

Wellbeing News

The MWC has been developed as a joint venture between Macmillan Cancer Support and Trafford Provider Services, to ensure that people affected by cancer and other life limiting illnesses have access to good quality, comprehensive and appropriate information and support.

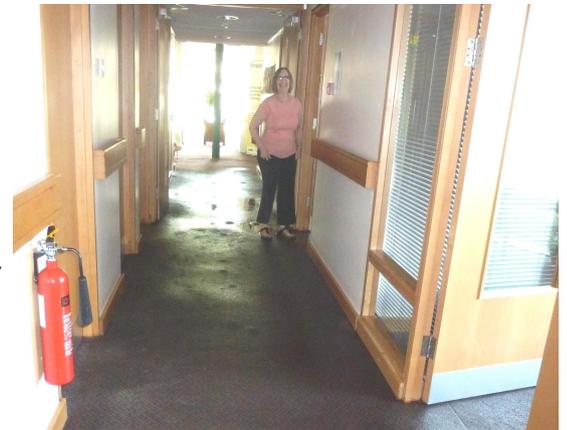
Helping people to cope with cancer or life limiting illness in times of need"

After the flood.....

Regular visitors to the Centre will know that we suffered a major flood within the building back in July.

Over the course of a weekend, water had been pouring out from an upstairs water cooler, resulting in several inches of water in the downstairs corridor, offices and reception area (and a massive shock for staff coming in on Monday morning!).

Due mainly to the incredible efforts of the staff and volunteers, the Centre only actually closed to clients completely for four days. When it reopened, business was definitely not "as usual" but everyone tried to keep the disruption to our clients to a minimum. Fortunately, the lounge area and our fabulous therapy rooms were mostly undamaged.



Lynne from CALLplus having a paddle!

Thanks go to the clients who were affected, for their patience and understanding during all the upheaval, whether it was cancelled appointments or having to enter the building through the fire escape to get to the therapy rooms! It took well over two months but finally everyone has been relocated from whichever broom cupboards they have been working in, back to their own offices.

Below is a tongue in cheek article written by a staff member shortly after the event:



"Somebody asked me to describe a day at work. Well, I said, the day I have in mind began with people all at sea, they were awash with worry and felt like everything important was floating away to oblivion. There was a tidal wave of frustration among the team, and we renamed our manager 'Noah' because she spent the whole day in a nark. We thought we'd never again find a safe haven.

Dear me, the person said, it must be so demanding working with people with a life-limiting illness. No no, I replied. People with a life limiting illness might need time, space and support to understand their situation, but usually discover they are hugely resourceful and resilient.

I wasn't talking about a day with clients, I was talking about the day of our flood!"

One poor, abandoned, very soggy office

Melody Macs



Singing is a real tonic for the body, heart, mind and soul.
So you think you can't sing?
Come and find the natural voice just bursting to get out of you
and have lots of fun on the way!

Our singing group - the "**Melody Macs**" meets at the Macmillan Wellbeing Centre every alternate Thursday at 12.30pm.

Open to Staff, Volunteers, Clients & Carers - no singing experience necessary and DEFINITELY NO SOLOS!!

Enquiries - 746 2080

**WE ARE
MACMILLAN.
CANCER SUPPORT**

As Part of the World's Biggest Coffee Morning!

COFFEE MORNING

Friday 26th September 2014



**Raised over £1100 to be split between Macmillan
Cancer Support and the
Macmillan Wellbeing Centre, Trafford**

The Macmillan Wellbeing Centre threw its' doors open for the Macmillan Big Coffee Morning. This popular annual event raised over £1100 from a variety of activities including raffle, tombola, sales of craftwork, bric-a-brac, books and home made cakes.

Visitors took time to relax and enjoy a drink with a delicious cake, whilst being entertained by the Centre's own Melody Macs.

Thank you to all those who supported us and once again made it such a worthwhile event.

Margaret Ball
Centre Volunteer

Hamper Raffle

Two fabulous food and drink hampers were donated to the Centre by Nell Gallagher and Sandra Hunt.

This Christmas we have had a raffle to win these and raised over £62.00 - thanks to everyone who bought a ticket.

The lucky winners were Daphne McKillop and Susan Fall.

New members of the team

Two new members of staff have been lucky enough (?) to join our team at the Centre.

In April we welcomed Denise Freeman as our new Volunteer Co-ordinator. Denise has lived in Trafford for over 20 years, and joined us from a role in media, working as a Production Co-ordinator for ITV. (I'm sure that role would have prepared her well for all the dramas that take place here on a daily basis!)



Denise has two young children and her claim to fame is appearing in a TV advertisement for Coca-Cola when she was 10! Denise is looking forward to getting to know all our wonderful Volunteers better and is also overseeing fundraising for the Centre.



Maria Gregg joined us in July as the Stepping Out Service Macmillan Facilitator and also works one day a week as a Supportive Care Co-ordinator.

Maria has a wealth of experience of working within the NHS in Trafford. Many of us here already knew her from her other roles - Community Nursing for over 7 years, and 5 years in District Nurse Liaison based at Trafford General Hospital.

Maria and Denise have been getting to grips wonderfully with the amount of multi-tasking that goes on here at the Centre, and have both fitted in as if they've been here forever!

Can you help?

Our Centre clients love to send handmade cards - special occasions, birthdays, thank-yous - whatever the occasion. If you are crafty and could possibly help us out with donations of handmade cards, we would be very grateful. We sell them here at the Centre, with all proceeds going into our charitable funds.

Many thanks in anticipation.



Melody Macs take to the stage

Back in May, the Melody Macs were asked to be a part of the Chorlton Arts festival at St Werburghs Church.



The Melody Macs actually opened the concert and the organiser of the event quoted afterwards *'Thanks to the Melody Macs for getting tonight's concert off to a great start. Lovely songs, great singing, big audience appreciation.'*

Carol Donaldson, the choir leader, said that although it was so much harder to get on that large stage as a small group, the Choir held it together so well and sang with passion, skill and joy. They couldn't have sang better!

Thanks to the organisers for their kind donation of £110.00 to benefit the Centre.

Advanced Care Planning

We plan lots of things in our life, schools, careers, weddings etc, and Advanced Care Planning means just that. It is planning for your care, for a time when you are unable to make those decisions for yourself for whatever reason. For example - if you were unconscious, as a result of a progressive illness or memory loss.

It is putting into writing your thoughts, wishes, ideas of how and where you would like care to be given, and it gives you an opportunity to discuss and share these thoughts with your family and carers or those close to you. It also enables people who may be looking after you to understand what it is that you hope to happen, and they can make plans with you to ensure that where possible this is in place.

A Care Plan is not a legal document and can be completed any time, not necessarily all at once. Ideally, it would be considered and documented whilst you were well but often is only considered when circumstances change considerably. For example, following a new diagnosis, when making a Will or following a life changing event.

If there is something you feel strongly about that you would not want to happen to you, then you can complete an Advanced Decision to Refuse Treatment (also known as a Living Will). This is a legal document once it has been signed, witnessed and logged with your GP.

A detailed information leaflet on Advanced Care Planning is available here at the Centre.



**Sr Janet Collins &
Margaret Biesty, Macmillan Nurse**

Guilty Secrets

The foods that are so bad for us taste oh so very nice
And at our peril we indulge then have to pay the price.



The indigestion late at night will keep me wide awake
And having extra chocolate will prove to be a big mistake.

As now the inches gather round my belly and my bum
I used to be an curvy pear but now I'm more a plum.

I promise to go to the gym to try and get in shape
But I don't know why I bother as my zip is still agape.
The temptations un-abating my will power all but gone



As the dairy, sweets and pastry are indulged with great aplomb.



Tomorrow is another day in which I'll start a diet
And promise to be very good, at least I can but try it.

I pat myself upon the back as now its ten o'clock

There's no sign of cake or biscuits, I must have a mental block.

Oh no what is this I have found that's hid beneath the fleece
A great big block of chocolate now I'll have to have a piece, (or two)

Jackie Wilden
Head of Complementary Therapy

'One For the Boys' - Mens Day

Lovely as women are, they are sometimes on another wavelength to men. They deal with things in different ways; they talk about things differently. Men often feel they need to be the strong ones and often keep quiet about how they are really feeling. This can make dealing with illness even tougher. Women are usually more comfortable in talking about their feelings, and as they greatly outnumber men in our groups it can sometimes be hard for the male perspective to be heard. Our recent men-only event was an opportunity for our male patients and carers to mix with other men who are going through similar things – to share experiences, learn from each other, and to feel less alone.



This was the second of our One for the Boys events and they have been designed to provide a supportive environment to mix with other men and also include:

Fun and relaxation – Activities including making planes, and a survival game!

Discussion sessions –to share experiences, learn from other men who are going through similar experiences, feel reassured and to feel less alone.

Pandiculation exercises - When cats and dogs wake up from a nap, they stretch their legs out, lengthening their whole bodies to wake up. Ideally, we should do the same when we first 'come to', but most of us 'jump' out of bed. Most of us have forgotten that nice little biological wake up stretch which is called pandiculation. In the group, we practice the technique of pandiculation – 15 minutes can help make you feel good, help relieve pain and reverse the stress response.



The whole event was a great success. Lunch was provided, and teams (including staff and volunteers) entered into a general knowledge quiz which was comprehensively won by 'The Brains of Lostock Court', with Tegas second (staff and volunteers completely trounced!).

Watch out for our next event.

A few words from one of our newer Volunteers

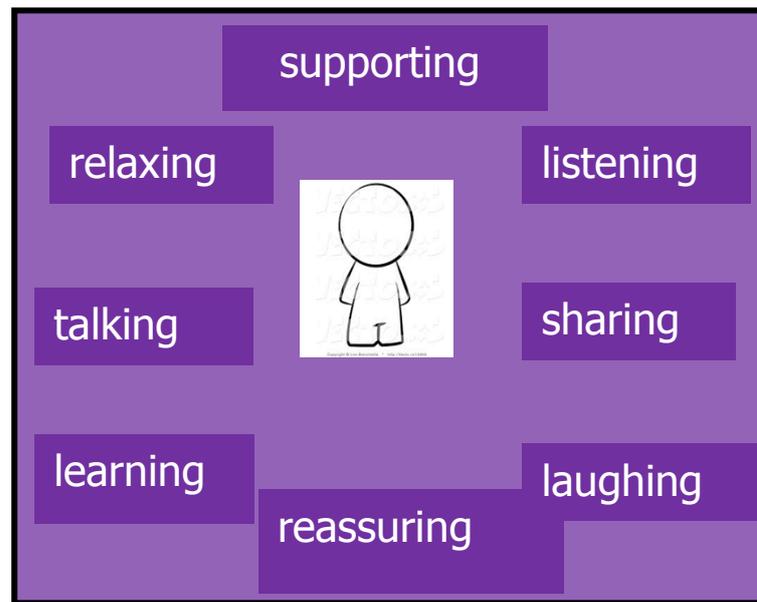
As one of the newly recruited volunteers, I would like to say Thank You to those who have been patiently training me on reception.

I retired from the NHS last December and was aware of the wonderful work done by Macmillan, particularly whilst nursing an elderly relative recently. I felt I wanted to contribute even in a small way.

Since arriving, everyone at the Centre has been so friendly and positive, I look forward to "doing my bit!".

Hazel Dowell, Volunteer

Centre Clients - Have you missed out on attending our Client Programme?



8 Topics

- *Developing Resilience
- *5 Ways to Wellbeing
- *Managing Stress
- *Making Connections
- *Dealing with Side-Effects
- *Impact of Illness
- *Finances & Expenses
- *My Priorities
- *Relaxation Skills

There was no pressure to talk and at first I just listened to what was going on. The course was very interesting and I soon felt at ease

If you haven't had the opportunity to attend our Client Programme and would now like to, please speak with your Care Co-ordinator

The Client Programme runs for 8 Tuesdays or Thursdays
10.00 – 12.30

I didn't think I was a 'group' person but I'm now so glad I came to the Programme. It's been a 'life-saver'!

I can't describe how wonderful the Relaxation sessions were!

Fundraising & Donations:

Many thanks to everyone who has submitted donations, both great and small, to the Macmillan Wellbeing Centre.

We rely on charitable donations and bequests for almost all the therapeutic work we do here – thank you for your generosity and thoughtfulness.



We cannot list all of our wonderful supporters but these are some of the people who have contributed to our Centre over the year:

- * Janet Phelps
- * Slimmers World, Altrincham
- * Urmston Conservative Club, Quiz Nights
- * Stephanie Lamb & Amani Al Turk (160 foot bungee jump!)
- * Trinity Get Together Group, Sale - Cream Tea Garden Party
 - * Sale Mayoral Fund
 - * Montague Patchers, Sale
 - Staples International Shipping, Altrincham
- Harrington Brooks, Sale - staff participation in the 10K BUPA Manchester run
 - * Matthew Bain (aged 13), Ice Bucket Challenge (Brrrrrrrr)
 - * The Carters Arms, Sale, August Bank Holiday music event
 - * Woodsend Interest Group, coffee morning
 - * W I Group, Flixton House
 - * Hazel Dowell, coffee morning
 - * Jayne Matthew, coffee morning
 - * Thomas Carter Opticians, Urmston
 - Tony Greaves, making and selling wonderful hanging baskets
 - * Conran Pharmacy customers
 - * Susan Gordon (Ms Ruby Events)
 - * Domestic Staff at Trafford General Hospital
 - * St George's Church Altrincham, 2014 Missionary Contribution
 - * Susan Anderton, coffee morning
 - * Maria Keefe & colleagues

Sweet Rhythm - On Track for a Merry Christmas

Once again, Sweet Rhythm have supported the Centre by doing what they do best - entertaining the crowds with their music. One of the band members is Adrian Spencer who is the husband of one of our Centre Volunteers.

During the afternoon of Sunday December 14th, they braved the Christmas shoppers and commuters at Piccadilly Station and raised over £310.00 for the Centre.



We would always welcome any photos for the Newsletter from anyone who has organised a fundraiser or sponsored event for our benefit.

Email any pics to jayneberry@nhs.net

CANCER PATIENT USER PARTNERSHIP GROUP

Would you like to help improve cancer services for Trafford people?



If you answer yes to any of the following questions, you may be just the person we are looking for!

- ◆ Have you had cancer or looked after someone with cancer?
- ◆ Do you want to have a say in how patients with cancer at our hospitals are looked after?
- ◆ Are there things that we could do better?
- ◆ Do you want to help make things better for people with cancer?
- ◆ Do you work with patients and carers who will be interested in getting involved in this group?

The Trafford Cancer Patient User Partnership Group provides a support system for people who do not wish to attend a meeting on their own.

To find out more about the user group or how to be involved in other ways please contact Judy Thompson at the Trafford Macmillan Information and Support Service.

Tel: 0161 746 2081

Email: judith.thompson6@nhs.net

NEXT MEETING DATE: THURSDAY 22ND JANUARY 2015, 2 - 4PM

MACMILLAN WELLBEING CENTRE



TRAFFORD DISABILITY INFORMATION SERVICE

Do you want to find out about:

- ◆ Housing
- ◆ Personal Budgets or finding a Personal Assistant
- ◆ Equipment or changes to your home that could make things easier for you
- ◆ Transport schemes
- ◆ Benefits or grants that may be available for you
- ◆ Groups and services in Trafford

These are just **some** examples of the information we give. We do not look at your mental or physical health condition. We look at your needs, the obstacles you face in meeting your needs, and how to remove them.

We have drop in sessions all around Trafford where you can come and see us with your enquiries. Please contact us for further details of times and locations or check our website at www.trafforddisability.org.

We also have a telephone helpline every Friday from 10.00-12.30 and 1.30-4.00 on 0161 962 6700 or 18001 0161 962 6700 if you are a minicom user. You can contact us outside of these times by leaving a message on the answer machine or using our website at www.trafforddisability.org



Support Groups held at Macmillan Wellbeing Centre

TRAFFORD BOWEL CARE SUPPORT GROUP:

Meetings held 1st Wednesday of the month at 1.30pm:

None in January; 4th Feb; 4th March; 1st April; 6th May; 3rd June;
1st July; 5th Aug; 2nd Sept; 7th Oct; 4th Nov; 2nd Dec

For further details contact Jackie 0161-748 9659, Doreen 962 7818 or John 748 4655.

HEAD & NECK SUPPORT GROUP:

Meetings held on the following Fridays at 10.00am:

13th Feb; 10th April; 19th June; 14th Aug; 16th Oct;
WEDS 2nd Dec

For further details contact Siobhan Vesey via Trafford General - 0161 746 2531

CRAFT Self Help Group Cancer Recovery and Friends Together

For those who have finished treatment and may be struggling to get back to a normal life.

Self Help Group meets on the 2nd and 4th Friday of each month
1 - 3pm.

Refreshments provided.

For further details contact Jo on 07942 966581

Sponsored By

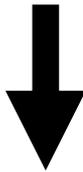
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INFORMATION FOR NEW CLIENTS

At The Macmillan Wellbeing Centre (MWC) our aim is to provide short term support to patients, their families and carers, to cope with the effects of cancer or other life-limiting illnesses, at the time of specific need.

Once your referral is received :

An individual assessment date will be arranged with your Supportive Care Co-ordinator.
This is when you can discuss your concerns and agree a plan of care, according to your needs.



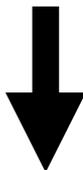
Your Supportive Care Co-ordinator will refer you onto the New Client Programme if appropriate, or agreed therapy or service.

There is a waiting list for some therapies and others occur at set dates throughout the year.



Following completion of the Client Programme, your Supportive Care Co-ordinator will contact you to review your situation and the skills and coping strategies that you have learnt.

Following review, you will then have the option of referral to therapies / therapeutic groups, further support, or discharge from the Centre.



At an appropriate time, you will be discharged from the Centre.
You may then access the Stepping Out Service if you feel this is appropriate for you.

At a time of particular difficulty you can re-refer yourself to the Centre.

CONTINUED

Your Supportive Care Co-ordinator (SCC) is your key point of contact at MWC if you need support, help with a particular issue, or would like to talk something through.

The SCCs have other roles within the Centre, or may be seeing another client. Please feel free to leave a message and your SCC will return your call as soon as possible, but this might not be on the same day.

Therapies:

- Complementary Therapies
- Information Service
- Counselling
- Relaxation skills
- Assertiveness course
- Energy Boost
- Gentle Yoga
- Fatigue Management
- Mindfulness
- Support Groups
- Singing group – “Melody Macs”

The SCC can also refer you to:

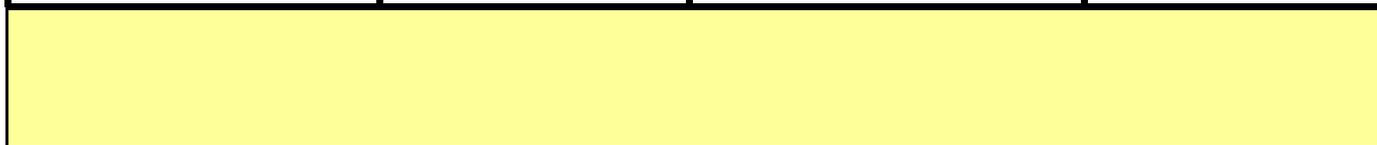
- CALLplus
- Trafford Carers Centre
- Social Services
- Benefits Advice
- Smoking Cessation Service
- Specialist Palliative Care Team
- District Nurses
- Stepping Out Service

Centre Activities at glance



'Drop – In' Activities for anyone connected to the Centre

Group	Attendance		
<i>Melody Macs - singing group</i> 	Open to clients, carers, MWC staff and Volunteers	Fun and therapeutic, aids breathing. Very informal, no singing experience necessary.	Thursday 12.45 - 1.45pm Every 2 weeks



Activities by referral only from Supportive Care Co-ordinator. Your SCC will refer you to a specific activity following assessment of your needs.

Group	Attendance		
<i>Energy Boost/</i> 	Open to clients only	Relieve symptoms of fatigue, improve breathing and mobility. Learn relaxation techniques.	
<i>Fatigue Management</i> 	Open to clients only	Relieve symptoms of fatigue, learn relaxation techniques	
<i>NICE Factor Assertiveness Course</i> 	Open to clients and carers only	Improve self confidence and self esteem on this interactive skills course.	
<i>Mindfulness Course</i> 	Open to clients and carers only	A four week course which gives the opportunity to learn Mindfulness meditation skills which can reduce stress and anxiety.	
<i>Yoga</i> 	Open to clients only	Improve breathing and relaxation techniques. Learn basic movements to improve sleep patterns and relieve symptoms of fatigue.	
<i>Art</i> 	Open to clients only	Find a focus and express yourself creatively. Enjoy the relaxed support as an individual and as part of a group.	

The Trafford Macmillan Information and Support Service

This service is available to anyone who is worried about, having tests for, or living with cancer. We also support people who are caring for someone with cancer and are a resource for healthcare professionals.

We are able to provide

- A wide range of information leaflets to browse through or take away
- Someone who you can talk to in confidence, over a cup of tea or coffee
- A room where you can talk in private
- Books, videos, audiotapes and DVDs you can borrow for a short period of time
- Information about local and national support groups and organisations
- Help to access other services

The Trafford Macmillan Information and Support Service is open Monday to Friday 10-4 pm, (except Bank Holidays) and is based at the Macmillan Wellbeing Centre

If you are making a special journey, please ring to check opening times and directions.

Make your voice heard!

Wellbeing News is for the clients and volunteers at the Centre and its main aim is to keep people updated with what is happening within the Centre.

We welcome contributions, if you have a story to share, a question to ask, or a complaint to air please write to us, keeping it to between 50-100 words (neat readable writing please).

We welcome all comments so please feel free to let us know what you think of your newsletter and what you would like in it!

We look forward to hearing from you all soon!

The Macmillan Wellbeing Centre

Moorside Road

Davyhulme

Manchester

M41 5SN

Tel: 0161 746 2080

Fax: 0161 746 2082

E-mail: cancerinformation@trafford.nhs.uk

We are open 9am to 5pm Monday to Thursday;
9am- 4.30pm Friday.

The Macmillan Wellbeing Centre

Helping people to cope with cancer or life limiting illness in times of need.

Located within the grounds of Trafford General Hospital the Centre is staffed by health professionals and trained volunteers. Many of our volunteers have had personal experience of cancer.

Who is the service for?

- People over the age of 18, who live in Trafford, or who are registered with a Trafford GP
- Family and carers who live in Trafford or who are registered with a Trafford GP

What does the service provide?

- Emotional support in times of need
- Supportive Care Co-ordinator (an appointed Healthcare Professional)
- Complementary therapies
- Trafford Macmillan Information and Support Service
- Wellbeing Counselling Service
- Therapeutic groups

We also run various courses designed to help you develop skills to support yourself in your time of need. If you are finding it difficult to relax or cope with fatigue or stress, joining one of these courses may help.

If you would like to access the centre please call 0161 746 2080, or just drop in. You don't need an appointment or have to be referred by a doctor or other health professional.

CALLplus

CALLplus offers a home support service to provide emotional support and practical help to people living with cancer and other life threatening illnesses. The support offered includes carers, relatives or friends.

Our team of specially trained volunteers can help by:

- 'Just being there'
- Giving people the opportunity to talk through their concerns. We have time to listen and care.
- Respite sitting, so allowing carers time for themselves
- Accompanying people to hospital appointments
- Helping with shopping
- Social support, we have a social group for clients that meets on alternate Tuesdays in Sale

The organisation covers the whole of the Trafford area and is free of charge. We receive a lot of our referrals from the Macmillan Nurses, District Nurses and Social Services Teams. However we operate an open referral system and families and friends can contact us directly for support. Please contact Lynne on 0161 747 2452 for more information on the service.