

Autumn/Winter Edition  
2021



Whittington Health  
NHS Trust



# NEWSLETTER

Produced by Volunteers & Patients with

**MACMILLAN**  
CANCER SUPPORT

*A newsletter for you full of events,  
updates and useful information!*

Tracey Palmer, Macmillan Information &  
Support Manager

Phone: 020 7 288 5305

Mobile: 07881 834 433

Email: [traceypalmer@nhs.net](mailto:traceypalmer@nhs.net)



# NEWSLETTER

*Welcome to our Winter  
Newsletter!*

*We hope you found our previous  
edition useful and interesting.*

*Don't forget it is your newsletter!*

*We welcome any contributions  
from patients and staff. Please  
keep them coming!*

*It is so good to keep up with what  
is happening with everyone else.*

*Zahra*



# HEALTH AND WELL-BEING

## HOPE Courses 2020

HOPE is a group-based, self- management support course, which runs for six weeks. Each weekly session lasts 2.5 hours for groups of patients living with or beyond cancer. Each group is run by a health and social care professional and volunteer trained to support you to feel more like yourself again. If you think you are the kind of person that benefits from the support of others HOPE could be ideal for you.

The six week courses will take place virtually

### The HOPE course updated information:

Wednesday 18<sup>th</sup> November 12.30-2.30pm

Unfortunately due the pandemic we are unable to provide face to face courses. However, we're happy to let you know that we are starting this course virtually!

Please contact the following emails and numbers for more details on the next date!

#### To confirm dates contact:

Helen Ormiston: 020 72883192 (Chemo Reception 4<sup>th</sup> Floor)

E-mail: [h.ormiston@nhs.net](mailto:h.ormiston@nhs.net)

**MACMILLAN  
CANCER SUPPORT**

Tracey Palmer: 07881 834433/020 7288 5305  
(Macmillan Pod, near main entrance)

E-mail: [traceypalmer@nhs.net](mailto:traceypalmer@nhs.net)

# HEALTH AND WELL-BEING

## MOVE4U

### Tottenham Hotspur Foundation



#### **Have fun and improve your health at the same time!**

Exercise is great for reducing fatigue and for helping to manage stress and anxiety.

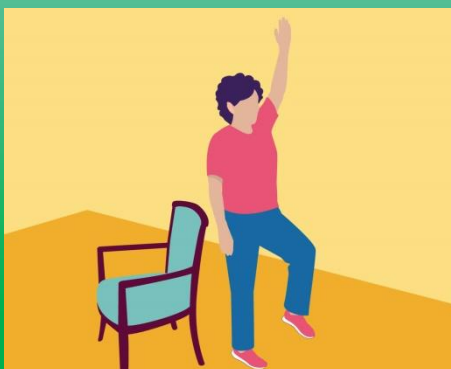
**12 free exercise sessions** for patients who have had a cancer diagnosis within the last five years.

Ask your Clinical Nurse Specialist or Tracey to refer you to the program.

You will have an individual consultation and assessment with Emiliano.

The pandemic has stopped this being face to face so we have decided to continue this virtually.

**You can only attend classes if you have been referred.**



# BREAST CANCER SUPPORT CENTRES

Breast Cancer Haven is a charity that supports women through breast cancer treatment. When cancer tries to rob a woman of her individuality, her confidence or her strength, Breast Cancer Haven provides the tailored package of emotional, physical and practical support that help her hold on to them.

Support is provided for women and their families via a network of six welcoming centres around the UK and through an expanding network of other services.

The charity provides women with breast cancer with the support that treatment alone can't provide.

## Breast Cancer Haven at the Whittington Hospital

*The Breast Cancer Haven will be providing support virtually as we have not resumed face to face yet. (Appointments only).*

Anyone affected by breast cancer is welcome to attend.

*You do not need to be a patient at the hospital and do not need a doctors referral.*

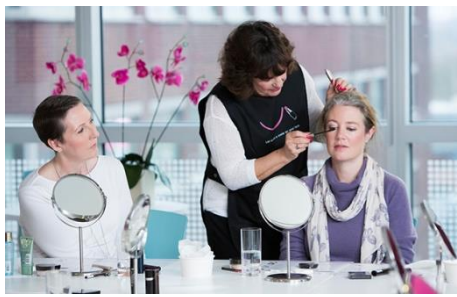
Ring 0203 906 1406 or visit [www.breastcancerhaven.org.uk](http://www.breastcancerhaven.org.uk) for an appointment.







look good **feel better**  
SUPPORTING WOMEN WITH CANCER



## Look Good Feel Better

Our free confidence boosting skincare and makeup workshops are held across the UK for men and women undergoing treatment for any type of cancer. Led by beauty volunteers the sessions are an opportunity to meet others in a similar situation, whilst being taught skincare and makeup skills.

Sessions are unfortunately no longer available at the Whittington Hospital but patients can attend workshops either at Maggie's centre at the Royal Free Hospital T: 02078302323 or at University College Hospital T: 02034478663

*Please note that this will now be done virtually due to the pandemic.*

## FREE REFLEXOLOGY

Free massage and reflexology for Cancer patients

ON HOLD

*No one should face Cancer alone...*



**MACMILLAN**  
**CANCER SUPPORT**  
RIGHT THERE WITH YOU

If you're living with cancer in Camden, Islington, Enfield and Haringey, a Macmillan volunteer buddy could support you.

Support can be one-off or once a week for up to 12 sessions and may last approximately 1-2 hours a week.

This will now be done virtually!

Don't feel nervous, just give us a call and we will try to help you!

To find out more call: 07860950922

## *Information for family and friends*

Are you family member, friend or carer of someone affected by cancer?

We are thinking of creating a virtual support for family and friends of people with cancer we will be really grateful if you could ask your family and friends to email us with their opinions and ideas.

For more information, please contact:

*Tracey Palmer, Macmillan information and support manager*

*Phone: 02072885305/07881834433*

*Email: [traceypalmer@nhs.net](mailto:traceypalmer@nhs.net)*

ICH is provided by Age UK in partnership with Islington council. It supports carers in their multi-faceted role.

ICH offers advice and information, support groups, workshops and training, events and volunteering opportunities for carers over 18, looking after anyone ages 18 or over.

Information packs are available in the Macmillan pod.

Contact: Monday-Friday 9:30am-5pm

Phone: 0207 281 3319 or 0800 085 1141

Email: [info@islingtoncarershub.org](mailto:info@islingtoncarershub.org)

Follow on:

Twitter: @ICHCarers

Facebook: [www.facebook.com/islingtoncarershub](https://www.facebook.com/islingtoncarershub)





An organisation that works alongside Islington residence to improve lives, enhance wellbeing and strengthen communities.

Their Connect Service can help you access local services and opportunities/provide information and referrals to specialist advice organisations in order to deal with such matters as benefits, housing debt, employment. They can also put you in touch with Good Neighbour Schemes and give advice on how you can get involved in health and wellbeing activities.

Email: [www.helponyourdoorstep.com](http://www.helponyourdoorstep.com)

Phone: 0203 931 6073

### FOR THE OVER 50'S

Age UK Islington organises regular get-togethers and activities centred around the environment and outdoors, heritage and art tours and workshops, coffee mornings and more. For the time being, Islington Age UK are now taking phone calls only.

Phone: 0207 281 6018

Website: [www.ageuk.org.uk/islington](http://www.ageuk.org.uk/islington)

Email: [gethelp@ageukislington.org.uk](mailto:gethelp@ageukislington.org.uk)

# Macmillan Welfare Benefit Service



This service was set up to provide Welfare Benefits Advice for people affected by Cancer, as well as their families and carers.

Currently, this is funded by Macmillan Cancer Support. This service is available for people living in the boroughs of Barnet, Enfield and Haringey.

Patients or family members can contact the project directly and healthcare professionals can also refer patients to this particular project.

Unfortunately, we are able to offer advice at outreach centres or in our bureaux. However, you can still contact us by telephone or email:

By telephone: 02084404227

By email: [infomacmillan@barnetcab.org.uk](mailto:infomacmillan@barnetcab.org.uk)

## Our supporters



Thames Water Trust Fund



# Haringey Committee



The overall aims and objectives of our **Charity HICCC** created in **1987** is to provide services for the most vulnerable and disadvantaged people in our society. Our main services reach older people by providing Day Care /Lunch Club, Free Advice and Support Service to those on benefits - of all ages, support to children from disadvantaged communities and those with disabilities, Food bank and various other aspects of community services whilst embracing diversity, culture and building cohesion across communities. We also share our building and collaborates with other Voluntary Care Sector Groups that have similar aims and objectives.

## **FOR EMERGENCIES PLEASE CONTACT:**

Citizens Advice Centre - Gateway Assessment  
10am-1pm & 2-4pm

[Haringey.gov.uk](http://Haringey.gov.uk) for utilities, council tax, rent and universal credit enquiries

Haringey Council Connected Communities

Face-to-face contact is currently suspended due to COVID-19. If you require support or information please call 020 8489 4431

For free information, advice and guidance on a range of issues affecting people living in Haringey - including welfare benefits, debt, housing, and employment - should you need the service for help, please contact: Cathy 07525 260 945 /

email: [communityengagement@hailtd.org](mailto:communityengagement@hailtd.org)

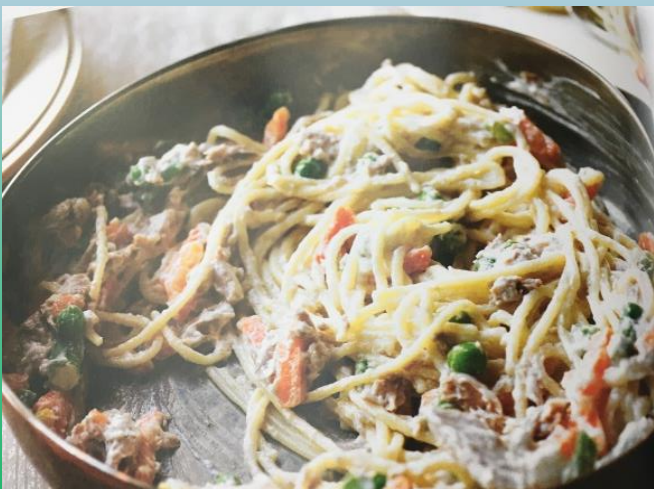
# RECIPE TIME!

## Something Scrumptious: Tuna and Vegetable Spaghetti

Try this mouth-watering recipe from the Macmillan Book of Recipes for people affected by Cancer - so simple to make and so delicious.

### Ingredients:

- 300g dry spaghetti
- 400g frozen mixed veg
- 1 x 525g white lasagne sauce
- 2 x 200g tins of tuna
- Salt and black pepper to taste



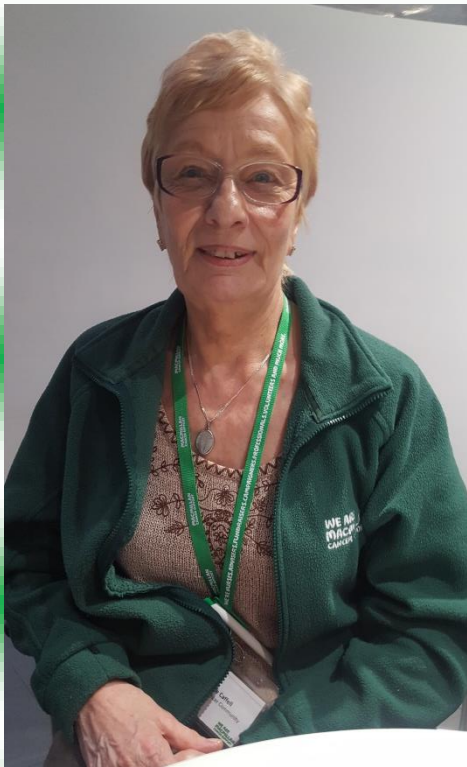
### Method:

1. Boil the spaghetti according to the instructions on the packet.
2. Add mixed veg for the last 5 minutes.
3. Drain and leave to side.
4. Pour white sauce and tuna into pan and heat for 1 minute.
5. Return spaghetti and vegetables to pan with the sauce and heat through.
6. Finish with pinch of salt and black pepper, and then serve.

# YUMMY!!



# VOLUNTEERS



**ANNE CAFFELL** first met Tracey Palmer at a cancer support group that Anne runs in the Kentish Town Health Centre. Tracey had come to give a talk to the group and after chatting with Anne, encouraged Anne to come to the Macmillan Pod at the Whittington to see how they operated. At first Anne did some informal support work with Tracey – she could not become an official volunteer as it was not two years since she had been deemed clear of her own cancer. Once she got the okay, she became a Macmillan volunteer and hasn't looked back since! She absolutely loves it! Her role is very varied. It involves talking to patients, ordering Macmillan literature for the pod, cleaning and tidying the pod, giving Tracey support whenever she needs it – fund raising, coffee mornings, and collecting raffle prizes (beginning in the community!) She recently played a big part in organising the annual cancer conference. At that stage, she was in the hospital almost every day, but usually she is in on Mondays and Fridays, sometimes Wednesdays as well. **What an angel! What would we do without her?**

**GILL LOUGHRAN's** background is in health and social care and the voluntary sector. She has nursing and social work qualifications.

When Gill retired, she decided at first to have a good time, relax, do more exercise and a little paid work. But after a while, she began to think she might like to do some volunteering; and eventually decided to apply for general volunteering at the Whittington. Looking at the list of fields she could work in here, she thought Macmillan sounded interesting, given that she herself had suffered from cancer many years previously. After an interview with Tracey and a protracted application process, she started work and has now been with us for 3 ½ years.

To start with, she thought maybe the type of work she was doing was rather limited, but this expanded over time. She really enjoys being part of the team, being valued as such and is now involved in a whole range of activities. She says she has met many interesting people, both patients and staff, all of whom are pleasant and approachable. She has produced the Volunteers Handbook, worked on policy documents, helped supervise at coffee mornings and at the cancer conference and involved herself in various activity groups.

She feels that Tracey uses the strengths of her volunteers and gets the best out of us all. **Thank you Gill!**



## New Stoma Support Group

*Call to find out more*

### BOOKING ESSENTIAL

For more information contact:

Elaine Cronin, Lead Stoma Care Nurse

Whittington Health NHS Trust

Tel: 020 7288 5134/07717 606789

ON HOLD UNTIL FUTHUR NOTICE  
Highlight red.

## Chatterbox

Fancy a coffee and a chat with other patients? Kirsten Jones has started up an informal get-together group for cancer patients (at any stage, and wherever they receive treatment) to talk together and exchange ideas in an informal setting.

Chatterbox meets anytime between 10 - 12pm every second Wednesday of the month at the Picturehouse in Crouch End N8 9BY.

So come along - you will be very welcome! So far the group has been well-attended and productive.

Email: [chatterbox.cancergroup@gmail.com](mailto:chatterbox.cancergroup@gmail.com)

Phone: Kirsten [07505904565](tel:07505904565)

For more information and updates on Chatterbox please visit the website: <https://chatterboxcancergroup.co.uk/>

# PATIENT TO PATIENT

## Share your cancer story.

Write a bit about your cancer story for the next Newsletter/how you felt, strategy you found useful, the support you've had. Or maybe just a little something about your daily life that you've found interesting/ or funny! It can help to share.

Here **Peter Wooton** tells his story...

**Peter Wooton** is living with Stage 3B Colorectal Cancer.

Prior to his diagnosis Peter had been very much involved with caring for other members of his family who were themselves very ill. His brother died of Motor Neurone Disease, his mother of Colorectal Cancer. His father developed vascular dementia and for the last year of his Dad's life Peter took on the job of night carer, while working flat out at his job during the day. He had always himself been very fit and physically active, regularly swimming and enjoying jujitsu and kick boxing.

Peter's father died on May the 1<sup>st</sup> 2019. Initially Peter felt a degree of relief- suddenly his work load has lessened and his day job seemed comparatively easy. However, after about three weeks, he had to admit that during his father's illness he had not been feeling himself, and after his father's death he had the family that his body was letting go of something it had been bottling up, keep at bay, and the symptoms he'd been having worsened considerably. He'd previously been good about having prostate checks, but had left other symptoms to take care of themselves - put them down to anxiety, just one of those things.

Now he realised he must have them investigated and on 2<sup>nd</sup> July tests revealed that he had a 50cm tumour involving 75% of his lower intestine, with some damage to the intestinal lining.

This was a devastating shock, suddenly his healthy very active lifestyle had to be put on hold, was no longer possible. His life had changed completely.

After further investigations and biopsy results his operation was set for 12<sup>th</sup> August. The tumour was removed, plus 27 lymph nodes, 8 of which turned out to be cancerous.

Peter says that at this stage his concern was not primarily with cancer as such, as with some of the things the treatment might involve, particular a stoma bag, the possibility of sexual problems. He was reassured that the latter, if present, could be treated; and sensitive attention including decent element of humour, from his stoma nurse, Elaine, plus conversations with other patients in the same situation have helped him come to terms with his stoma bag - to be able to manage it with comparatively little difficulty.

Unfortunately, during the course of getting his digestion going again, Peter had to have further surgery to correct the issue of a blocked stomach. And then it was time to commence chemotherapy.

So far Peter has had 10 sessions of chemo - just 2 more to go. During this period of treatment he has made full use of the support groups and activities on offer through Macmillan. He says that he could not bear to be sitting around brooding, with nothing to do. The groups offer him a structure without which he would find it difficult to cope.

As with all cancer patients the week of the actual chemo treatment is a tough one, but as he surfaces from 'the fog' Peter finds himself as busy as he has ever been.

On Tuesdays he joins a Nordic Walking group with Emiliano, through the Tottenham Hotspur Foundation. On Wednesdays it's yoga and Pilates.

He has been involved in six complementary therapy sessions with Cherry Lodge Cancer Care where he had one to one counselling, followed by Reiki. He found the atmosphere around the Reiki technique quite wonderful. During one session, with his eyes closed, he experienced a sort of kaleidoscopic light show which lasted for about five minutes and brought him a sense of peace and well-being. At another session, when he was lying flat, he felt the weight of his body sinking into the couch. He found himself shaking all over and had a sense of how much energy he actually didn't have; a sense of his real self - the gift of knowing his limitations and what he was capable of. It put him on a more even keel - he understood that he had perhaps been expecting too much of himself physically.

He was a little reluctant to join our Macmusic singing group but, having settled down for a rest after a walk one day in St Joseph's Church, and being treated there to a rehearsal of the St Joseph's children practising songs for Christmas, he decided to join. He has found it fun, uplifting even, his breathing has improved enormously and he can stand upright.

With Catherine Tutton he has enjoyed reflexology. He'd never really thought of his feet before - they were just there at the end of his body for walking, kick boxing, utilitarian stuff. He hadn't realised that they, like the rest of his body, needed care and attention. He did, however, find himself 'pushing against' her hands as she worked, and admits that in all the activities in which he has been engaged he has been initially resistant. He is by nature wilful, likes to make his own decisions, find his own solutions.

When he joined Catherine's Art as Therapy class, he was reluctant to work with the materials provided - glitter, paint etc - it wasn't for him. But once he got going - worked and talked at the same time - he found he was, in a way, reverting to his seven year old self when he felt that nothing he produced was 'good enough' to be shown. Now, somehow, he had become 'unblocked', and has produced some truly beautiful work - witness his canary, sparrow and nightingale - by no means, as you can see, productions to be ashamed of.





With his engagement in all these new activities - painting, singing, cooking (yes, he has been persuaded to have a go here too) Peter feels he is learning a different language. The side of him that had lain dormant is coming through - he recognises his vulnerability; he feels more open. Like other patients with whom he has talked he wants to survive and protect himself. He feels he has a connection, an understanding with other cancer patients. His interactions with them in groups lift his mood, gives him a sense of perspective.

Having cancer can be a sad, tearful process, but it is reassuring to know that others - family and patients - share that process with him. He feels he is being held and looked after - almost 'emboldened' through new experiences, learning to live in the moment, meeting new people, developing a positive but pragmatic view of his situation. He says his involvement with other people with the same condition feels like action, rather than distraction from his situation. There is some sadness, but also camaraderie - and a lot of laughter. He is energised by it all, in a sense educated, kept in the moment. He can now open up to therapy and is at peace. Nothing is an issue.

Once Peter completes his next two sessions of chemo, and the six months he has on blood thinners for clots he developed during treatment, hopefully he will be able to relax even more.

He feels that if there is a lesson to be taken from his experience of cancer it is that we must all take some responsibility for our own bodies - take care of them. If there are warning signs, if you have symptoms, don't ignore them - seek help. There is plenty out there.



## Haringey Advice Partnership



If you live in Haringey, we can offer you information advice and guidance these issues:

- Benefits
- debts and money
- discrimination
- employment
- housing
- Health care & much else.

Now helping through phone, email and online zoom!

Contact us online via: HaringeyAdvicePartnership

Email: [cathy.yilmaz@vibrance.org.uk](mailto:cathy.yilmaz@vibrance.org.uk)

Advice Line: 0300 330 1187

From a mobile: 0203 234 2807

To book an appointment; 07525260945



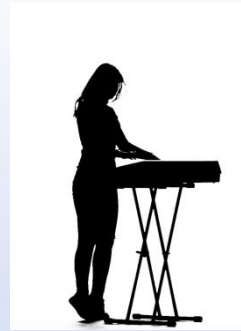


# MACMUSIC

*Sing your blues away  
with MacMusic!*

Macmillan Proudly presents,  
An hour (or more) of Pop, Rock, Jazz, Led  
by Joe on Guitar and Bernard on Piano.  
Relax and sit back or take part and bring  
your inner rocket man, whatever you prefer.  
REQUESTS WELCOME.  
IF YOU CAN TALK YOU CAN SING!

SIT BACK AND  
LISTEN OR JOIN  
IN AND SING



## Dates:

*Once a fortnight on Thursdays  
at 4pm*

12<sup>TH</sup> November

26<sup>TH</sup> November

10<sup>TH</sup> December



Now happening  
virtually! Contact  
[bgabony@gmail.com](mailto:bgabony@gmail.com)

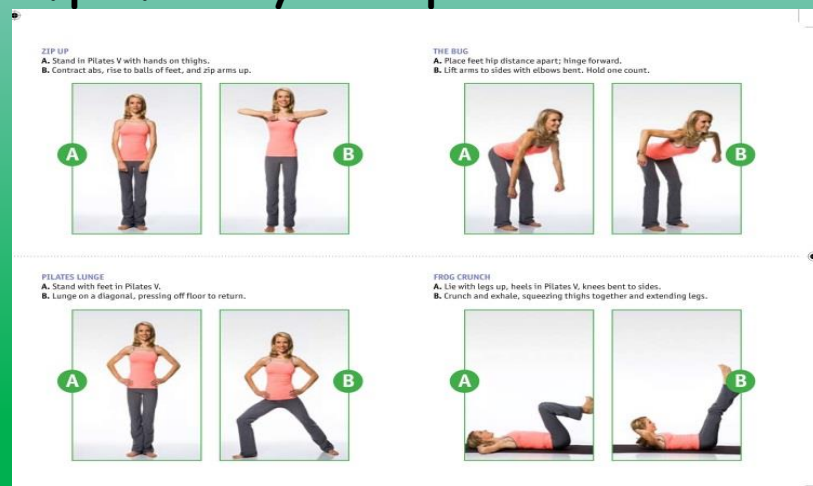


# Complementary Therapies

**A range of complementary therapies are available within these different cancer support charities/groups so we can still support you during this time! Please do not hesitate to join in!**

- **Cherry Lodge Cancer Care, Howard House, 23 Union Street, Barnet Hertfordshire, EN5 4HY**  
Phone: 020 8441 7000  
[www.cherrylodgecancer.org.uk](http://www.cherrylodgecancer.org.uk). Lots of virtual support available
- **SGV, Harmony Hall, 35 Bigbury Close, Tottenham N17 8JQ**  
Phone: 0788 444 4062  
[www.sgvcancersupport.com](http://www.sgvcancersupport.com)
- **Maggie's at the Royal Free Hospital, Hampstead, London, NW3 2QG**  
Phone: 020 3981 4840  
[www.maggiecentres.org](http://www.maggiecentres.org) Lot of online support available, please check website

**If you are receiving treatment at the University College Hospital you can access their complementary therapies and services.**





**AUDIO, BRAILLE, BRITISH  
SIGN LANGUAGE, EASY  
READ, ARABIC, BENGALI,  
GUJARATI, POLISH,  
PORTUGUESE, PUNJABI,  
ROMANIAN, RUSSIAN,  
TRADITIONAL CHINESE,  
URDU, WELSH...**

**NOT EVERYONE  
SPEAKS THE SAME  
LANGUAGE**

Macmillan has info in a  
wide range of formats and  
languages to help everyone  
living with cancer find their  
best way through.

**MACMILLAN**  
CANCER SUPPORT

## **We have info in a range of formats to meet a range of needs**

### **Prefer listening to reading?**

We have over 50 free audiobooks covering cancer symptoms, types and treatments. Listen online, download or order a CD at [\*\*macmillan.org.uk/audio\*\*](http://macmillan.org.uk/audio)

### **Prefer reading to listening?**

Download free eBooks and PDFs from [\*\*be.macmillan.org.uk\*\*](http://be.macmillan.org.uk).

### **Need simpler information?**

For easy-to-understand booklets that use simple language and pictures, visit [\*\*macmillan.org.uk/easyread\*\*](http://macmillan.org.uk/easyread)

### **English not your first language?**

We have a wide range of translations at [\*\*macmillan.org.uk/otherformats\*\*](http://macmillan.org.uk/otherformats) where you can download info in Arabic, Bengali, Gujarati, Polish, Portuguese, Punjabi, Romanian, Russian, Traditional Chinese, Urdu and Welsh.

### **Is your preferred language BSL?**

Watch Macmillan's British Sign Language videos at [\*\*macmillan.org.uk/bsl\*\*](http://macmillan.org.uk/bsl)

### **Other ways we can help**

Ask us about other translations, Braille and large print publications at [\*\*cancerinformationteam@macmillan.org.uk\*\*](mailto:cancerinformationteam@macmillan.org.uk)



**Macmillan.org.uk**

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (804). Also operating in Northern Ireland. MAC15073



## TRY SOMETHING NEW! IMMERSE YOURSELF IN A SOUND BATH

Join Alistair Smith with his Tibetan sound bowls, Chinese drums and gongs for a session of soothing, relaxing sound - truly therapeutic. *For more information contact Tracey Palmer.*

### FOR YOUR DIARY:

Unfortunately due to COVID19 we are unable to confirm dates. But, we do have drums! We will get back to you soon with more information.



Watch this space for...

### THERAPEUTIC DRUMMING

For patients, families and carers.

Fun sessions - no experience necessary.

**Coming soon!**



# The C Factor needs you.

PROFESSIONALS EXCELLENCE  
AWARDS WINNER 2019

MACMILLAN  
CANCER SUPPORT

A new series of sessions about the ways  
that a diagnosis of cancer affects you.



A new, creative and fun approach to look at a serious topic through storytelling, laughter and discussion. It's a chance to meet others in the same boat, and get information and support about the emotional challenges of living through cancer.

**Thursday afternoons** *every fortnight*

Whittington Health & UCL Clinical Skills Centre. Level 1 Whittington Hospital



## Whittington Cancer Patients Can you help us?

The C Factor is looking for volunteers.  
The C Factor needs YOU!



THE C FACTOR is a new series of sessions about the ways that a diagnosis of cancer affects you.

*"I feel constantly exhausted and low"*

*"I just don't feel like myself"*

The sessions are using a new creative and fun approach to look at a serious topic through storytelling, laughter, and discussion. It's a chance to meet others in the same boat, and get information and support about the emotional challenges of living through cancer.

Afternoon  
tea  
provided

### WHO?

You, if you...

- are under the care of the Whittington Cancer Service.

- can attend four 2-hour sessions on

#### Thursday afternoons

- have not received 1-1 support from the cancer care psychology service.

Thursday afternoons 2pm – 4pm  
Starting Thursday January 21st  
2021 then February 4th & 18th, March 4th  
& 18th, April 1st, 15th and 22nd  
(eight sessions).

We ask you to aim to commit to four sessions. If you can attend more – even better.

### WHAT?

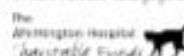
Be entertained, meet others and learn ways to manage the challenges.

Help us and help future cancer patients by trying out this new approach to supporting people going through cancer.

**Topics include shock of diagnosis, talking to friends and family & effects of treatment.**

Sessions facilitated by Dr. Sue Gibbons

(Macmillan Clinical Psychologist), Adam McGuigan (facilitator and artist from 'Let's Wake The Beast') and Tracey Palmer (Macmillan Information and Support Manager). With financial support from



### How do I register?

For more information or to register, speak to Tracey Palmer in the Macmillan pod on the ground floor at the Whittington main entrance. Or phone us:

Tracey Palmer | 07881 834433 / 020 7288

5305. Sue Gibbons | 07557 426791.

Or email: [sue.gibbons4@nhs.net](mailto:sue.gibbons4@nhs.net) or [traceypalmer@nhs.net](mailto:traceypalmer@nhs.net)



The  
Whittington Hospital  
Charitable Funds 

PROFESSIONALS EXCELLENCE  
AWARDS WINNER 2019

MACMILLAN

**HERE ARE SUE GIBBONS (MACMILLAN CLINICAL PSYCHOLOGIST) AND TRACEY PALMER (MACMILLAN SUPPORT AND INFORMATION MANAGER) RECEIVING THE MACMILLAN AWARD FOR EXCELLENCE IN INNOVATION 2019 FOR THEIR WORK ON THE C FACTOR!**



**How did the idea for the C Factor evolve?** Sue says that in her one-to-one sessions with patients she found that the same themes kept coming up in their conversations. Patients spoke about the shock of getting a new diagnosis of cancer, other people's responses to being told of their diagnosis (sometimes unintentionally inappropriate and insensitive), and their feelings of loneliness and abandonment once treatment ended. It seemed that forming some sort of group so that people could share these experiences might be an idea. After consultation, patients decided that sharing issues of concern might indeed be the way forward, and so the idea of C Factor sessions began to take shape.

Sue had previously worked in Zambia for ten years, initially with *Medicins sans Frontieres*. She was involved in the programmes of various HIV charities, and worked with girls on the streets, young people living with HIV, and did some training of other counsellors. She met up with Adam McGuigan who was running the Barefeet Theatre together with young people with HIV and at risk of homelessness. Adam and Sue worked together in Zambia, using a story and theatre approach to address themes of living on the streets and HIV, and bringing in emotional and psychological themes. Sue spoke to Adam about her idea for working in a similar way with cancer patients, and he agreed to be involved. They were fortunate to get some funding from Macmillan who at the time had a grant for new projects.

There was a lot of work involved in getting the group going, and Sue was grateful for Adam's support, for Tracey's knowledge of the patients, and for the assistance of Shannon Potter, a psychology assistant, to help with evaluations. Sue was delighted by the enthusiastic response from the C Factor participants who gave positive and encouraging feedback about the programme.

"I kept using Ricky's mantras when talking to other people, I know that I am not alone..."

"It has made me feel more hopeful about longer term effects"

What have you liked most about these sessions?

"Speaking to other patients and hearing their journeys. A lot was relatable and that I'm not alone with fear of treatment."

Many congratulations to all involved for their dedication and hard work!

Prior to her stint in Zambia Sue included sailing – an activity started at university – as one of her ways of relaxing, and indeed of working. At one stage she crewed a yacht right across the Atlantic from Majorca to the Caribbean – three hours on duty, six hours off. She was able to witness the whole cycle of days as they passed. The ship was a sixty-five footer, hired out for cruising, and on this trip, with the Trade winds behind them, progress fortunately was smooth – apart from their passage through the Straits of Gibraltar which Sue says was very rough and quite frightening.

On return Sue, whose first degree was in Psychology, took further qualifications in Clinical Psychology, and worked for a while in East London.

She has worked also in the Caribbean, in Kashmir and in Sri Lanka. We are indeed very fortunate to have someone of her knowledge and experience working with our patients, and pointing to such a promising way forward with the C Factor.

Sue also offers one to one support to Whittington patients who are going through cancer, and support to the nurses and other staff in the cancer team.

Thank you Sue!



**MOST OF YOU WILL BE FAMILIAR WITH OUR  
LEAD CANCER NURSE, NIKI SURMAN-WELLS.  
HERE IS A BIT OF HER BACKGROUND STORY,  
AND HOW SHE CAME TO WORK FOR  
MACMILLAN AT THE WHITTINGTON, AND HER  
ROLE AT THE HOSPITAL.**

When Niki came to The Whittington 2 – 3 years ago now, she brought with her a wealth of experience and expertise in managing cancer patients, and more broadly within palliative care.

Around the time she qualified as a registered nurse she watched her mother-in-law die of head and neck cancer, and it was this experience that inspired her to take her nursing in the direction of the support of cancer patients – their physical and emotional needs, their issues around body image, their fears and hopes around the management of their disease.

After a brief stint in an acute medical ward, she worked for five years in a District Hospital, on an acute oncology ward, where about 90% of the patients she was involved with were learning to live with a diagnosis of cancer and would not be cured of the disease. She says that, with an excellent Manager, she learned a tremendous amount during these years about most aspects of managing cancer patients and their treatment – radio- and chemotherapy, the varying types of the disease and their manifestations.

At the end of this time Niki moved into delivering chemotherapy in the community, covering most of the South East of the country. This was a very different experience. She quickly learned that treating patients in their own homes is not the same as treating them in hospital. When you go into someone's home to provide care, you are always a guest

Niki continued on to work for Marie Curie, based in Ipswich, and for some time part of her brief was to work as a Discharge Liaison Nurse, helping terminally ill patients to be accommodated in the surroundings in which they would prefer to spend their last days. She found this aspect of the work very rewarding.



Later she became the Clinical Lead/Manager of Nursing Services for Marie Curie in North East London, and then their Regional Manager for London and the South East.

Feeling that it was at last time that she rejoined the NHS she came to the Whittington as Lead Cancer Nurse. This is a highly varied and responsible role, with many facets. She provides a link between Macmillan and the Trust, working collaboratively to deliver quality cancer care. She oversees the management of the Macmillan Support pod, of the Chemotherapy Unit and the CNS team, and represents the Whittington at external meetings.

She feels that the most satisfying part of her work is with patients – this is where the real challenges and successes lie. Cancer patients have such complex needs, both physical and emotional, and it is here that her extensive knowledge and skills can really be brought into play and have a positive effect.

Niki has an ever growing team to lead; all of the team are valued and for the most part, working at senior level themselves; experts in their own fields. Working continually with people diagnosed with cancer can bring its own challenges for healthcare professionals and this can have an impact on those who are providing care. With this in mind, Niki tries to create a supportive and safe environment for her team, with space and time to explore difficult issues or just to have a chat and a cup of tea.

Of course Niki somehow finds time for herself as well. To wind down she lives with her family on the Essex coast. She has two rough-and-tumble little dogs (Lancashire Heelers) Shuggie and Biggie - and three cats, Mr Darcy, Simon and Ratboy. The dogs are, themselves, a therapeutic influence, providing endless fun and entertainment. They sometimes appear in fancy dress – it's not just children who indulge at Halloween!



**Biggie**



**Ms Shuggie**

# Useful Numbers and Websites: Please note that due to the pandemic most of these lines will be busy!

## Money £

- Turn2us for advice on benefit entitlement and grants 08088022000

- Help to Claim Universal Credit 0800 144 8444

- Attendance Allowance forms 08007310122

- New Personal Independence Claims 08009172222

- New style ESA claims 08003285644

- The Pension Service 08007317898

- Pension Credit 08001690133

- Carers Allowance 0800731029

- Tax Credits 03453003900

- National Debtline - help with debts and a casework service  
08088084000

- [Moneysavingexpert.com](https://moneysavingexpert.com) - very useful website for all sorts of money saving tips.

- Homeheat Helpline 0800336699

Advice grants for energy arrears, benefits, reduced tariffs and special payment options

- Energy Saving Trust- advice and service finding cheaper tariffs  
02072220101

- Water UK website- information on Watersure scheme for help with water



# Useful Numbers and Websites continued:

## Housing

- **Foundations**- for homeowners on low income  
03001240315
- **Shelter** - Expert Housing advice  
08088004444
- **National Homelessness Association Service** -  
08451206446



## General Support & Advice

- **Macmillan Cancer Support** -  
08088080000  
(Open 7 days a week 9-8pm; Advice available in 200 different languages)
- **Citizens Advice** - 03444111444
- **Disability Rights UK** - 08003285050  
(Tues 11:30-1:30, Thurs 1:30-3:30)
- **Age UK** - 02072816018
- **Samaritans** - 116123

**MACMILLAN**  
CANCER SUPPORT

citizens  
advice

**Disability Rights UK**

**ageUK**

**SAMARITANS**



## Travel

- **British Red Cross** - 03448711111  
(Borrow a wheelchair)
- **Contact Local council** - Blue badge
- **Taxi card London** -  
<https://www.londoncouncils.gov.uk/services/taxicard>

## Young People with Cancer

- **Trekstock Young Adult Cancer Support (20s & 30s)**  
0207 388 1200
- **Shine Cancer Support for People (20's, 30's, 40s)** [shinecancersupport.org](http://shinecancersupport.org)

## Families

- Family First- 02075274343
- Don't forget the kids - 07506  
307 173

## Councils

- Haringey - 020 8489 1000
- Islington - 020 7527 2000
- Camden - 020 7974 4444
- Brent - 020 8937 1234





## YOU MAY FIND THESE SUPPORT GROUPS HELPFUL

**Bloodwise** – Blood Cancer -  
<https://bloodwise.org.uk/>  
0808 2080 888

**Breast Cancer Care-**  
<https://breastcancercare.org.uk->  
0808 800 6000

**Jo's Cervical Trust** – Cervical Cancer -  
<https://www.jostrust.org.uk/>  
0808 802 8000

**Beating Bowel Cancer-** Bowel Cancer  
<https://www.bowelcanceruk.org.uk/>  
020 8973 0000

**Bladder & Bowl Foundation** – Bladder  
& Bowl Cancer -  
<https://www.bladderandbowel.org/> -  
0161 607 8219

**Cancer Black Care** – Focusing on  
black & ethnic minorities affected by  
cancer-  
<http://www.cancerblackcare.org.uk/>  
therapies - 020 8961 4151

**Melanoma Helpline** – Melanoma  
Cancer -  
[https://melanomafocus.com/support/  
helpline/](https://melanomafocus.com/support/helpline/)  
0808 801 0777

**Mesothelioma UK**  
0800 169 2409

**Ovacome** – Ovarian Cancer -  
<https://www.ovacome.org.uk/>  
0800 008 7054

**Melanoma UK**  
0808 171 2455



**Macmillan Cancer Support**– Here to help those who have been diagnosed with cancer and help you find the best way through from the moment of diagnosis. For support, call us free 9am – 8am – 7 days a week on 0808 808 00 00 or visit [macmillan.org.uk](http://macmillan.org.uk) Did you know that you can call the helpline and ask in English to speak to someone in over 200 languages!



## FURTHER HELP



**Roy Castle Lung Cancer Foundation** – Lung Cancer -  
<https://www.roycastle.org/> -  
0333 323 7200

**Bowel Cancer UK** – Bowel Cancer -  
<https://www.bowelcanceruk.org.uk/>  
- 020 7940 1760

**Pancreatic Cancer UK** – Pancreatic Cancer-  
<https://www.pancreaticcancer.org.uk>  
020 3535 7090

**Prostate Cancer UK** – Prostate Cancer -  
<https://prostatecanceruk.org/> -  
020 3310 7000

**North London Cares**  
0207 118 3838  
[Juliet.mcnelly@northlondoncares.org.uk](mailto:Juliet.mcnelly@northlondoncares.org.uk)

**Talk for Health**  
0782 6148 461  
[info@talkforhealthnow.co.uk](mailto:info@talkforhealthnow.co.uk)

**Marie Curie Hospice**  
0800 090 2309 or  
0845 073 8598

**North London Hospice**  
0208 343 6806 or  
0208 343 6812

**St Joseph's Hospice**  
0300 3030 400  
[stjosephs.firstcontact@nhs.net](mailto:stjosephs.firstcontact@nhs.net)

**iCOPE**  
0203 317 5600 (Camden)  
0303 123 1000 (Islington)  
[icope.referrals@candi.nhs.uk](mailto:icope.referrals@candi.nhs.uk)

**Mayhew Pet Refuge**  
Temporary shelter of pets for people facing a crisis or an ongoing issue or unexpected emergency.  
0208 962 8000  
[AWO@MAYHEWANIMALHOME.ORG](mailto:AWO@MAYHEWANIMALHOME.ORG)

**Let's Talk**  
0203 074 2280  
[Lets.talkharingey@nhs.net](mailto:Lets.talkharingey@nhs.net)



**MACMILLAN**  
**CANCER SUPPORT**  
RIGHT THERE WITH YOU

0808  
808  
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 **NEED TO  
TALK?**  
**CALL US  
FREE >**  
0808 808 00 00



**WE ARE  
MACMILLAN  
CANCER SUPPORT**

**WE'RE HERE  
FOR YOU**

**NEED  
TO TALK?**  
**WE CAN  
LISTEN**



If you are finding it difficult to cope, remember you can:

- Call us on 0808 808 00 00, 7 days a week, 8am to 8pm
- Visit [macmillan.org.uk](http://macmillan.org.uk) for cancer information and support



# Winter Walk 2021





*When?*

*27<sup>th</sup> February  
2021*



*It is a half or full marathon*

*We are raising money for Macmillan  
Cancer support and would love it if  
you could donate towards this  
important cause! Any donations are  
much appreciated.*



*If you would like to donate or for  
more information, please contact*

*[traceypalmer@nhs.net](mailto:traceypalmer@nhs.net)*



Supporting  
**WE ARE  
MACMILLAN.  
CANCER SUPPORT**



**Are you part of the LGBTQ community, suffering from prostate Cancer and Feeling alone?**

**Metro Walnut is a peer support group for LGBTQ people with prostate cancer**

**It's a safe and confidential space for you and your partner(s) to talk about what's going on in your life. You can ask questions, share your experiences and get support from people who are also dealing with prostate cancer.**

**How Metro Walnut can help you?**

- **Meet new people and get support**
- **Feel more confident about your decisions**
- **Friendly, non-judgemental and confidential**
- 

**COVID-19 UPDATE: Unfortunately, due to the pandemic the usual meetings at Vauxhall will not be taking place! However, meetings have moved online via GoTo Meeting. Next virtual meetings are 28 March and 4 April.**

**We look forward to resuming services fully once it is appropriate to do so.**

**For more information in regard to Metro-walnut please do not hesitate to contact.**

**Email: [simon@metrocharity.org.uk](mailto:simon@metrocharity.org.uk)**

**Number: 02083055000**



# MASK FOR EXTRAORDINARY PEOPLE



We have made and donated over 11000 environmentally friendly face masks to essential workers since April 2020. We are now selling our extraordinary face masks to allow us to continue giving face masks to those in need as well as creating some much-needed income for our volunteers. We are a not-for-profit organisation with all excess funds going directly to local charities.

**Looking for the perfect Christmas present?** This is it! Pop by the Macmillan pod near the main entrance of Whittington Hospital to purchase yours!

Your purchase will support two charities, both MacMillan and Mask for Extraordinary people!

Pick your own design and flaunt these creative masks and protect yourself and others!



**Three Layer Reversible Facemasks**  
washable reusable environmentally friendly with channel for a nose wire

Masks For Extraordinary People are a non-profit volunteer group in SE London making fabulous funky facemasks for people whose lives have become extraordinarily challenging. We have given over 8000 masks in 4 months to bus drivers, food banks, hostels, refuges, schools, hospices and local community groups, helping people from all walks of life feel safer and uplifted. Selling masks allows us to keep donating as well as contributing to our charitable fund. Help needed.

**MASKS FOR EXTRAORDINARY PEOPLE**  
since April 2020

Please wash your mask before and after use  
Avoid touching mask when on, wash hands regularly  
When removing mask wash hands, face and mask

No medical or health claims are made about these cloth face coverings. Please stay safe.

MASKSFOREXTRAORDINARYPEOPLE.ORG maskstorextraordinarypeople@gmail.com Corinne & Ben 07961107485 @MFEPP\_UK



If you or your organisation struggle to afford face masks, do get in touch with us by visiting the website linked below:

<https://www.masksforextraordinarypeople.org/request>

For more information in regard to the masks please do not hesitate to contact:

[masksforextraordinarypeople@gmail.com](mailto:masksforextraordinarypeople@gmail.com)

07961107485

## Updated Information for Cancer Patients during COVID19

If you have experienced changes, delays or cancellations to your cancer treatment or appointments since the coronavirus pandemic began, you are not alone. During the pandemic there has been some disruption to health and care services across the UK. However, the NHS is still open and there for you so we urge anyone with cancer or possible cancer symptoms to come forward - you are not a burden. You should be involved in making choices about your care. It is important to ensure that you understand exactly why and how these changes to your treatment were made, and what they mean for you and your cancer treatment in the future.

If your treatment is continuing and you are concerned about your safety, you should speak with your oncology team, doctor or cancer nurse specialist.

If a family member, friend or carer is unable to attend an appointment with you because of restrictions on visitors, ask your healthcare professional if you can call them on loudspeaker or video call them so they can listen to and speak with your healthcare professional.

I understand this information may be overwhelming, but we are here to support you and let you know your rights and understand how to address certain situations.

If you need information, advice or support about cancer and coronavirus:

- You can find information on cancer and coronavirus on the Macmillan website ([www.macmillan.org.uk/coronavirus](http://www.macmillan.org.uk/coronavirus))
- You can call the Macmillan Helpline on 0808 808 00 00, 7 days a week, 8am - 8pm
- You can speak to others in our online community
- Sign up to our Macmillan Telephone Buddy service so that you don't have to face cancer alone