

Transforming Care After Treatment (TCAT) Newsletter

Welcome to our first TCAT Newsletter

Welcome to the first edition of our monthly newsletter where TCAT project developments will be shared.



The increasing numbers of people living with and beyond cancer is widely recognised. Estimates for 2020 indicate that 50% of the population will be diagnosed with cancer, with nearly 40% of those going on to survive their cancer diagnosis and die from other causes. While increasing survival rates are positive there is a need to be cognisant of the growing evidence base which indicates that many patients are left experiencing a range of problems, both physical and emotional, following cancer treatment making it difficult for them to return to full health. **Cancer survivors report feeling alone and frightened; they feel a loss of support and often do not know who to turn to.**



TRANSFORMING
YOUR
CANCER CARE

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CANCER SUPPORT

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SCOTLAND

What Is TCAT?

TCAT is the shortened name of the Transforming Care After Treatment Programme.

The overall aim of TCAT is to ensure people who have completed treatment for cancer are supported and prepared to live an independent life with confidence knowing who to contact and when.

Macmillan Cancer Support are working in partnership with the Scottish Cancer Taskforce providing up to £5m in funding over the next five years, to support clinical teams and other partners to review, redesign and test new (approaches and) models of care after cancer treatment. The funding has been split amongst different projects across Scottish Health Boards.

NHS Borders were successful in their bid to Macmillan achieving funding for an initial local pilot project in the TD9 postcode area that will look at ways we can improve our services for patients with cancer after treatment.

"People don't stop feeling the physical and emotional effects of cancer just because they have finished treatment."

The overall aim of this pilot is to enhance patients' health and wellbeing by providing integrated support that is relevant to individual needs, and promotes independence and healthy lifestyles: and supports possible future changes to risk stratified follow-up. Specifically the pilot aims to:

- ensure patients' are actively involved in managing their own care, accessing support systems available
- promote Health & well-being, after treatment
- implement changes to practice to support risk stratified follow up

It is hoped over time any changes will be rolled out across the whole of NHS Borders Area.

Who Are We?

NHS Borders TCAT Project Team are a small team, based in the Borders Macmillan Centre at Borders General Hospital.

Judith Smith, Nurse Consultant
Cancer/Palliative Care, 01896 826888,
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Kirsty Wallace, Cancer Information & Support Manager, 01896 826835,
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alison.smail@borders.scot.nhs.uk

If you have any questions regarding any aspect of our TCAT project please do not hesitate to contact us.



If there is anything in particular you feel should be included in a future edition of this newsletter please email details to:
alison.smail@borders.scot.nhs.uk

NHS Borders TCAT Project Board

The TCAT Project Team are supported by a wider project board who meet monthly to ensure the project remains on target. The TCAT Project Board comprises of key stakeholders across Health & Social Care.

SCAN

NHS Borders TCAT team are also supported by SCAN; South East Scotland Cancer Network who have established a TCAT Steering Group to support and guide the delivery of local programmes. Following the completion of the pilots SCAN will promote the wider transfer of the impact of the successful pilots across the region.

“Moving On” Health & Well Being Events

Throughout the year we plan to hold Health and Well Being events; providing information and support for people after cancer treatment focusing on "Moving On" there will be education sessions to help people:

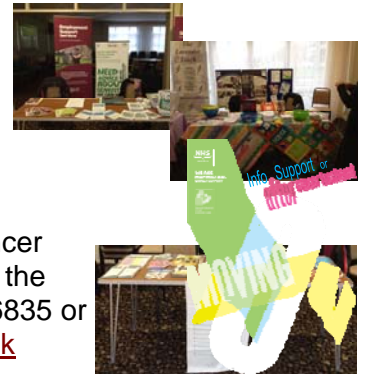
- regain confidence and independence
- make lifestyle changes
- adjust to living with uncertainty
- take a fresh look at relationships and lifestyle

As well as market stalls of local services to browse and chat to.

The next event will be held:

At: **Hawick Rugby Club**
On: **Wednesday 11th February 2015**
Time: **10am-12.30pm**

To book a space please contact the Cancer Information & Support Service (CISS) at the Borders Macmillan Centre on 01896 826835 or email kirsty.wallace@borders.scot.nhs.uk



Macmillan Cancer Support

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After treatment, it helps to know what to expect and where you can get further support. Macmillan Cancer Support have produced a booklet called [What To Do After Cancer Treatment Ends: 10 Top Tips](#). This may be useful if you're coming to the end of your treatment or have recently finished it. Here you will find some suggestions to help you get the best care and support available and to help you lead as healthy and active a life as possible.

Macmillan's aim is quite simple: we want to transform cancer care in Scotland. There is still a lot of work to do but we believe we are on the right path to make sure the Scotland of the future will be a place where no one needs to face cancer alone.

**Look out for
the next
edition of our
newsletter in
March 2015!**

0808 808 0000

For answers, support
or just a chat, call the
Macmillan Support Line free

(Monday to Friday,
9am-8pm)



Further Information

More information about our TCAT Project can be found on our web page:

[http://www.nhsborders.scot.nhs.uk/patients-and-visitors/our-services/general-services/transforming-care-after-treatment-\(tcat/](http://www.nhsborders.scot.nhs.uk/patients-and-visitors/our-services/general-services/transforming-care-after-treatment-(tcat/)

Here you will find information on our [Directory](#) and [Calendar of Events](#); links to [Holistic Needs Assessments](#); information regarding [Diet, Health and Nutrition](#), and [Exercise](#); information on where to go for help with your [Finances](#) and ways to cope with [Stress](#). We plan to cover each of these topics in more detail in future editions of our Newsletter.

“The Mindfulness classes are going well. The pupils are taking the class for a variety of reasons but we all have one thing in common, we are struggling to recover emotionally from a traumatic experience. I seem to be the only cancer patient but I have no trouble relating to comments made by the others in the class. Someone said last week that it has taken them ages to finally struggle back to their feet, and now they are feeling a little bit lost because they realise that they are not quite standing in the same place that they were before. I understand totally what they are saying. Cancer completely floored me but with the help of so many kind people, including several on this site, I am now standing up again. Life resembles how it was before, but something still isn't quite right. I'm not sure what, can't put my finger on it. Things have changed around me, but I think I have probably changed too.”

Quote taken from Macmillan Cancer Support Website