

South Wales Cancer Network Patient and Carers Newsletter



Living with and beyond cancer in Aneurin Bevan University Health Board

SPRING 2016

Aneurin Bevan University Health Board (ABUHB) is committed to improve and empower the lives of people living with cancer. Within the ABUHB Cancer Delivery Plan, 2012-2016, it states that by 2016 100% of patients with cancer need to have a care plan which caters for both clinical and non clinical needs. This care plan needs to ensure that all 8 domains of cancer rehabilitation are considered including:



- Physical
- Nutritional
- Psychological
- Informational
- Practical
- Social
- Spiritual
- Financial

To help support this, the ABUHB Cancer Lead Allied Health Professionals (AHP) have united to establish a working party to ensure a co-ordinated, holistic, Multidisciplinary Team (MDT) approach to cancer treatment and survivorship. The group consists of a Clinical Nurse Specialist, Dietitian, Lymphoedema practitioner, Occupational Therapist, Psychologist, Physiotherapist and Speech and Language Therapist.

Cont'd overleaf

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The aims of this group are:

Assess the need for cancer rehab in ABUHB, develop and review new and existing cancer rehab initiatives using a united AHP approach

Disseminate appropriate oncology information from each AHP department

To be used as a point of contact for other health professionals to gain information and support

To provide united AHP feedback to local and national guidelines

Future projects include linking with patients, families and carers to assess their rehab needs and how should this be addressed, educating health professionals working in cancer in holistic MDT care for cancer patients and working with third sector organisations to ensure a seamless flow between services for people living with cancer.

We are happy to receive comments or information to help us ensure that people in Gwent receive the highest quality of care throughout their cancer journey. Please contact Rhian.collins2@wales.nhs.uk.

By Rhian Collins, Macmillan Cancer Care Lead Dietitian - Aneurin Bevan University Health Board



Above represent some of the members of the AHP group including Lucy Powell, Emily Hazell, Rhian Collins, Lara Cowpe (Left to right)



Cardiff Network 2016 Events

cardiff@shinecancersupport.org

FEBRUARY – DRINKS

Friday 5th February at 7.30pm
Fino Lounge, Whitchurch

JULY/AUGUST – SHINE CAMP

Travelling to Dorset for the
nationwide Shine event!
Details to be confirmed

MARCH – WALK & COFFEE

Sunday 13th March at 11.30am
Roath Park

AUGUST – DAY OUT

Saturday 20th August
Details to be confirmed

APRIL - BOWLING

Friday 8th April at 7.30pm
Hollywood Bowl, Cardiff Bay

SEPTEMBER – AFTERNOON TEA

Saturday 17th September
Park Plaza, Cardiff
Celebrating our 2nd birthday!

MAY – DRINKS

Friday 13th May at 8.00pm
(New members from 7.00pm)
Grape and Olive, Heath

OCTOBER – DRINKS

Thursday 13th October at 7.30pm
Fino Lounge, Whitchurch

JUNE – SUNDAY LUNCH

Sunday 26th June at 1.30pm
The Cricketers, Pontcanna

NOVEMBER – COFFEE & DESSERT

Sunday 20th November at 1.00pm
Kaspa's Desserts, City Road

JULY – LONDON PICNIC

Travelling to London to join the
London network picnic!
Details to be confirmed

DECEMBER – DINNER

Friday 2nd December at 7.30pm
Venue to be confirmed

Too young for cancer? **We get it!**



Breast Cancer Care Cymru

Breast Cancer Care HeadStrong Service

Preparing for the possibility of losing your hair due to cancer treatment can be upsetting. Our sessions offer you emotional support and practical information, in a private appointment with trained volunteers. You'll find out how to look after your scalp before, during and after treatment and we'll also explore how to make the most of scarves, hats and other headwear as alternatives to wigs.



Breast Cancer Care Moving Forward Courses

These short courses take place over four weeks from 10.00 am to 1.00 pm one day each week. They cover a range of topics to help you move forward after treatment including:

- Managing the ongoing side effects of treatment; lymphoedema, menopausal symptoms and fatigue

- Improving wellbeing; health eating, stress and relaxation, and physical activity

- Body image and relationships; breast reconstruction, sex and intimacy

- Signs of a possible recurrence, breast awareness after treatment.

Expert speakers are happy to answer questions and there's time to share experiences with people in a similar situation to you.

Breast Cancer Care Information Sessions

These stand-alone information sessions are open to anyone affected by breast cancer, including family and friends. Each session covers a moving forward topic and you can pick and choose which sessions you come to.

Breast Cancer Care Lingerie Evenings

For more confidence when choosing a bra after surgery, join other women who have had breast cancer at a Lingerie Evening. It's a practical guide to what to look for in a bra, an opportunity to be fitted and a chance to see how the lingerie looks on volunteer models who have had breast cancer.

Breast Cancer Care Someone Like Me

This service matches you to someone who has experience of the issues you're facing – someone who's had breast cancer, who understands and has been trained to help. Whatever your concerns or situation, chatting over the phone, where and when it suits you, means you can ask any questions you like and talk openly without worrying about the feelings of the person listening.

Breast Cancer Care Younger Women Together

Come to a Younger Women Together Event and meet around 30 other women under 45 who've been diagnosed with primary breast cancer. The two day event takes place on a Friday and Saturday with all food and accommodation provided free. We look at topics like treatment, fertility, sex and intimacy, reconstruction, relationships (present or future), lymphoedema, healthy eating and exercise all with the help of experts and specialists. Information is tailored for younger women and every woman who joined us last year said they would recommend it, and many have made lasting friendships. Information is tailored for younger women and every woman who joined us last year said they would recommend it, and many have made lasting friendships.

Living with Secondary Breast Cancer Services

Meet other women with secondary breast cancer and get specialist information on topics relevant to you; it's a chance to chat and share experiences with people who understand what it means to live with secondary breast cancer. They're also a unique opportunity to increase your knowledge as we run longer sessions with guest expert speakers every other month. Topics include pain management, fatigue, claiming benefits and side effects of treatment.

Call 0345 077 1893 or email [moving forward@breastcancercare.org.uk](mailto:movingforward@breastcancercare.org.uk) to find out more about any of our services.

Tel: 0345 0771893

Email: movingforward@breastcancercare.org.uk

HelpLine: 0808 800 6000

www.breastcancercare.org.uk



Jane's Corner



Getting the best you can from your medicines- Antibiotics.

I think that we have all heard of 'Antibiotic Stewardship'. This is a plan that covers different ways that Doctors can get the best from antibiotics.

We are near the end of the Age of Antibiotics. Sooner or later, the bacteria that cause infections will all be resistant to the antibiotics that we have. But we can all help get the most out of antibiotics so that they last as long as possible.

And when we do that, we can help ourselves get the best treatment possible?

Bacteria have been around much longer than animals have, including man. Millions of years longer, just like any other kind of life, bacteria compete with all the other organisms around them for food and shelter. The first antibiotics were obtained from fungi or bacteria, so that we were using a weapon bacteria had already been exposed to for thousands of generations. Resistant genes in bacteria were already there, as they gave an advantage in the battle for survival. Soon, doctors saw resistant strains of bacteria in people with diseases.

Scientists have found all the natural antibiotics they can and have harvested them. Then the scientists started changing the antibiotic molecules so that at first, even the resistant bacteria could not protect themselves, and the disease causing bacteria were defeated again. But bacteria have a very fast generation time, as fast as 20 minutes. Bacteria evolved to become resistant again.

Developing resistance takes time, but it can be only a few years. Resistance develops more easily when people only take a part of the course of antibiotics their doctors give them. With a partial dose of antibiotic, the bacteria in someone's body can survive to develop resistance to the antibiotic.

So what can we do, we are vulnerable people and need antibiotics more often than most?

Your doctor will only prescribe antibiotics if you need them. So you (or I) take them, to get better, and prevent us from becoming seriously ill.

Take them exactly as the doctor says. Check with your pharmacist or nurse if you don't understand.

If you think the antibiotic is having side effects, talk to a pharmacist or doctor or NHS Direct as soon as possible BEFORE taking the next dose. This is important, if you need an antibiotic, the doctor will prescribe you another one that suits you better.

Of course, if you think the antibiotic is not working, contact the doctor as soon as you can to talk about changing antibiotics.

Bacteria are tricky things; they can pass on resistance from one type to another. And there are no new antibiotics being developed. Governments and the World Health Organisation are moving towards ways of encouraging pharmaceutical companies developing new antibiotics. This can cost millions; perhaps hundreds of millions of pounds, so pharmaceutical companies are not doing the development work because of the costs.

So if we want antibiotics for our grandchildren, we have to play our part by taking the antibiotics given to us properly.

By Jane Barnard

South Wales Cancer
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This newsletter has been produced by the South Wales Cancer Network. If you wish to place an article in the newsletter please contact Eleri Girt via e-mail:

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The network newsletters are available on the South Wales Cancer Network website :
<http://www.swcannet.wales.nhs.uk>



WE ARE ON THE NET

[http://
www.swcanet.wales.nhs.uk/
patientengagement](http://www.swcanet.wales.nhs.uk/patientengagement)



The Patients Voice at the Heart of the Hospital

Who are we?

A mixture of **Velindre Cancer Centre** patients, carers, management and staff who work together to improve the lives of patients and carers.

What do we do?

Patient Information Bags – over 11,000 produced since Jan '04.

Provide the patients view on a wide variety of subjects from Transport to Catering to Dignity.

Help out at Radiotherapy Open Evenings.

Help with annual audits at the Hospital.

Discuss all your comments, suggestions and opinions.

For Further Details Email: plg@wales.nhs.uk

or ring Helen Davies on 029 20 316278