

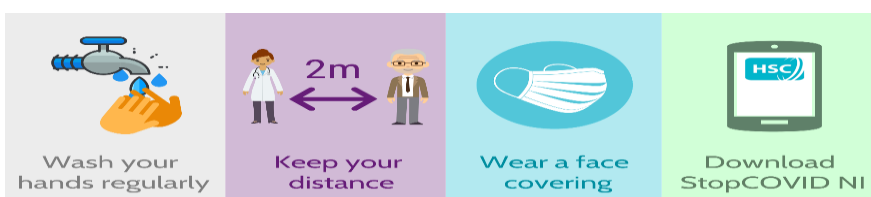
Belfast Trust Cancer Support

May 2021, Issue 17



This month's news:

- Service Update
- Online Classes & Workshops
- Cancer Awareness Month
- Staff Support
- Thought for the Month
- Meet Team Members



Service Update



We are delighted to let you know that we are open for face-to-face appointments from **Monday 17 May 2021.**

These appointments will be available, Monday to Friday, 9am – 4pm (excluding bank holidays) for the following services:

- **Information & Support**
- **Work Support Conversations**
- **Complementary Therapy**
- **Wig Fitting Service**

Appointments can be arranged by contacting the Centre on 028 9615 0077 or by emailing cancer.info@belfasttrust.hscni.net.

Staff can also use the E-referral facility on the Trust Hub.

We will continue to offer virtual or telephone appointments as well.

Counselling

Cancer Focus NI and Belfast Trust are continuing to provide this service online or by telephone.

We accept self-referrals and referrals from healthcare staff. Please contact the Centre on the above contact details to request a referral form.

Please note that any referrals received for clients who live outside the Belfast Trust area will be forwarded to the Cancer Focus NI service in their local Trust area.

Wig Fitting Service

This service is offering either online appointments or face-to-face appointments in the Centre, depending on patient preference. Patients can arrange appointments by telephoning 028 9615 0077 and selecting option 2.

Macmillan Benefits Advice Service

The Benefits advice team are still working remotely and are providing telephone appointments. If you wish to refer a client to this service, please do so by telephoning 0300 1233 233 and selecting option 1.

Online Classes and Workshops

Friends of the Cancer Centre Class Programme

Moving forward we will begin to move the Facebook Live Classes to closed online groups.

This will allow the instructors to give personalised guidance to participants. Participants will also be able to ask questions and interact with the rest of the group as well.

People affected by cancer can contact us on 028 9615 0077 to register their interest.

This will be a phased approach. In the interim until they are moved to the new format they will continue on the Facebook Live.

The Movement and Dance Class funded by Belfast Trust Arts in Health for twelve weeks concluded on Friday 7 May.

We want to thank Charmaine for facilitating this and Arts in Health for their funding.



A poster titled 'FACEBOOK LIVE CLASSES' with a decorative floral border. It lists a weekly schedule starting Monday 24 May 2021. The schedule is divided into four columns: MON, TUES, WED, and THURS. Each column lists a 9.30 am session with an instructor's name and a small illustration of the activity. At the bottom, it states 'These Classes are funded by Friends of the cancer centre' with the organization's logo.

WEEK COMMENCING: MONDAY 24 MAY 2021			
MON	TUES	WED	THURS
9.30 am Pilates with Fionnuala	9.30 am Tai Chi with William	9.30 am Yoga with Mary	9.30 am Pilates with Paul

These Classes are funded by 

Cancer Related Fatigue Workshop

This four-week workshop is for patients experiencing cancer related fatigue.

We are offering a mix of online or face-to-face workshops for the rest of the year. (Depending on government guidance) Registration is open for our workshops. See below for more details.



A poster titled 'Cancer Fatigue Management Workshops 2021' with a decorative floral border. It lists a schedule of workshops from June to November, including dates, times, and whether they are online or face-to-face. A small illustration of a person struggling with fatigue is on the right. At the bottom, it provides contact information for more details or to book a place.

Month	Dates	Format
June	3, 10, 17 & 24	Online
August	5, 12, 19 & 26	Online
September	2, 9, 16 & 23	Face to face*
October	7, 14, 21 & 28	Online
November	4, 11, 18 & 25	Face to Face*

*Face to face sessions are may change in line with public health guidance.

If you would like more information or to book a place, please contact us on 028 9615 0077 or cancer.info@belfasttrust.hscni.net



A poster titled 'Cancer Fatigue Online Workshop' with a decorative floral border. It announces the start of the next online workshop on Thursday 3 June 2021 at 11am - 12noon. It lists four sessions with topics: Understanding fatigue, Managing daily life, How to increase energy Levels, and Making a plan for recovery. A small illustration of a person struggling with fatigue is on the right. At the bottom, it provides contact information for more details or to book a place.

The next online workshop starts on Thursday 3 June 2021 @ 11am - 12noon

Session	Date	Topic
Session 1	3 June	Understanding fatigue
Session 2	10 June	Managing daily life
Session 3	17 June	How to increase energy Levels
Session 4	24 June	Making a plan for recovery

If you would like more information or to book a place, please contact us on 028 9615 0077 or cancer.info@belfasttrust.hscni.net

Look Good Feel Better

In collaboration with Look Good Feel Better, we will be hosting a Ladies Look Good Feel Better, face-to-face group in the Macmillan Support and Information Centre on the 6th July 2021.

There are two available sessions, 10am – 12 noon and 1.30pm – 3.30pm. Places are limited so early booking recommended.

If you would like more information or to book a place, contact us.



Look Good Feel Better

Do you know a man living with Cancer?

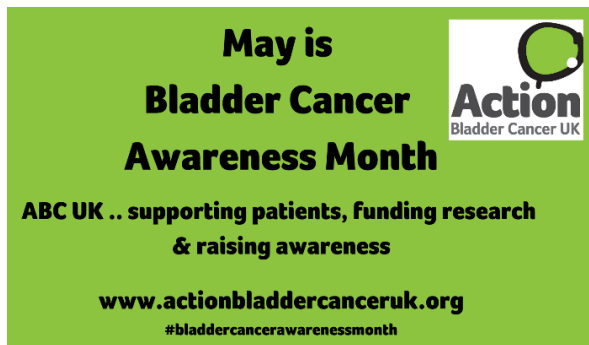
Look Good Feel Better still have spaces available on their next Men's Skincare and Grooming workshop on Friday 21 May 2021 at 1pm. Guest Speaker this month is Chris Lewis, co - founder of charity call YourSimPal.

For more information or to book a place follow the link below.

<https://lookgoodfeelbetter.co.uk/workshops/>



Cancer Awareness Month



Staff Support



Earlier this month was Mental Health Awareness Week.

We recognise that throughout the past year, we have all faced many challenges at work and at home; this has had a huge impact on our mental health. Connecting with nature can support good mental and physical health.

The Mental Health Foundation say,

"The theme was chosen because being in nature is known to be an effective way of tackling mental health problems and of protecting our wellbeing.

This seemed particularly important this year - in the year of a pandemic. Our own research has shown that being in nature has been one of the most popular ways the public have tried to sustain good mental health at a challenging time.

Our hope is that by growing awareness of the importance of nature to good mental health – we can also work to ensure that everyone can share in it.

Nature is something that is all around us. It can be helpful in supporting good mental health. Our ambition is to try to make that connection clearer for both individuals and policy makers.”

For tips on looking after your mental health, you can visit the websites below.

www.mentalhealth.org.uk

www.mindingyourhead.info

HOW CAN YOU PARTICIPATE IN MENTAL HEALTH AWARENESS WEEK:

- During Mental Health Awareness Week, why not try to make a habit each day of connecting to the nature in your local area? Stop to listen to the birdsong, smell the freshly cut grass, take care of a house plant, notice any trees, flowers or animals nearby. Take a moment to appreciate these connections.
- Share images/videos/or just sound recordings of the nature on your doorstep (and how this made you feel) on social media using #ConnectWithNature and #MentalHealthAwarenessWeek
- Use Mental Health Foundation resources in your family, school, workplace and community to join with thousands of people who will be finding new ways to connect with nature in their local environment.

For more information about this year's Mental Health Awareness Week visit mentalhealth.org.uk/mhaw or join the conversation on social media using #ConnectWithNature and #MentalHealthAwarenessWeek

“Mental Health Awareness Week has grown to be one of the biggest awareness weeks in the UK. This year the theme is on nature and its central role for our mental health. Since the beginning of the pandemic, millions of us turned to nature to help us get through lockdowns and our research shows that good mental health depends on us being able to connect with nature in some way and its power in both prevention of and recovery from poor mental health.

“We also want to highlight the huge disparities between who is and who isn't able to access nature. We want the week to explore how everyone across the UK can connect with nature and experience the mental health benefits wherever they live.”

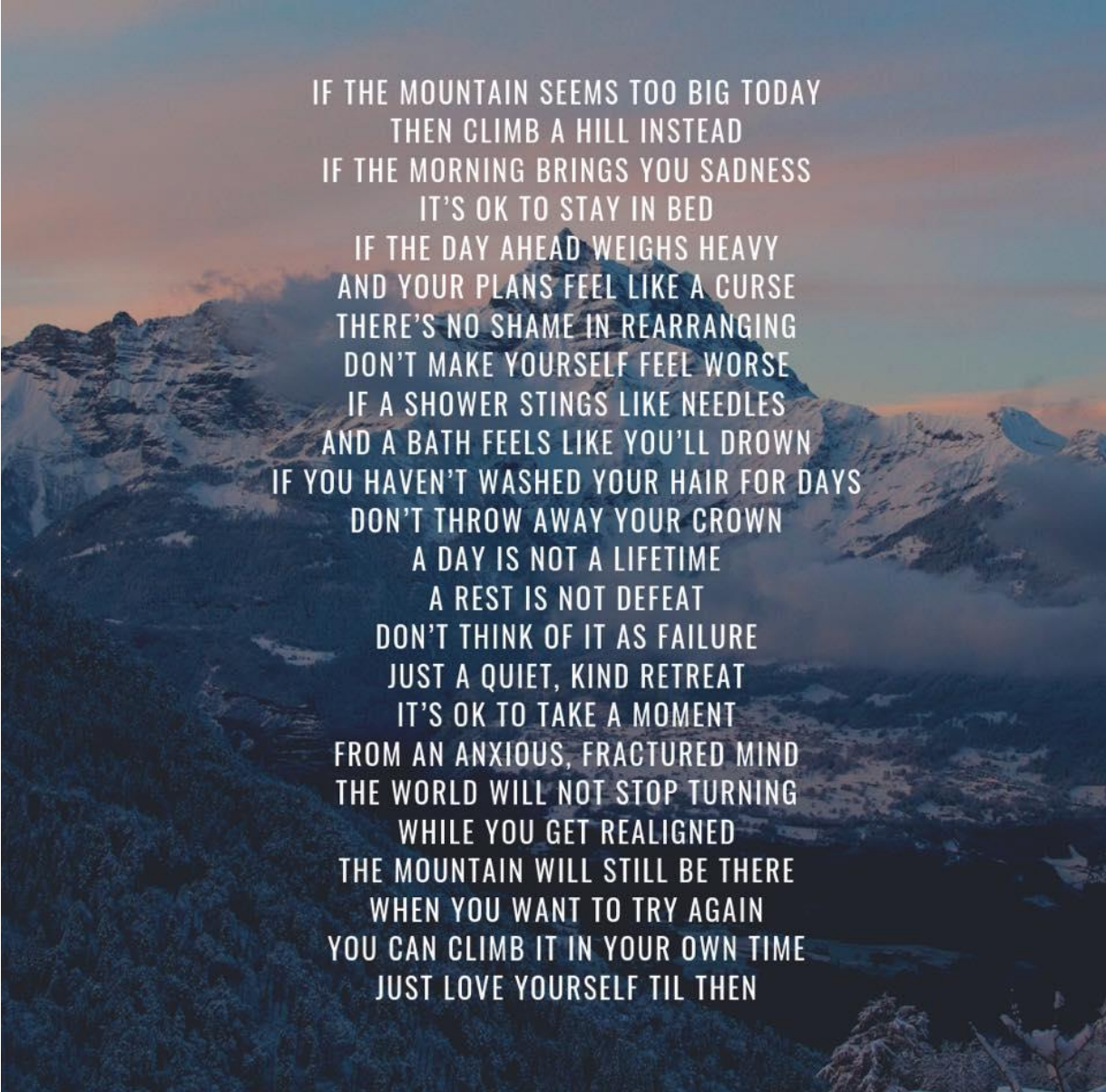
Mark Rowland Chief Executive of the Mental Health Foundation

IF YOU ARE STRUGGLING WITH YOUR MENTAL AND EMOTIONAL WELL-BEING LIFELINE IS HERE TO HELP.

Lifeline

Call Lifeline free on 0808 808 8000.
The helpline is available 24 hrs a day, 7 days a week.
You can also visit <http://mindingyourhead.info>

Thought for the month



IF THE MOUNTAIN SEEMS TOO BIG TODAY
THEN CLIMB A HILL INSTEAD
IF THE MORNING BRINGS YOU SADNESS
IT'S OK TO STAY IN BED
IF THE DAY AHEAD WEIGHS HEAVY
AND YOUR PLANS FEEL LIKE A CURSE
THERE'S NO SHAME IN REARRANGING
DON'T MAKE YOURSELF FEEL WORSE
IF A SHOWER STINGS LIKE NEEDLES
AND A BATH FEELS LIKE YOU'LL DROWN
IF YOU HAVEN'T WASHED YOUR HAIR FOR DAYS
DON'T THROW AWAY YOUR CROWN
A DAY IS NOT A LIFETIME
A REST IS NOT DEFEAT
DON'T THINK OF IT AS FAILURE
JUST A QUIET, KIND RETREAT
IT'S OK TO TAKE A MOMENT
FROM AN ANXIOUS, FRACTURED MIND
THE WORLD WILL NOT STOP TURNING
WHILE YOU GET REALIGNED
THE MOUNTAIN WILL STILL BE THERE
WHEN YOU WANT TO TRY AGAIN
YOU CAN CLIMB IT IN YOUR OWN TIME
JUST LOVE YOURSELF TIL THEN

'The Mountain' by Laura Ding-Edwards

Meet the team



Cancer Related Fatigue is a very common problem affecting as many as 9 out of 10 people with cancer.

It affects everyone differently and may be due to the cancer itself, be a result of symptoms caused by cancer or be a side effect of treatment.

Cancer Related Fatigue is different from the tiredness that someone without cancer may get. This can include quickly feeling very tired doing very little. A key feature of this type of fatigue, is that it is not helped by rest or sleep.

The Cancer Related Fatigue Workshop is a multidisciplinary approach to managing all aspects of fatigue.

This month we want to introduce you to some of the team who run the workshops.

Imelda McColgan, Julia Hanna and Lene McFarlane. (Complementary Therapists)



Sarah Campbell (Physiotherapist), Francis Mullen (Social Worker) and Donna Cheshire (Occupational Therapist)



The team have worked hard in the past year and have adapted the 4-week programme to offer online. Feedback from patients has been excellent.

"The guidance and info I received has been extremely helpful, and I now apply it to help manage both my recovery and daily activities. Thanks a million!"

"I really enjoyed the programme. It clarified things for me. I have learned to plan and pace and prioritise I was treated with respect and they were ready to answer any question I had."

"The workshop was very well presented each week and I could identify with the items discussed at each session. In general, I found the workshop to be very beneficial and the advice given is helping me to manage my fatigue following chemotherapy treatment."

"Great to be in touch via teams remotely for cancer patients outside Belfast Trust"

"Really like to thank support staff for being so helpful getting me linked to teams no matter how many times they had to try! I missed section 3 but will re-join in May. Really well worth doing and is particularly good for people who are not in the Belfast area to avail of the facilities and thanks to all the kind facilitators. Really enjoyed the workshops, which provided a lot of new insights to living with cancer. Appreciated"

For more information about the Cancer Related Fatigue workshops, please see previous details on page 3.

How to contact us

Belfast City Hospital
77-81 Lisburn Road,
Belfast, BT9 7AB

Royal Victoria Hospital
Level 2, Main Corridor
Grosvenor Road, Belfast, BT12 6BA

PHONE NUMBER:

028 9615 0077

Dial 1 to speak to a support officer

Dial 2 to speak to the wig fitting salon

EMAIL ADDRESS:

cancer.info@belfasttrust.hscni.net

E-referrals are still accepted internally through the Belfast Trust Hub.

Follow us on:



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