** if they need our support.