

Macmillan Social Prescribing Service



bromley by bow centre



<https://vimeo.com/205233705> - subtitled

<https://vimeo.com/176618952> - audio

Why is this service needed

- Increased diagnoses and longer survival for cancer patients rates show us that long term management is becoming more important as well as support and networks within peoples communities
- Psychological morbidity impacts upon not just quality of life but survival

'You feel like you're in limbo, a sort of half-way house. You aren't in the world of the living. It's navigating that – how do you get back into work or what will you do now?'

'I had never spoken to anyone to try and deal with my cancer. Everyone else I spoke to thought they were dealing with my cancer but they only helped with the medical side; giving me Prozac for depression or chemo. I was part of the cancer machine. No-one was talking to me about how to deal with my cancer.'

Concerns of cancer patients

Top 20 concerns of Barts cancer patients

Worry, fear or anxiety

Tired/exhausted or fatigued

Sleep problems/nightmares

Pain

Hot flushes/sweating

Anger or frustration

Memory or concentration

Sadness or depression

Getting around (walking)

Changes in weight

Money or housing

Tingling in hands/feet

Eating or appetite

Breathing difficulties

Laundry/housework

Loneliness or isolation

Dry, itchy or sore skin

Work and education

Sore or dry mouth

My appearance

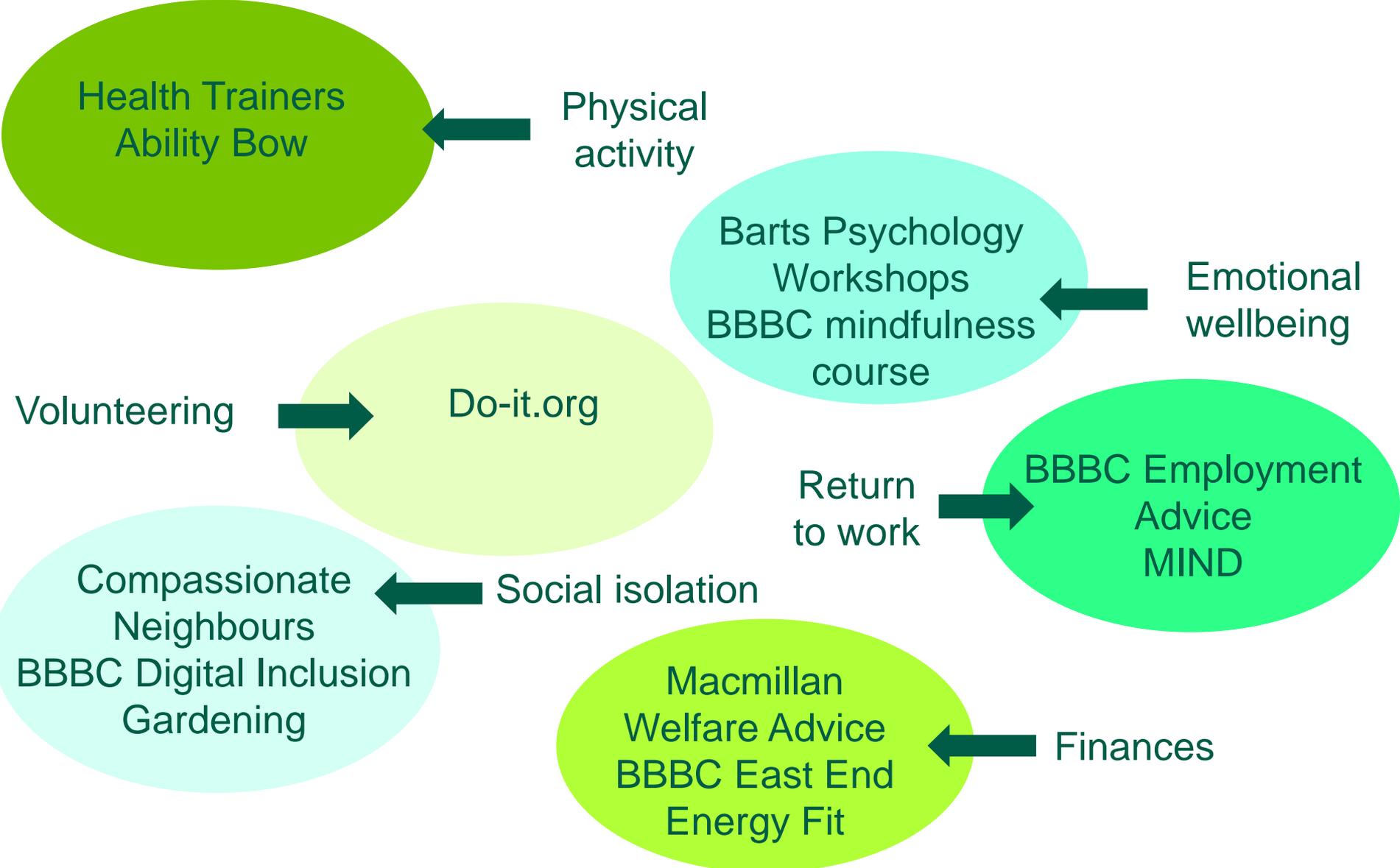
**From 173 people who had electronic holistic needs assessments at Barts Health from 6th Mar 16 - 6th Sept 16*

Macmillan Social Prescribing Model

Support on offer

- Different levels of support, from initial signposting over the phone to up to four 1-2-1, face to face sessions at community locations
- Eliciting needs and interests, making personalised plans to improve patients sense of control and wellbeing (motivational interviewing and coaching techniques)
- Team - training/knowledge in the needs and issues faced and local services available (both cancer specific and more generally)
- Support patients to connect with appropriate services (e.g. physical activity sessions, welfare advice, volunteering opportunities, employment projects)

Services we have supported patients to access:



72 year old male, Somalian, Tower Hamlets resident. Diagnosed with B Cell Lymphoma in June 2015 and finished treatment in Nov 2015

“Now I feel free to discuss with friends much better. I feel a lot stronger now. I feel good.”

Dec 2015 his GP referred him to the Macmillan Social Prescribing Service because he mentioned in their consultation that he is keen to gain strength following treatment.

Spoke about the challenges of his treatment (chemo) particularly his loss of appetite and the resulting weakness and weight loss. He also spoke about how he hadn't been to see his friends from his community because he was worried about questions and stigma attached to cancer in the Somali community. He explained his goal was to build his strength and wellbeing after cancer treatment with ultimate goal of going on a trip to Somali Land (first time in 23 years) to see his sisters and cousins to let them know he's ok and make sure they don't worry anymore.

Level 2 – 1 x 1-2-1 Macmillan Social Prescribing sessions

AS A RESULT OF INTERVENTION

Now feels he doesn't need to lie anymore. Feels confident about talking to his friends about his cancer

Referrer to Health Trainers team. Has started attending the Friday afternoon group exercise sessions and is soon to start attending a specialist accessible gym.

Started attending the Digital Inclusion session regularly has enjoyed getting access to lots of information, online news.

Macmillan Social Prescribing Service

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