

# Transforming Care After Treatment (TCAT) Newsletter



## Welcome to our monthly newsletter

This newsletter comes to you at an exciting time for the team as we have completed the first six months of implementation our live pilot, from 1st October 2014 - 31st March 2015.

## TCAT Pilot Project Update - 6 months in

As we are now 6 months into the implementation phase of our pilot we thought this would be good time to share with you some of our achievements:



- The use of the HNA tool agreed and staff training given
- Pilot patient database created and used daily, with processes in place for identifying pilot patients
- NHS Borders TCAT web page developed for use by patients and staff
- Baseline data gathered for patients from the previous 2 years
- Patient focus group held to understand patient views
- First draft of project evaluation in progress
- 1:1 patient interviews commenced and evaluation of these begun
- Newsletter developed and in circulation
- Held two successful "Moving On" - Health and Wellbeing events, with another planned for May 2015
- Created Directory of Services for Hawick area
- Calendar of monthly events developed from Directory
- Work has begun on the development of end of treatment summaries – more about these in future editions

The project team remained focused on the task and achieved all these things while keeping to timescales set out and agreed in our initial project plans.

We are especially proud of the way we have moved our project forward by integrated working with other Health, Social Care and Voluntary Sector colleagues.

## Directory of Services

Many patients who have finished treatment have highlighted that often the biggest barrier to "moving on" is a lack of information and understanding about support services available.

One aim of our project focuses on developing a directory of services which will be available for patients, carers and health and social care professionals.

Our research has shown that most of the information regarding what groups and support services are available can be found somewhere, but often is hard to find, or information is located on IT systems which are not accessible to all.

With the help of our NHS, SBC and Voluntary Sector colleagues we have pulled together a directory of some of the groups happening in and around our pilot area of Hawick. Our directory can be viewed on our TCAT web page.

Initial feedback from patients and colleagues has indicated that this directory is a valuable tool when informing patients of support services available.

Working on the same principles we have begun to expand our directory to other localities across Borders and aim to have these available for use in coming months. We are also working with our web team on developing an interactive online calendar of events to compliment our directories.

*"Cancer can affect a person's life in many different ways. So how you feel after cancer treatment may be very different to other people. There can be many reasons why you feel the way you do."*

Quote from Macmillan Cancer Support Website

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

## Finances

Do you need help with the cost of cancer? £

The Borders Macmillan Welfare Benefits Partnership can help

The Borders Macmillan Welfare Benefits Partnership offers a free, confidential and impartial advice service for people and their families living or affected by cancer.

Borders Macmillan Welfare Benefits Partnership  
Scottish Borders Council  
Paton Street  
Galashiels  
TD1 3AS

Tel: 01896 661394  
Email: [wbs@scotborders.gcsx.gov.uk](mailto:wbs@scotborders.gcsx.gov.uk)

**WE ARE MACMILLAN.**  
CANCER SUPPORT

**Scottish Borders COUNCIL**

**NHS**  
Borders

**Department for Work & Pensions**



Worries regarding finances can be huge during and after cancer treatment.

**0808 808 0000**

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

(Monday to Friday, 9am-8pm)



## “Moving On” Health & Well Being Events

The next event will be held:

At: **Hawick Rugby Club**

On: **Wednesday 13th May 2015**

Time: **10am-12.30pm**

The aim of these sessions is to help support people to regain confidence and independence, make lifestyle changes, adjust to living with uncertainty and to take a fresh look at relationships and lifestyle.

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](mailto:kirsty.wallace@borders.scot.nhs.uk)

## Diet, Health & Nutrition -

**Diet, health and nutrition can play a role in recovery after cancer treatment.**

We don't have to starve our taste buds of flavour just because we are eating healthily. **Healthy Can Still Mean Tasty.** Many of our favour foods can be both delicious and nutritious and there are a wide range of healthy, tasty foods we can rustle up in next to no time and on a budget.

Healthier Scotland Website <http://www.takelifeon.co.uk/eat-healthier/> can provide some simple ideas to improve our diets.

The Lifestyle Adviser Support Service (LASS) <http://www.lass.scot.nhs.uk/> offers support and advice to people (over 16 years) wishing to make a lifestyle change to improve their health. Their website contains information about the Lifestyle Adviser Support Service, where it operates and how you can access the service. There is also a directory of Borders based community activities, a resources section with information on healthier living and some links to other websites, covering physical activity as well as healthier eating, safer drinking, emotional well being and smoking services.

The Joint Health Improvement Team **contact 01835 825970** also offer support for people through out the Borders on health related issues including Food and Health, Community inequalities, Children and Young People, Mental Health, Sexual Health, Tobacco and Physical Activity.

**Remember 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)/)

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

