

**MACMILLAN**  
CANCER SUPPORT

## Macmillan Information and Support Centre Newsletter Winter 2021

The Macmillan Information and Support Centre is available to anyone who has been affected by cancer. We are based on the ground floor of the Osborne building, Leicester Royal Infirmary, opening times 9:30am to 4:30pm, Monday to Friday.

**Telephone: 0116 258 6189**

**Email: [cancerinfo@uhl-tr.nhs.uk](mailto:cancerinfo@uhl-tr.nhs.uk)**

cancerevent@uhl-tr.nhs.uk or contact the team on 0116 258 6189.' Logos for NHS and University Hospitals of Leicester are also present."/>

**FREE**  
**Online Cancer Health & Wellbeing Event**  
Friday 12<sup>th</sup> March, 1pm – 4pm

Join us at the **FREE** online Cancer Health and Wellbeing event for anyone living with and beyond cancer in Leicester, Leicestershire and Rutland.

Talks from healthcare professionals:  
• Nutrition  
• Exercise & fatigue  
• Emotional support and much more...

There will also be a Cancer Nurse Specialist question and answer session.

If you would like more information on this event please send an email to: [cancerevent@uhl-tr.nhs.uk](mailto:cancerevent@uhl-tr.nhs.uk) or contact the team on 0116 258 6189.

### Online health and wellbeing event

This year's cancer health and wellbeing event will be take place online on Friday 12<sup>th</sup> March 2021 at 1pm-4pm. This event is an opportunity to listen to talks from healthcare professionals with advice and how/where to receive support in Leicester Shire and Rutland. You must book and register to attend this event by clicking the link below.

<https://www.eventbrite.co.uk/e/online-cancer-health-and-wellbeing-event-tickets-138149255141>

For information please email [cancerevent@uhl-tr.nhs.uk](mailto:cancerevent@uhl-tr.nhs.uk)

Or contact us on 0116 258 6189



### Cancer information hub

The Macmillan Information and Support Centre have extended the offer to support our cancer clinical nurse specialist colleagues by having some of their phone calls diverted directly to the centre. We're hoping to lighten their workload by utilising our team's knowledge and experience in cancer care, especially when some nursing teams are undergoing clinical duties outside of their usual roles.



### Virtual hair loss service

The UHL hair loss has installed new equipment and technology to allow for online video consultation with cancer patients. This has allowed hair loss consultant Karen to stay in contact with new and previous clients in the comfort of their own homes. This service runs on Mondays 8:30am-12:30pm and Wednesdays 8:30am-4:30pm.

The Macmillan Information and Support Centre also supply hair loss information booklets about coping with hair loss and scalp cooling caps. We are happy to post any of our information booklets on request.



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## Virtual HOPE

In December 2020 we completed our first ever online HOPE programme and we are now looking to begin a new course in the near future. The course concentrates on focusing and rediscovering your inner strengths and resilience to help you cope emotionally, psychologically and practically. Time is spent in facilitated discussions, group activities, information sharing and tools for you to try at home in between each session.



## Virtual health literacy sessions for UHL staff

We are continuing to work closely with UHL library services in delivering health literacy workshop for healthcare workers. The online version has been condensed to a 1 and 2 hour session. The objective is to understand the importance of health literacy and the impact low health literacy has on the people using the NHS. For more information on health literacy or to book on a work shop call 0116 258 8355

### Patient Experience Network National Awards (PENNA)

Our patient information and support rounds won the PENNA award in the “CPES” category along with the prostate cancer remote monitoring service in the Partnership working to improve the experience category. University Hospitals of Leicester NHS Trust won in total 3 awards along with acute trust of the year. Well done to everyone involved!



For updates and news on events, awareness months and more please follow us on Twitter and like us on Facebook

Telephone: 0116 258 6189

Email: [cancerinfo@uhl-tr.nhs.uk](mailto:cancerinfo@uhl-tr.nhs.uk)

Website: [www.leicestershospitals.nhs.uk/cancerinfo](http://www.leicestershospitals.nhs.uk/cancerinfo)



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