

Top tips and useful contact information

At this time as we manage the demands of coronavirus (COVID-19), and in order to keep our patients, visitors and staff safe, we have recreated our health and wellbeing sessions for you online.

Please contact your clinical nurse specialist or the local Macmillan cancer information centre if you require any further current information.

Macmillan cancer information

For information, support or just someone to talk to, contact West Essex Macmillan cancer information and support service on:

Telephone: 01279 698673

Email: westessex.cancerinformation@nhs.net

Macmillan support line: 0800 808 0000 – they can provide energy advice, work advice, benefits advice and financial advice.

Macmillan provide a number of supportive and informative publications to support issues including management of fatigue, exercise, diet, breathlessness and many more. These can be found on the Macmillan website, if you would like a hard copy they can via West Essex cancer information at the details above.

Other useful contact details

- Uttlesford citizens advice bureau: 01799 618848
- Harlow advice centre: 01279 704002
- West Essex – care navigators: 0300 303 9988
- Community agents Essex: 0800 977 5858
- Department of Work and Pension home visiting team - via referral
- Hertfordshire Macmillan benefits advice service: 01438 843456
- Turn2us-national charity helping people in tough times

Support groups

There are many breast, brafternoon, prostate, lung and stoma support groups available for you to join, however, how they are run may be affected by COVID-19.

Cancer support centres

Helen Rollason, Hummingbird

Pamper sessions

Fabulous and Beautiful, Look Good Feel Better



The HOPE course,

HOPE stands for Helping to Overcome Problems Effectively. It is an interactive, group based, self-management course for people who have come to the end of their treatment or for those who have finished treatment and for people living with cancer.

The free of charge course is delivered by trained facilitators and provides people with the tools and techniques to help manage the long-term side effects of cancer. There is also a similar course for carers. For further information, please contact the Macmillan cancer information and support service.

Macmillan befriending service

There is a Macmillan befriending service for West Essex for cancer patients and patients with other long term conditions who would benefit from friendship and companionship. For further information, please contact the Macmillan cancer information and support service.

Top tips for exercise

- Tell somebody else that you are trying to be more active and even involve them in activity
- Keep a record of what activity you do and set yourself short and long-term goals
- Activity does not need to be regimented – start with small, regular changes and build up.

Top tips for diet

- Have a varied diet
- Aim for 50-60% of your diet to be plant based
- Limit your alcohol and processed meats
- Aim to have no more than three portions of meat or processed meats combined per week 500g(1lb) in weight
- Limit sweets, cakes, crisps, chocolate and fatty foods
- Maintain a healthy weight
- Cut down on salt
- Stay hydrated and drink at least 8-10 glasses of fluid per day (two litres)

Useful resources for diet and nutrition information:

- World Cancer Research Fund: www.wcrf-uk.org
- Diet, Nutrition, Physical Activity and Cancer: a Global Perspective 2018 third expert report
- Cancer Research: www.cancerresearchuk.org
- Macmillan Cancer Support: www.macmillan.org.uk
- British Dietetic Association: www.bda.uk.com
<https://www.bda.uk.com/food-health/food-facts.html>



- Food Standards Agency: www.eatwell.gov.uk
- NHS website: www.nhs.uk/livewell/goodfood

Tips to help you breathe more easily

- Position yourself in a comfortable positions your upper chest muscles, allowing our diaphragm and tummy to expand fully. For further information, please take a look at the breathless video on our website www.pah.nhs.uk under the cancer services section or through the Macmillan managing breathlessness booklet or website.
- Control your breathing
 - Relax your shoulders and upper chest muscles
 - Breath in through your nose and out gently through pursed lips
 - Practise the technique when you are not breathless or distressed so you get used to it
 - Use hand held fans or open your windows
 - Apply a cool flannel to the face
 - Relaxation
- Manage, prioritise and plan everyday activities
 - Prioritise – save your energy for things that are most important to you. Before doing a task, think about whether you need to do it now, can it be done another time, can somebody do it for you.
 - Plan ahead – consider carrying out tasks at times when you find them easier
- Pace yourself – Keep a balance between being active and resting, take breaks during activities.
- Sit down to wash, dress and prepare food

Useful videos - breathlessness

Breathing techniques

<https://youtu.be/7kpJOQIRss4>

Handheld fans

<https://youtu.be/y5tBC5R8DYs>

Macmillan managing breathlessness booklet

<https://www.macmillan.org.uk/cancer-information-and-support/stories-and-media/booklets/managing-breathlessness>

Macmillan complementary therapies booklet

<https://www.macmillan.org.uk/cancer-information-and-support/stories-and-media/booklets/cancer-and-complementary-therapies>



Tips for managing fatigue

- Take regular low impact, planned exercise, this can boost your appetite, give you more energy and improve sleep. Do something that you enjoy and build up slowly
- Eat well and drink plenty of fluids, keep a diary of what you eat, this may help you to identify foods that boost your energy levels
- Practice good sleep habits including going to bed and get up at roughly the same time every day
- Plan for activities
- Plan for rest
- Engage in mind and body strategies
- Complimentary therapies may help with fatigue, including massage or reflexology
- Some people find that counselling helpful if you feel anxious or depressed
- Maintaining a fatigue diary, this can you identify when you feel most tired and feel your best, this may help you to plan your activities.

Take a look at the Macmillan publication titled 'Coping with fatigue' - this can be found on the Macmillan website.

Look Good Feel Better

Look Good Feel Better hosts virtual workshops that cover a variety of different topics including skin care, makeup, men's grooming, wigs, scalp care and nails.

If you have noticed that your skin has changed since your cancer diagnosis or treatment, or that your skin has changed from wearing a mask, the team can help advise you on what type of products might benefit you.

Perhaps you would like some support in learning how to fill in your eyebrows, we can show you how with our simple three step trick. Look Good Feel Better is here for you during your cancer journey to make you feel more confident in yourself.

The virtual workshops are a great opportunity to meet others in a similar situation but also helpful tips to make you feel better and more comfortable in your own skin. If you would like to attend please visit: www.lookgoodfeelbetter.co.uk



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