



**Greater Manchester**  
Cancer Alliance

# Health & Wellbeing in Tameside

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[gmcancer.org.uk](http://gmcancer.org.uk)

# What do we mean by Health & Wellbeing?

Health & Wellbeing support refers to a **holistic approach to patient care** and treating people as individuals with needs beyond those pertaining solely to cancer.

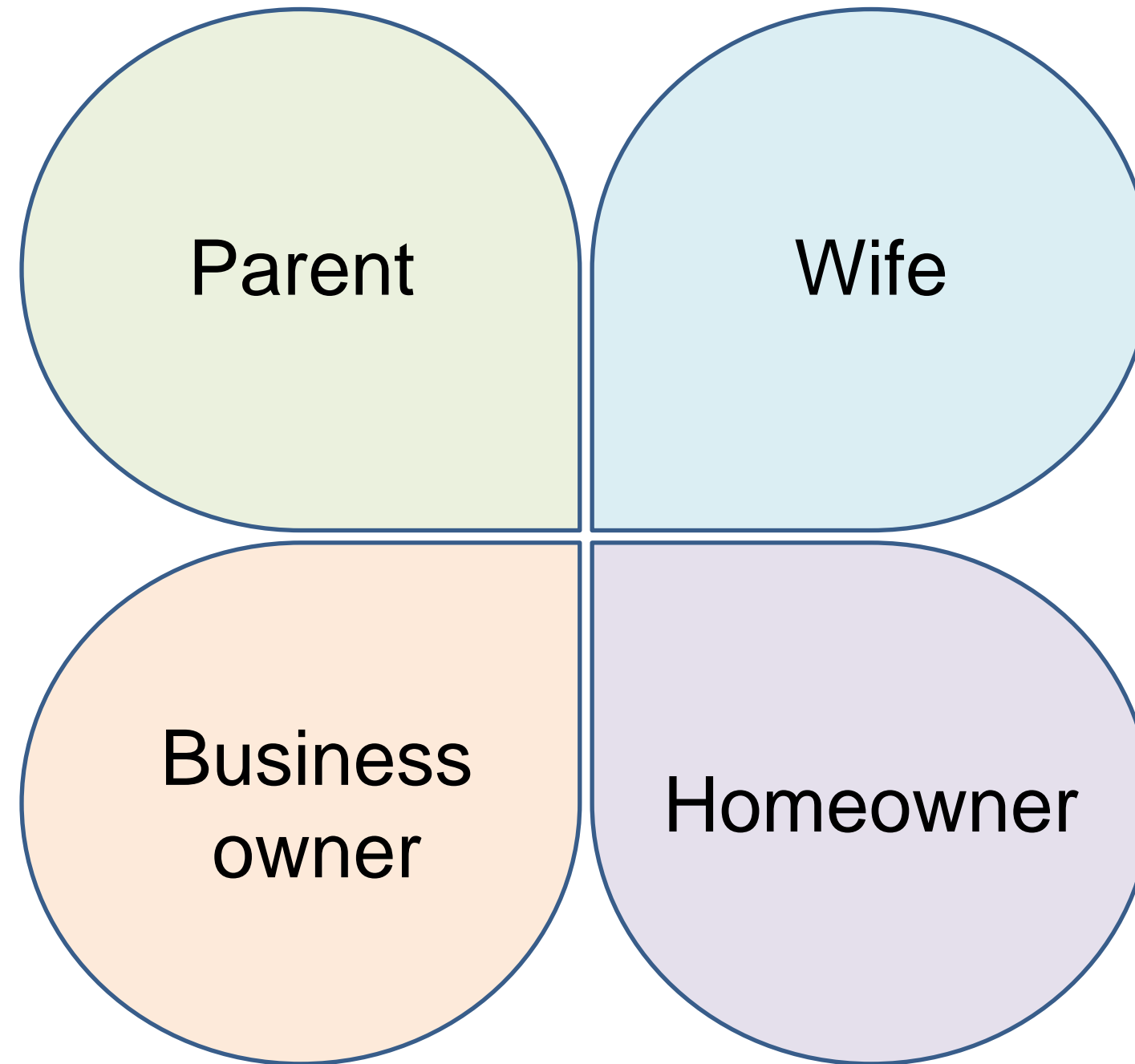
It addresses the **social, mental and physical experiences** of a person and recognises that cancer can affect patients in a multitude of ways.



# Health & Wellbeing in Cancer Care



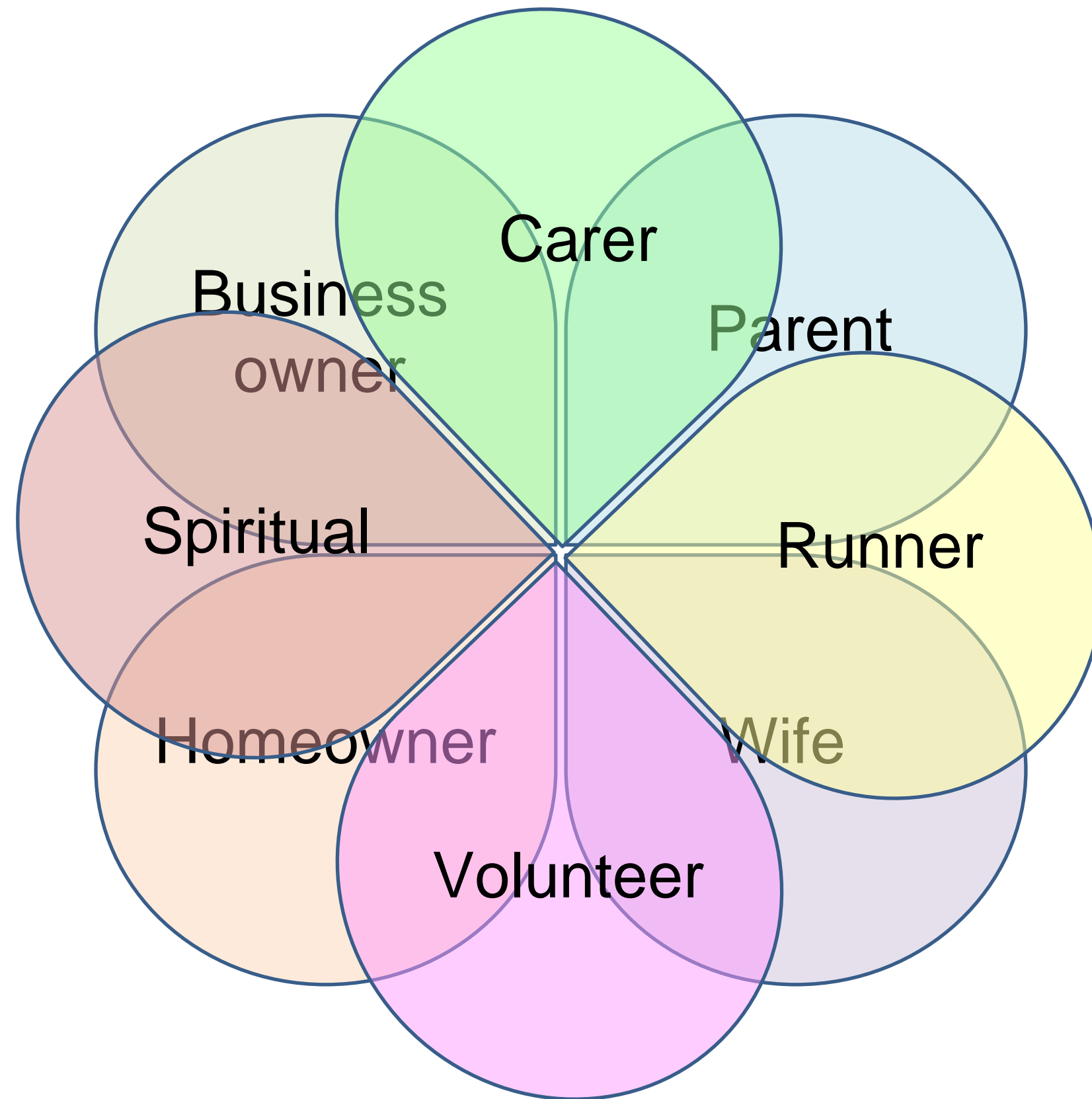
**Tammy**



# Health & Wellbeing in Cancer Care



**Tammy**

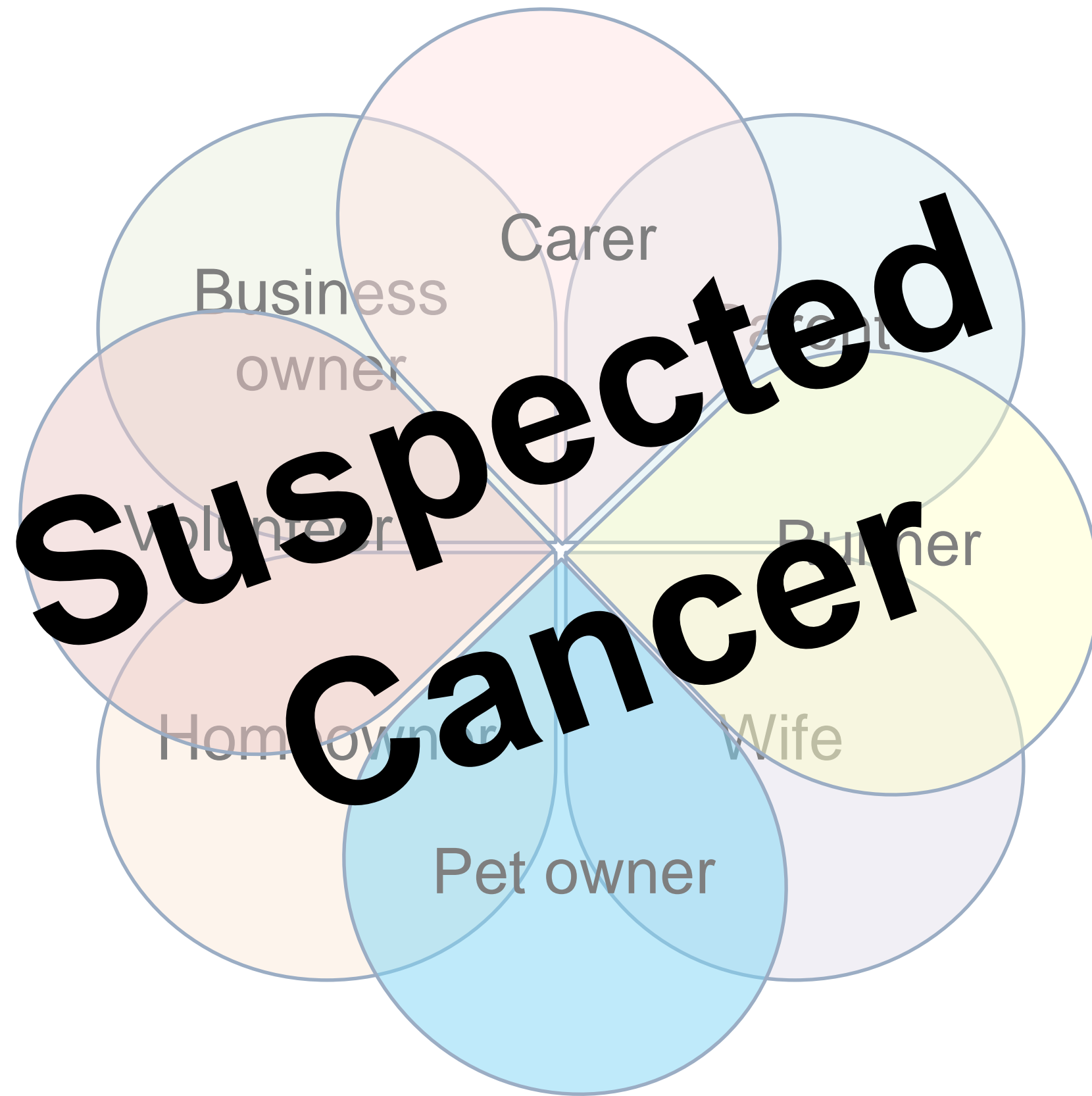




# Health & Wellbeing in Cancer Care



Tammy



Appointments

Fear

Tests

Nurses

Pain

Waiting

Anxiety

Doctors

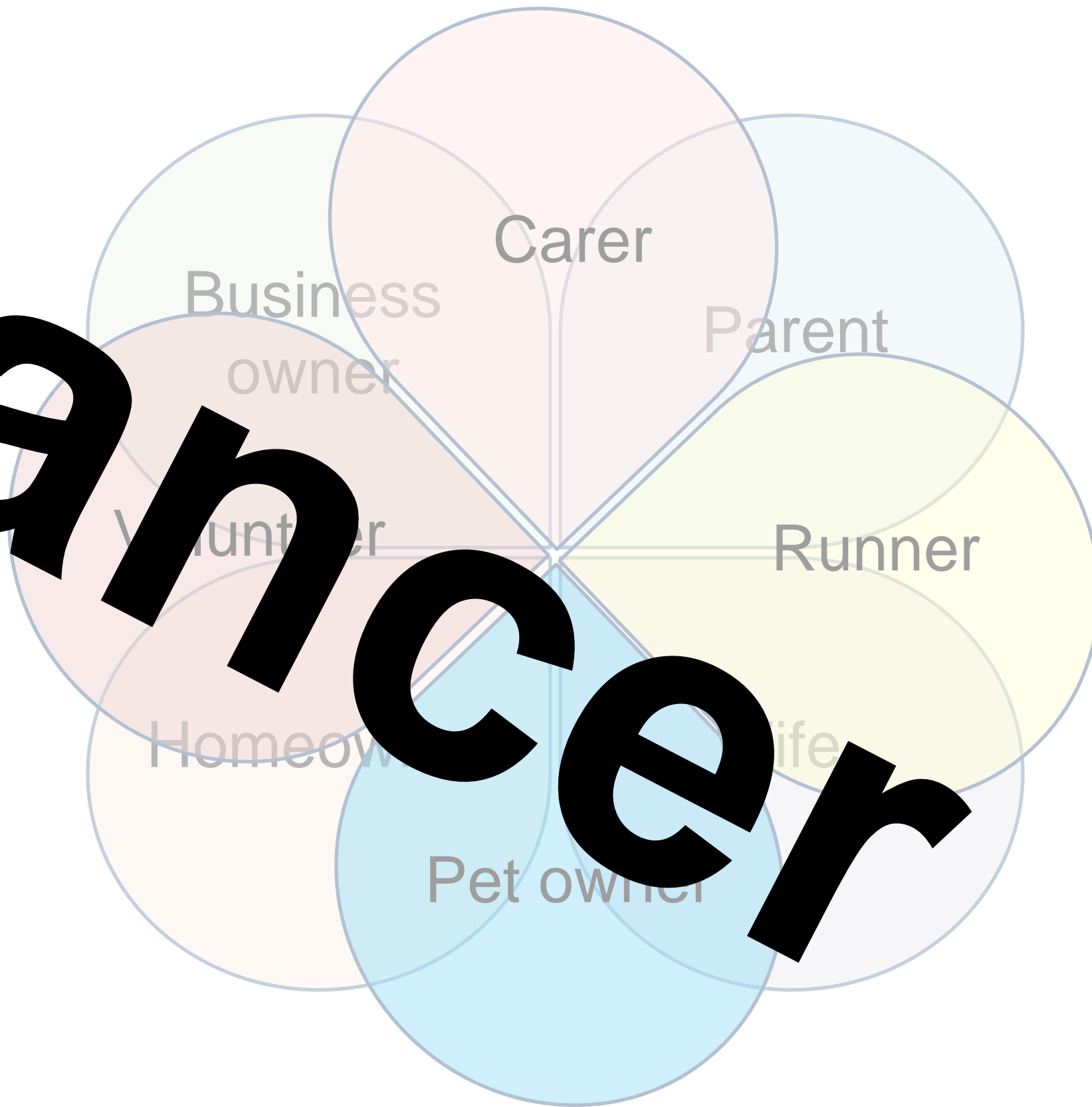


# Health & Wellbeing in Cancer Care



Tammy

**Cancer**



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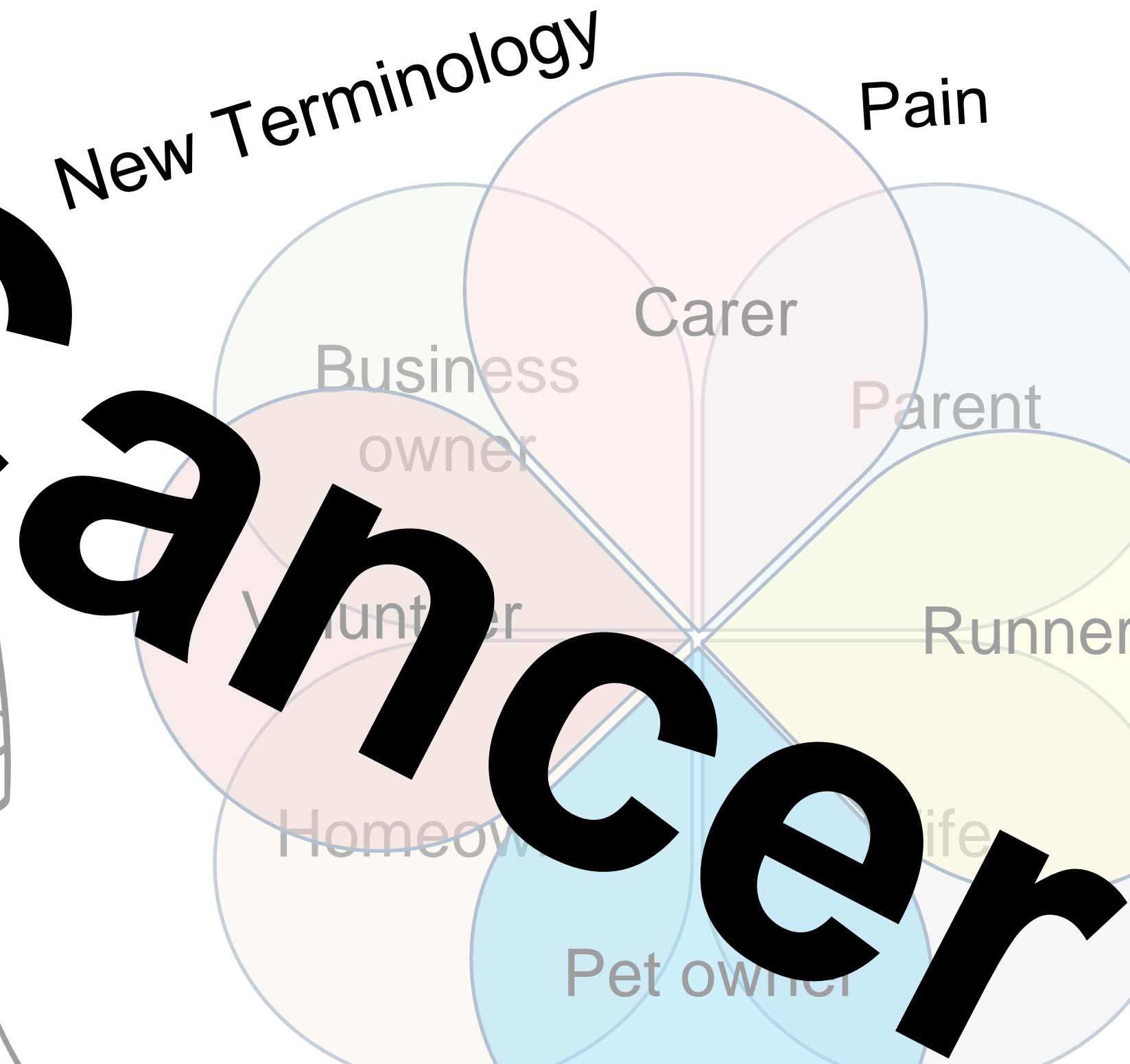
Doctors



# Health & Wellbeing in Cancer Care



Tammy



Anxiety

Depression

Treatment

Appointments

Tests

Nurses

Fear

Guilt

Waiting

Pain

Fear

Appointments

Doctors

Anxiety

Side effects

Physical changes

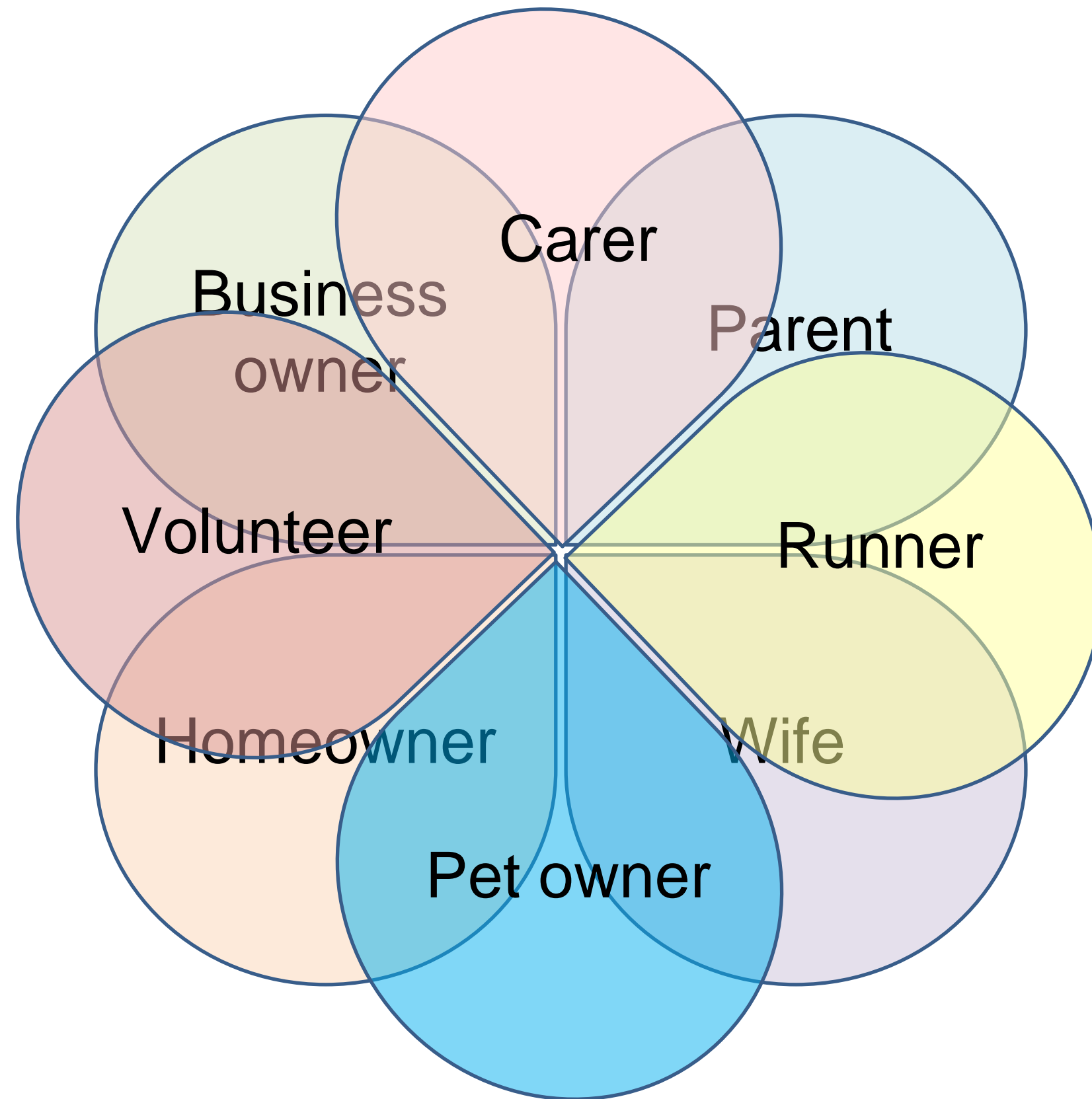
Surgery



# Health & Wellbeing in Cancer Care



**Tammy**





# Health & Wellbeing in Cancer Care



**Clinical team**



**Health & Wellbeing Support**

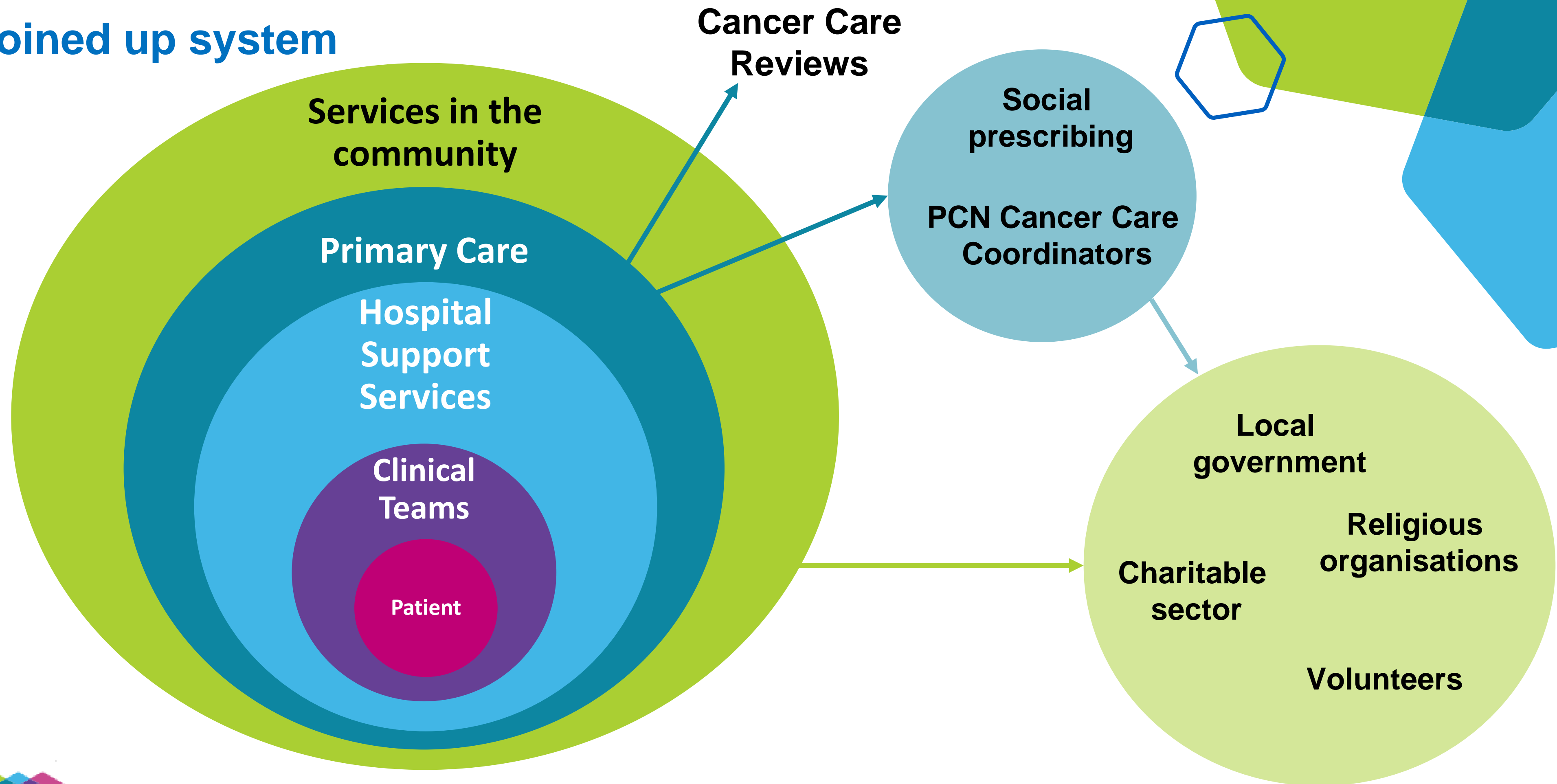
- Not just a person with cancer
- Maintain and sustain her individuality
- 'Bevness'

**'Unique and one and only'**



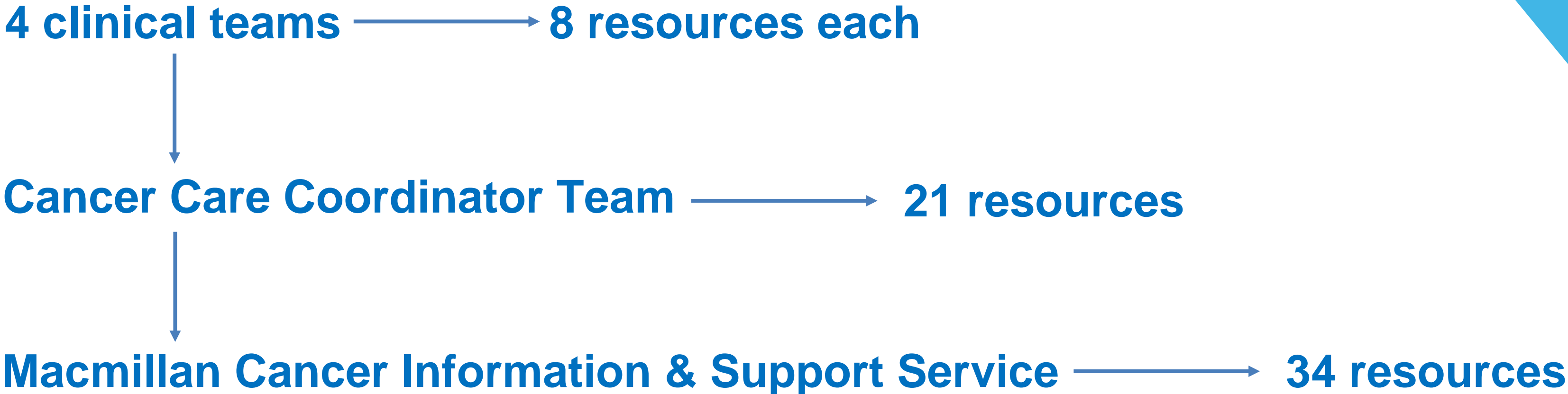
# How do we achieve this?

## Joined up system



# Health & Wellbeing in Tameside

Survey of hospital services to identify where they refer or signpost patients to during the cancer pathway.



Just a snapshot



# Health & Wellbeing in Tameside

## Unique to Tameside

### Talking Therapies

- Bespoke expedited service offering psychological and emotional support for people affected by cancer, this can include the patient, their family friends or carers.
- weekly sessions of on-site (and community-based) counselling and CBT.

### Regular Health and Wellbeing Events

### Part of the Cancer Care Coordinator Pilot

- GM Cancer Alliant project
- Embedded in PCNs
- Providing holistic care to people affected by cancer
- Improving the delivery of Cancer Care Reviews – uptake and quality





# Health & Wellbeing in Tameside

Always more to do!

## Gaps identified by services

- Tumour-specific HWB Events
- Prehabilitation offer
- Befriending and volunteering service

## Support for late effects

- New delivery group
- Identifying and consolidating services

## Carers

- 2/3 hospital services have an offer for carers & family
- Strengthen links with carers' hub

## Quality of Life

- Fatigue and sleep issues



# Everything with the patient in mind



**Tammy**

**‘Unique and  
one and only’**

**Any questions?**

