

Cancer survivorship – health and wellbeing clinics

Oncology

Patient Information Leaflet

Introduction

This leaflet is for people who are living with cancer. It gives information on health and wellbeing clinics, including what they are and what the benefits are of attending them.

What is a health and wellbeing clinic?

The sessions run at the clinic are education and information events.

People who are living with cancer, and those who have had cancer, often have specific support needs. If these needs are not addressed, it can damage their long-term prognosis and their ability to lead an active and healthy life. These needs can include information about treatment and care options, psychological support, advice about financial assistance and support in managing their condition themselves.

Carers also play a vital role in supporting people with cancer and it is important that their needs for information, advice and support are addressed.

Addressing all these needs is central to the National Cancer Survivorship Initiative (NCSI), which is coordinating efforts to improve the quality of services available to people affected by cancer.

Although there have been significant improvements in support for people living with and beyond cancer, more needs to be done so that cancer survivors have the care and support they need to live as healthy a life as possible, for as long as possible.

Health and Wellbeing Clinics are a Macmillan Cancer Support development as part of its survivorship work. Their aim is that everyone who has had a cancer diagnosis and is living with cancer will have access to a Health and Wellbeing Clinic that will provide the support they need to enable them to lead as normal a life as possible.

The clinics support people around the end of cancer treatment with the transition between the treatment phase of their care and survivorship.

What are the benefits of the clinic?

It enables people living with cancer, and their families, to manage the effects of their illness by giving them the necessary information and promoting positive lifestyle changes.

Who are they for?

They are for people who are living with cancer. Your clinical nurse specialist will give you an appointment when it is relevant for you to attend. You can bring a relative, a friend or carer along with you.

What will I gain?

Each session is delivered by a clinician with expertise in that field. Topics being covered include:

- Health needs assessment – you will have the opportunity to complete one of these during the session
- White House Cancer Support
- Citizens Advice benefits
- Action Health and what exercise can help you
- Treatments and the effects of treatments
- Symptoms of concern
- Palliative care
- Lymphoedema
- Psychological support

Where are they held?

They are held at Russells Hall Hospital in the Clinical Education Centre in South Block. The sessions last about two hours and tea, coffee and biscuits will be provided.

Can I find out more?

If you have any further questions before or after attending the session, you can contact your clinical nurse specialist on one of the following numbers.

Dial **01384 456111** plus one of the extension numbers:

	Extension number
Bowel cancer	2286
Breast cancer	2065 (8.30am to 5pm)
Chemotherapy	2028
Gynaecological cancer	3355
Haematology	2453
Head and neck cancer	2655 (8.30am to 4.30pm, not available on Thursdays)
Lung cancer	2752
Prostate cancer	2873
Skin cancer	3088
Upper GI cancer	2443 (8am to 4pm)
Urology cancer	2873

(9am to 5pm, Mondays to Fridays, unless otherwise stated).

All are based at Russells Hall Hospital.

References

Office for Public Management (2011) Evaluation of Health and Wellbeing Clinics. Final Report. Macmillan Cancer Support.

This leaflet can be downloaded or printed from:

<http://dudleygroup.nhs.uk/services-and-wards/oncology/>

If you have any feedback on this patient information leaflet, please email patient.information@dgh.nhs.uk

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ، ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔