

May 2023

Northern Cancer Alliance

Personalised Care Newsletter

Welcome to issue 5

Welcome to our spring newsletter, our first in 2023! It's been a busy start to the year, having recently submitted our plans for personalised care to the national cancer team for 2023/24. In addition to the usual culprits (Personalised Stratified Follow Up!) our local plans describe some of the exciting work already started, including:

- Improving and developing new pathways that support the **mental wellbeing** of cancer patients at 'place'
- Launching our new health and wellbeing website ('**My Wellbeing Space**'), an online resource developed by patients and carers, for patients and carers (more on this later...)
- Supporting pilot **cancer prehabilitation (prehab)** services, developing resources and upskilling staff, with a view of making these services sustainable and available to all cancer patients
- Increasing the uptake and quality of patient **Cancer Care Reviews** in primary care
- Developing community based models and educational resources that improve access and availability to **health and wellbeing information and support**, with a focus on sleep and the menopause

Through all of the above, we hope to deliver more personalised care for our patients this year, whilst supporting the ongoing **recovery** of cancer services.

In this edition of the newsletter, we are pleased to be able to share with you updates on the new **health and wellbeing website**; the **mental wellbeing project**; and the first **quarterly prehab/rehab forum**.

We hope you enjoy reading the newsletter,

Andrew, Clare, Hassan, Jackie, Jenny, and Vicky - NCA Personalised Care Team

Meet the team - Dr Hassan Tahir, Primary Care Clinical Lead for Personalised Care

"Teesside born and bred, I returned to Stockton after a five-year stint in Manchester at medical school. I have worked as a GP in Teesside for seven years and have been the primary care personalised care lead at the Northern Cancer Alliance for three years. I am also the Macmillan Clinical Advisor for the North East and Yorkshire region.



I am passionate about cancer and end of life care services and improving patient experience. I believe there is a lot of potential in primary care and I am looking forward to helping improve cancer services in the community.

In my spare time I am a sports fanatic and an avid supporter of Middlesbrough FC. I have four children that keep me busy and entertained. I love boardgames and challenges. I enjoy going for country walks and cycling. I am known for having an unhealthy nostalgia for the 90s - the best decade for music, TV, cars and everything really!!"

Improving mental wellbeing for people affected by cancer



Back in February, we officially launched the **Improving Mental Wellbeing for People affected by Cancer** project, hosting an online event to over 100 key stakeholders from across the North East and North Cumbria (NENC). Thanks to everyone who was able to attend, for your contributions and engagement - it was great to hear from people affected by cancer and their thoughts about how services could be improved, as well as from colleagues from across the region who shared with us areas of inspiring good practice. Main themes from the event included:

- Equitable access to services
- Waiting times
- Training and workforce
- Parity of esteem - psychology services as an equal priority to physical health service

Here is a [link](#) to the recording from the event for anyone interested in finding out a bit more about the project.

Next steps, and with planning underway, we're excited to host the first of our locality (place-based) workshops - Northumbria on Tuesday 6th June, and South Tees on Tuesday 4th July. The purpose of the workshops is to continue working with local providers to identify and develop new patient pathways and ways of working to improve psychosocial support at all 4 'levels' of care - from supporting patients with worries and fears about treatment, to providing more specialist mental health care and support.

'My Wellbeing Space'



We're in the final stages of developing a new health and wellbeing website called '**My Wellbeing Space**' which seeks to pull together a broad range of online health and wellbeing information for anyone affected by cancer. From support with finances and sleep, to information on eating well and staying active during cancer treatment, the aim of the website is to provide helpful links on topics or issues experienced by cancer patients, carers, families or friends, connecting them to local and national reliable information and support that could improve their health and wellbeing and quality of life.

We've just finished hosting a series of community consultation sessions with partners in the voluntary and community sector (VCSE), collecting feedback on both the content of the website (to highlight any gaps in areas of support) as well as how it looks and feels, and we're about to do an online survey too, to get further feedback.

We're hoping to launch the website next month, and a link to it will be included in the summer newsletter.

NCA Cancer Prehabilitation/Rehabilitation Forum

With a lot of exciting work in **prehabilitation** and **rehabilitation** happening across the NENC, we have set-up a Cancer Prehab/Rehab Quarterly Forum, the purpose of which is to:

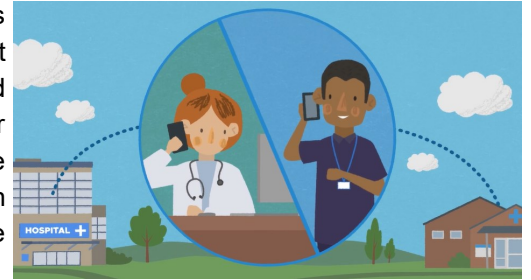
- Set-up a network of interested professionals from across the Alliance in cancer prehab and rehab
- Provide a space for operational teams to share and hear about areas of good practice and learn from each other

The first forum was on **Tuesday 16th May** where we heard from teams delivering prehab services (cancer and non-cancer) from across the Alliance, including:

- Wellbeing for the Time Being at County Durham and Darlington NHS FT
- Prepare for Cancer Treatment Programme at Gateshead Health NHS FT
- Prepwell at South Tees Hospitals NHS FT
- The ICS Waiting Well Programme

Here is the [link](#) to the recording from the first forum and if you're interested in attending a future one, please let Vicky know (contact details at the end of the newsletter).

- We are in the final stages of developing another animation, this time all about **Cancer Care Reviews** in primary care. Aimed at patients, we hope the animation helps to increase awareness and uptake of them, supporting more patients to talk about their cancer experience and concerns, and understand what support might be available to them in their local community. We're hoping to launch the animation next month and a link to it will be included in the summer's newsletter.
- Results from the **National Cancer Patient Experience Survey (NCPES)** are expected to be published next month. The survey asks for feedback from cancer patients (16 years and over), to help inform and improve local cancer services across England. You can find out more information about the survey [here](#) and we'll be sharing some of the results in our next newsletter.



Performance snapshot - Personalised Care Support Plans

A Personalised Care and Support Plan (PCSP) ensures people's physical, practical, emotional and social needs are identified and addressed at the earliest opportunity. They are a key intervention of personalised care for people living with cancer and are based on Holistic Needs Assessment's (HNAs), a questionnaire used to help identify a patient's concerns.

Every quarter we are asked to submit data to the national team on the number of PCSPs completed. So far this year, **25%** more people are completing a PCSP with their health care team when compared to last year, which is really positive and good news for our patients.

Learning opportunities and useful resources

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- [Personalised Care Cancer Academy](#) - our webpage for professionals that contains a range of personalised care learning and development courses
- [The Personalised Care Institute](#) - a hub of education and resources for health and care professionals delivering personalised care
- [Macmillan Learning Hub](#) This is full of useful courses and resource to support the roll out of Personalised Care. Their 2023 prospectus is [here](#).
- [Health Education England \(HEE\)](#) (the NHSE Workforce, Training and Education Directorate) launches a career pathway, core capabilities and education framework for those providing care to people affected by cancer. To read the framework and the accompanying implementation guides, [visit the HEE ACCEND webpage](#).

Getting involved

Everyone is encouraged to get involved and share their ideas on how we can improve **personalised care** for cancer patients. Whether it be a service development project you would like support with, training and education, or if you would like to feedback or find out more about any of our work, please get in touch (contact details below).



How to contact us

We hope you enjoyed and found the newsletter interesting and useful. If you would like to get in touch, or would like to feature in a future edition, please contact Vicky Wester, Delivery Lead - Personalised Care (victoria.wester1@nhs.net).



www.northerncanceralliance.nhs.uk

Email: england.nca@nhs.net



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