



## **Patient and Carers' Newsletter Spring & Summer 2017**



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## **If your home is hard to heat, call Nest**

- The Welsh Government Warm Homes Nest scheme is here to help you keep warm and save money on your energy bills.
- Nest is open to all householders in Wales and provides advice on saving energy, money management, energy tariffs, and benefit entitlement.
- In addition to free advice, if you own or privately rent your home and you or someone you live with receives a means tested benefit you may be eligible for home improvements at no cost. These may include a new central heating boiler, loft insulation, or cavity wall and solid wall insulation.
- Head of Nest, Lee Parry, said:
- "Nest offers a wide range of support and advice to help people who are struggling to heat their homes. Between 2011 and 2016, over 85,000 householders have contacted Nest and 23,700 have received free home improvements and saved an average of £408 on their energy bills."
- If your home is hard to heat, please contact Nest on **Freephone 0808 808 2244** for free advice and to see if you are eligible for energy saving home improvements, or visit **[www.nestwales.org.uk](http://www.nestwales.org.uk)** for more information.



GIG  
CYMRU  
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Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

## **Have you been affected by cancer in the past 5 year?**

## **Would you like to make a difference to cancer services?**

As part of a person centred care project currently being undertaken within Cardiff and Vale University Health Board, we are looking for people who live locally to the hospital who would like to take part in one of our series of focus groups being held over the next year. The focus groups will be on different aspects of the project and should last no more than two hours. All feedback will be used to develop services going forward. *Refreshments will be provided.*

For more information please contact Davinia-Louise Green, Macmillan Person Centre Care Project Manager on 02920 744 558 or at [davinia.green@wales.nhs.uk](mailto:davinia.green@wales.nhs.uk).

**Davinia-Louise Green, Macmillan Person Centre Care Project Manager  
C&V UHB**

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**WE ARE  
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### **The benefits of physical activity and for adults with cancer**

In the past, adults with cancer were often told to rest during treatment. However, we now know that being active will help you manage some of the side effects of cancer and / or its treatment(s).

There are lots of benefits to keeping active during and after cancer treatment, both for your body and your mind. Activity can help reduce fatigue, increase your appetite, build muscle and bone strength, help your heart, keep you fit and

help you maintain a healthy weight. Activity can also help you manage stress, anxiety and low mood. There is some evidence that for some people being active can reduce the risk of cancer coming back in the future.

However, the thought of becoming active can be overwhelming, particularly if you have not been active before or for some time. It can be difficult to know where to start or you may worry about your ability to return to your previous activity levels.

### **How Much Activity Should I Do?**

It can be difficult to know how much and the type of activity you should be doing. It is suggested that all adults should try and do:

**150 minutes (2 hours 30 minutes) of moderate intensity activity every week.**

This may sound like a lot; but the activity does not have to be done all at the same time. For example:

**30 minutes of activity - 5 times per week.**

If you are just starting to increase your activity levels or are having treatment, you may want to do shorter times and do them over the day. For example:

**Three 10 minute sessions in one day**

It can also be hard to know how intense your activity levels need to be. As a rule, moderate intensity activity should make you feel a little warmer, make your heart beat a little quicker and breathing a little faster, but you should still be able to hold a conversation. Simply avoiding periods of inactivity is a good way to begin to increase your activity levels.

### **What is the Macmillan Activity Promotion Programme (MAPP)?**

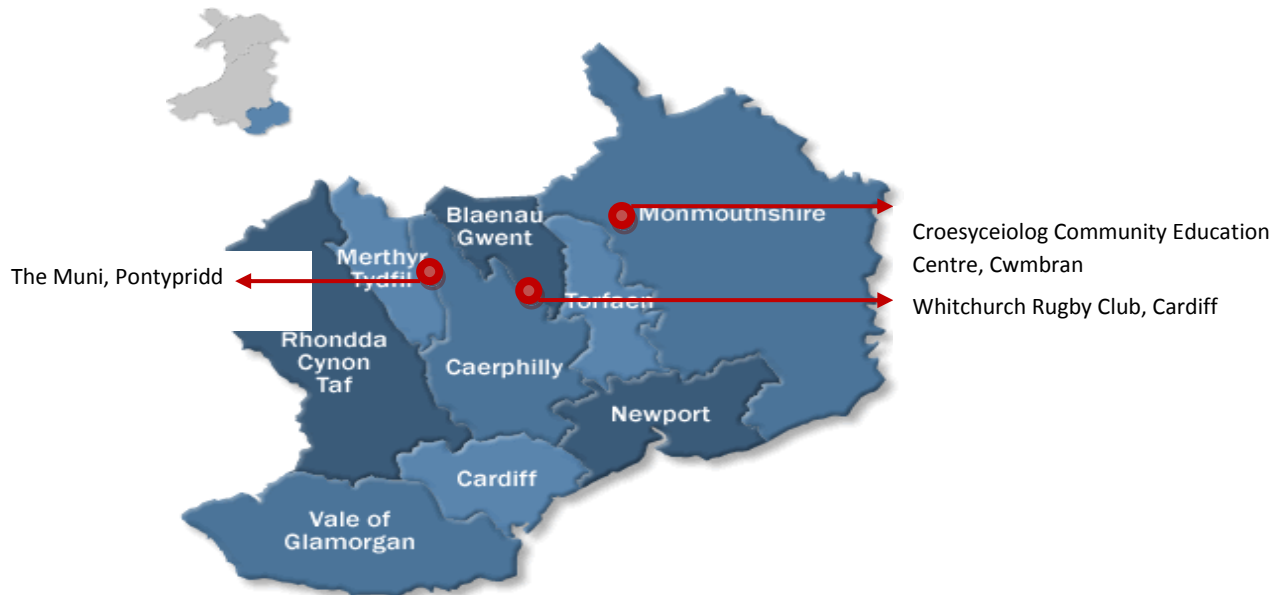
This is a 6 week course run by a Specialist Physiotherapist and a Physical Activity Support Worker. It aims to improve the physical activity levels of adults with a cancer diagnosis, living in South East Wales.

You may be at any stage of your cancer journey from diagnosis through to living beyond cancer or palliative care. If you want to be more active we will do what we can to help you.

Each session will consist of a health and wellbeing discussion, as well as a physical activity session. The physical activity session will mainly consist of circuit based activities which allows us to tailor the activities to your individual needs.

During the course we will help you to identify activities that you might like to continue after the course has ended and we will discuss the wide range of

opportunities available to you. At the end of the course we hope you will feel more confident about physical activity and that you will carry on using local services or doing activities on your own. We currently run our sessions in the following locations:



If you have a cancer diagnosis, live in **South East Wales** and would like to know more, please contact our team on 029 20615888 ext 6340 or via our email address, [mapp@wales.nhs.uk](mailto:mapp@wales.nhs.uk) .

If you want to be more active we will do what we can to help you.

### **What is the Macmillan Therapy team (MTT)?**

The MTT are highly specialised occupational therapists, physiotherapists and rehabilitation support workers who have a wide range of experience and skills of working with people who have cancer. The service is for people affected by cancer aged 18 years or over. All people affected by cancer who are residents of Swansea, Neath/Port Talbot or Bridgend and are receiving or having completed cancer treatment can attend the service.

### **What do we do?**

The Macmillan Therapy Team offers a holistic needs assessment, followed by a personalised rehabilitation programme which may include one to one or group activities, such as Adapted Tai Chi, Hydrotherapy and Circuit classes. The level of the activities is adapted to suit your needs. The Macmillan Therapy Team also has a close link with community, voluntary and leisure services, which can support you closer to home if required. The service can be accessed at any point after you have been told you have cancer.

You will be invited to attend an assessment with a member of the team, who will make a plan with you that will best meet your needs. After an agreed time you will be invited to attend a routine review. This ensures close monitoring of your progress and timely treatment.

You can contact us direct on (01792) 530838 (Mon to Fri – 8am to 4pm (Answer machine available out of hours) or via our email address [ABM.EnhancedCancerRecovery@wales.nhs.uk](mailto:ABM.EnhancedCancerRecovery@wales.nhs.uk). Alternatively ask your health care professional to refer you.

## ABMU HB Macmillan Therapies Team

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ovarian  
cancer **action**



**OVARIAN CANCER AWARENESS MONTH** MARCH 2017

ovarian cancer **action**  
ovarian.org.uk

Weeing more? Stomach pain?  
Struggling to eat? Bloating?

Do you know the symptoms of ovarian cancer?

ovariancanceraction  
@OvarianCancerUK  
ovariancanceraction

It takes women **15 days** to act on a health concern of their own

ovarian cancer **action**  
ovarian.org.uk

... they act on their pet's health **twice as fast**

It's time to #OvaryAct

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## Jane's Corner: A Patient's tips

## Treating your cancer - a patient's tips for managing treatment

There are two golden rules to get the best results from your chemo therapy and cancer treatment, and to keep yourself safe.

1. If you become ill, or have symptoms that make you ill, contact the cancer ward number you have been given immediately. Tell your contact what is wrong, and ask for help. Don't leave it until Monday, or even the morning, ask for help now.

To do this, you will need the cancer ward phone number, have it programmed into your phone if possible. Always keep a copy of the numbers, and the name of your Cancer Nurse, by or in the phone, and a second copy in a place it is easy to find, like the fridge door, and remember a third copy will always be in your notes at the hospital.

2. Take every tablet you are given at the correct time. Don't miss any tablets.

To do this, you need a chart or list of what to take, and when. Putting the colour or a description of the tablets on the chart is a good idea.

So your chart might read:

Medication	Monday (date)	Tuesday (date)	Wednesday (date)	Thursday (date)	Friday (date)	Saturday (date)	Sunday (date)
Medicine 1 (Name of drug) white tablet- 9am	X	X					
Medicine 2 (Name of drug) Orange tablet 9am	X	X					
Medicine 3 (Name of drug) blue capsule 6pm	X						

This is just an example; your medicine chart will look different. You need to make the medicine chart yourself, unless the hospital gives you one. Some useful things to do are to make the chart so that you can tick off when you have had the drugs and make a few copies so you are ready for next week. Some

people use a paper or computer diary just for their medication records. Also, many people set-an alarm on their watch/clock or phone to remind them of the times to take the drugs. Always keep your medication in the same place.

If you have forgotten to take your medication, or can't find your medication .....what do you do? .....Phone up your Cancer Nurse/Key Worker and ask their advice.

Interactions (when one medication or food affects another medication) - Your doctors will have told you if you have any interactions with the medicines you usually take, and what to do about that. You will also be told if the drugs interact with some foods or any over the counter drugs you get at the chemist. You will be told if you need to take your medicines with food or at a time after or before eating, or on an empty stomach. Keep clear copies of what you have been told so that you can re-read them when you need to.

Some chemotherapy drugs can cause nausea (feeling sick or being sick) or diarrhoea. Tell your Cancer nurse as soon as you can if this is happening. The nurse will help you get medicine to stop these symptoms. And importantly - if the medicines don't work to stop the symptoms, then go back as soon as possible. Other drugs are available that might suit you better. None of this is your fault.

Sometimes symptoms happen during later chemotherapy cycle that did not happen during earlier treatments always get help.

And if you have any other symptoms of illness like a high temperature tell the Cancer nurse or your contact as soon as you can. Now, not in the morning.

Feeling you are not coping or understanding is common. If you can't cope with any aspect of your treatment, ask for help. They expect you to, it is normal for people to need slightly different help.

**JANE BARNARD**

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This newsletter has been produced by the Wales Cancer Network. Grateful thanks for those who have submitted articles. If you wish to place an article in the next issue, please contact Eleri Girt via e-mail:

[Eleri.girt@wales.nhs.uk](mailto:Eleri.girt@wales.nhs.uk)