teamHDFT
At our best

Harrogate and District NHS
NHS Foundation Trust

Community Beacons

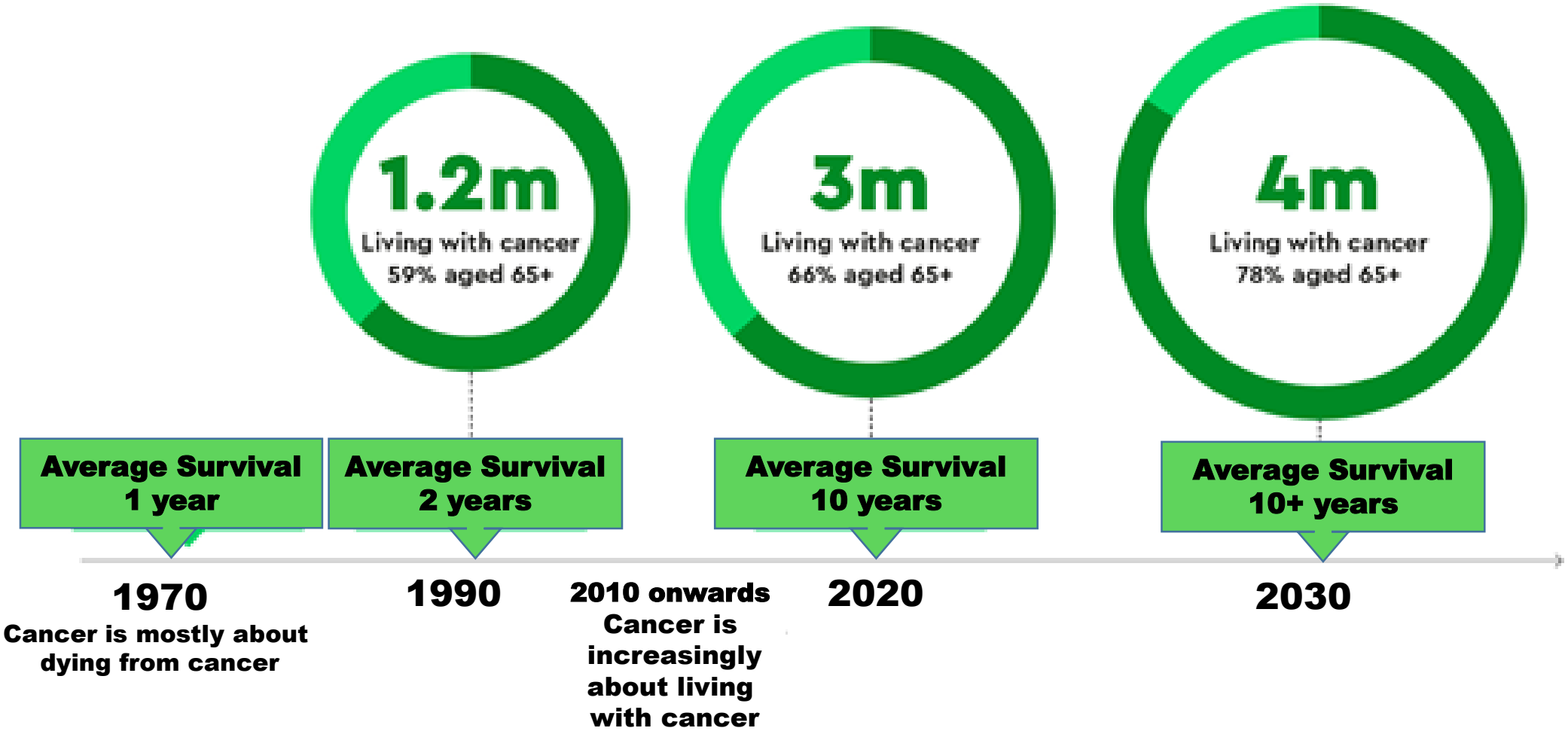
Jackie Rowbottom

Macmillan Information and Support Specialist

MACMILLAN CANCER SUPPORT

NHS
Harrogate and District
Cancer Services

The changing story of cancer



Cancer Carers: UNDER PRESSURE

50+ hours/week

2011

110,000

2016

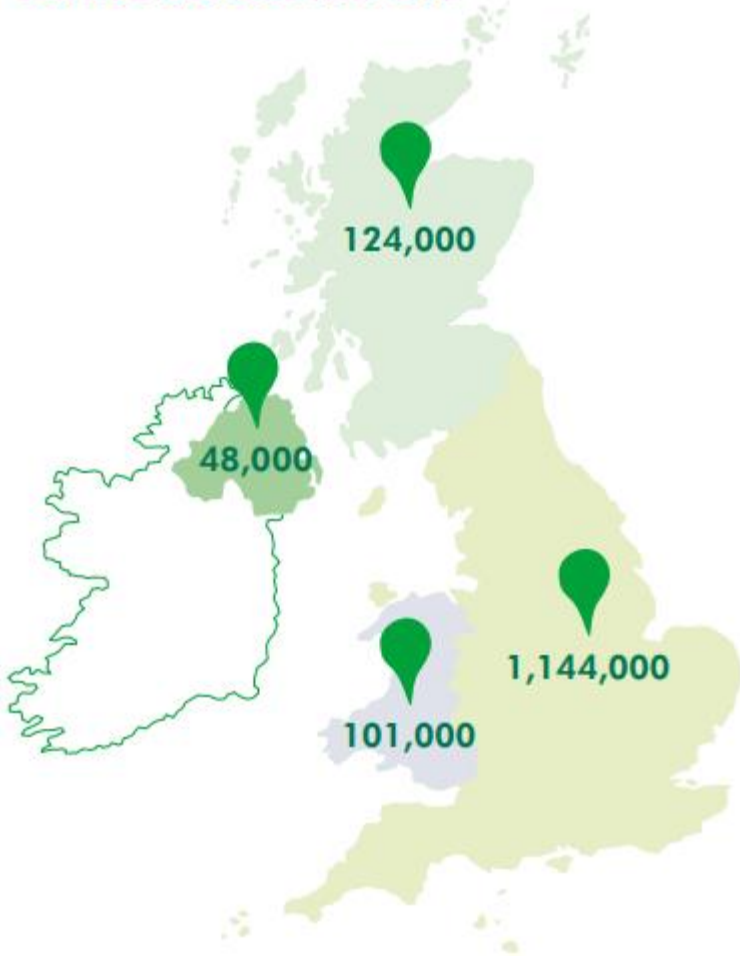
230,000

51% of cancer carers experience **stress**

45% of cancer carers experience **anxiety**

26% of cancer carers experience **depression**

Estimated number of cancer carers across the UK



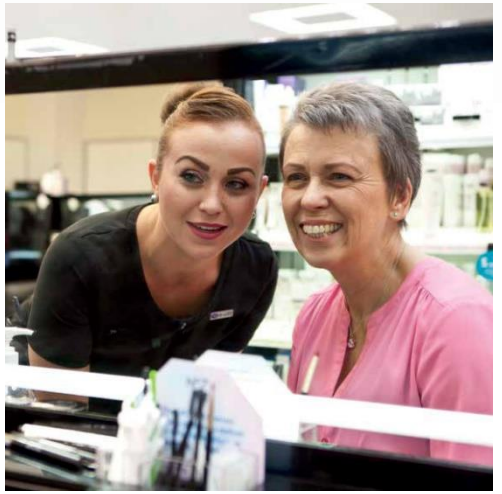
THE
SIR ROBERT
OGDEN
MACMILLAN
CENTRE

Health and Wellbeing Services

- Benefits and Welfare Advisor
- Complementary Therapy
- Dietician
- Clinical Psychologists

Health and Wellbeing Services

- Information and support
- Personalised exercise programme via Active Against Cancer
- Make up and skincare sessions via Look Good Feel Better
- Wig fitting and hair loss support service



Community Beacons

Disadvantages of Hospital Based Support

- May involve increased travel
- Person may prefer to be in “non-cancer” setting
- Clinical setting may trigger bad memories and stress
- Limited in what we can offer and to whom

Advantages of Community Support

- May be more local to the person in need
- More relaxed environment and setting
- Increased openness and accessibility
- Huge variety of support and activities available, often not provided by us
- Joining local community helps reduce loneliness and isolation

Community Beacons

H&DCA
Harrogate and District
Community Action

Sop Supporting older people

Chain Lane Community Hub
a great venue in the heart of North Yorkshire

mind in Harrogate District

NidderdalePlus
Community Hub

HTAFC IN THE COMMUNITY
HARROGATE TOWN AFC
COMMUNITY FOUNDATION

BCC
BOROUGHBRIDGE COMMUNITY CHARITY

MCO FOREVER!

arts community arts
for positive mental health

Case Study

- Older man with cancer diagnosis
- Wife has dementia, he cares for her
- He has a lot of worries:
- Who will care for his wife while he has treatment?
- How will they pay for heating and bills?
- Who will look after pets and garden if he struggles with fatigue?
- Help with shopping and cooking meals?

Community Beacons

- Joined up care and support
- Empowerment
- Providing information for access to personalised support.

Any questions?