Sussex Macmillan Cancer Support Centre
September 2014
Building the Sussex Macmillan Cancer Support Centre

The site has been cleared and work is progressing and the building of the Sussex Macmillan Cancer Support Centre is expected to be completed in August 2015

Sussex Macmillan Cancer Support Centre
Contact: Geoff Brown, Project Implementation Manager, Sussex Macmillan Cancer Support Centre
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Questions about living with cancer?
Call the Macmillan Support Line free on 0808 808 00 00 or visit macmillan.org.uk
Service Development Spotlight

Body Image support

A workshop was held on July 3rd to map out the current provision of support to people affected by cancer with Body Image issues and concerns.

The participants at the workshop were a mix of service users, health professionals and representatives of organisations offering body image support. At the workshop the participants mapped out current sources of Body Image support in Sussex and discussed what the gaps in services and information are and what this means for the Body Image services that should be developed at the Sussex Macmillan Cancer Support Centre.

Over the next twelve months work will take place to follow up on the discussions and develop a range of services to provide Body Image support. This will include:

- Hair and wig support, including sample products and advice and guidance
- Make up and beauty advice and guidance
- Skin, nail and personal hygiene advice and guidance
- Clothing, Lingerie and swimwear information, advice, guidance and samples
- Tattoo, scar and stencils information and advice
- Emotional support with the impact of Body Image issues
- Fitness activities and advice and a range of complementary therapies

Information, support and guidance will be available online, through one to one appointments and through group sessions and courses.
Psychological Support Services

An important aspect of cancer patient care is the provision of effective psychological support. It is recognized that while the majority of patients will be able to cope with the emotional distress associated with cancer there is a significant minority who are not able to do so without the help of professionals within the cancer field. Those patients and carers need to be offered psychological support appropriate to their needs with those experiencing particular distress referred to professionals with specialist expertise.

The Sussex wide approach.
The Sussex Macmillan Cancer Support Centre needs to be more than just a building and services provided in Brighton. The vision is that the Support Centre will be a catalyst and be at the heart of developments to improve support and information services across the whole of the Sussex. The approach to developing a Sussex wide psychological therapy service will be to build strong links with and explore opportunities to support the development of the existing psychological therapy services in East Sussex, West Sussex and Brighton and Hove.

Summary of current services across Sussex:

**East Sussex Healthcare Trust:** The East Sussex Macmillan Counselling Service has staff based in Eastbourne (0.9 wte) and Hastings (0.6 wte) and currently has 14 qualified counsellors and psychotherapists who volunteer their time and together provide a range of psychological services in Eastbourne, Seaford, Uckfield, Bexhill and Hastings areas. **Contacts:** Eastbourne area: Tel 01323-414918 Ext 3252 or 07747 472657 e-mail Karen.aylward@nhs.net

Hastings area: Tel 07811 809415 e-mail karl.o'brien@nhs.net

**West Sussex Healthcare Trust:** The West Sussex Macmillan Psychological Therapy Service based in Chichester (a 0.6 post) provides a counselling service for patients with a cancer diagnosis who are referred by their CNS or consultant. The Trust is exploring, with Macmillan, options to expand the service to Worthing. **Contact:** Tel: 01243 831624 e-mail: Jane.Mitchell@wsht.nhs.uk

**Brighton Sussex University Trust:** The BSUH Macmillan Psychological Therapy Service has staff (1.0 WTE) based at the Cancer Centre in Brighton and also covers Princess Royal in Haywards Heath and currently has 5 volunteers providing a range of therapies in Brighton and Haywards Heath. **Contact:** Tel 01273 66469 e-mail Laura.Pritchard@bsuh.nhs.uk

Non NHS based cancer focussed psychological support services are also available across Sussex at:
- The Olive Tree, Cancer Support Centre in Crawley
- Cancerwise, Cancer Support Centre in Chichester
- Sara Lee Trust in St Leonards
- Cancervive, support to carers, family and friends, based at Hurstpeirpoint

The psychological therapy service at the new Support Centre.
The Sussex Macmillan Cancer Support Centre (SMCSC) will provide a psychological therapy service managed by a Psychological Therapy Service Coordinator. The psychological therapy service will be provided by volunteers who are fully qualified. People receiving treatment at BSUH will be referred to the existing BSUH Macmillan Psychological Support Service. People post treatment and relatives and carers will be referred to the SMCSC Psychological support service.
Overview of the Sussex Macmillan Cancer Support Centre

The building has been designed by experts with input from people affected by cancer. The Sussex Macmillan Cancer Support Centre will offer all round support for people affected by cancer in a calm, friendly and welcoming environment. The centre will offer:

- Cancer information and advice
- Help and advice with money worries
- Body Image advice and support
- A refreshment service and dietary advice
- Complementary therapies, such as massage, reflexology, aroma therapy and reiki
- A chance to chat to someone who understands, including access to a counselling service and self help and activity based support groups.

More details are available at [www.macmillan.org.uk/sussexsupportcentre](http://www.macmillan.org.uk/sussexsupportcentre)

Service Users Group

The Sussex Macmillan Cancer Support Centre - Service Users Group meets monthly. It is an important part of the process of making sure the voices and experiences of people affected by cancer shape the services that the new Sussex Macmillan Cancer Support Centre will deliver.

“We want to develop the very best cancer support services, based at the centre and available to people affected by cancer across Sussex”

_Della Lamden,_

Chair Sussex Macmillan Cancer Support Centre, Service Users Group

Anyone interested to join the Service Users Group please contact Geoff Brown, The Sussex Macmillan Cancer Support Centre Project Implementation Manager on 07703672773 or by e-mail gbrown@macmillan.org.uk