

Macmillan and Hull and East Yorkshire Hospitals NHS Trust

Survivorship Programme

Living With and Beyond Cancer

What is a Survivorship Programme?

Adjusting to life after cancer treatment, or living with cancer, can provoke strong emotions and possible fears for the future.

Cancer survivors have a wide range of physical, psychological and social needs.

The Macmillan Survivorship Programme is a service for cancer patients and their families who have completed active treatment. It is a programme designed to meet the individual needs of the patient and their carer and to focus on recovery, health and wellbeing after cancer treatment.

The team consists of a Macmillan Survivorship Programme Manager and a Clinical Nurse Specialist.

The service offers appointments at a variety of clinics across Hull, East Riding, North Lincolnshire and North East Lincolnshire.

Service Objectives

To provide information, advice and follow up care to all cancer patients and their carers who are at the end of active treatment and to enable supported self management based on individual needs and preferences and with the appropriate clinical assessment, support and treatment.

To improve health, wellbeing and quality of life for the patient.

To improve the patient's confidence and motivation.

Patients will be able to access a full programme of support including self management options and directed programmes.

These will include:

- Nutrition & Diet Management
- Physiotherapy & Occupational Therapy
- Physical Effects of Cancer & Treatment
- Carer Support
- Site Specific Clinical Nurse Specialist Sessions & Education
- Stress Management
- Complementary Therapies
- Local Self Help & Support Groups
- Financial Information & Support
- Hobbies & Life After Treatment
- Employment Support
- Health & Wellbeing
- Early Recognition of Signs & Symptoms of Further Disease

Service Referral Criteria

Referrals will be accepted from Health Professionals within Hull And East Yorkshire Hospitals NHS Trust for all patients who have completed active cancer treatment.

Availability and Access to the Service

The service offers one to one, group, telephone and email support. It is available Monday to Friday between 9am and 5pm. It is envisaged that an out of hours telephone support line will also be offered.

The service undertakes clinics in a variety of community areas. Regular community events are held to for patients and carers who are living with and beyond cancer.

Expected Outcomes

Improve the quality of life for patients and their carers.

To enable all patients to pursue as normal a life as possible through a supportive programme aiming to improve wellbeing and promote self care.

Contact Details

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