

# Transforming Care After Treatment (TCAT) Newsletter



## Welcome to our monthly newsletter

There have been lots of developments with our pilot over the last few weeks which we will share with you in this months newsletter.

## Funding and the Future of our Borders TCAT Project

As you may be aware funding for our TCAT Pilot was provided by Macmillan Cancer Support in partnership with the Scottish Cancer Taskforce.

Initially we were given one year's funding from July 2014 to July 2015.

We were hopeful that once the initial funding ran out we would be able to apply for more funding to roll our pilot out across the Borders and embed key elements into everyday practice. However, this funding is not open for bids until Summer 2016 and the National Programme Board have confirmed that they are unable to release any further funding until then.

Whilst we continue to explore other avenues for funding to specifically work on some key areas from the pilot the local project board have made a pragmatic decision to formally evaluate and complete the project at the end of June. Recommendations will be taken forward as part of the overall cancer work plan.

## “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.

These sessions are available for anyone who has completed treatment for cancer along with their family, partners, friend, carer etc.

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)

Attendees at our previous events have found it really worthwhile and have given very positive feedback.

*“I found it very supportive talking to the occupational therapist – very useful sharing with someone who has direct contact with people suffering from fatigue.”*

*“I thought the two psychologists did an excellent presentation.”*

*“The feeling of being supported. There are people who CARE and this is a great help in coping.”*

*“I found it all very helpful.”*



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)

## Feelings After Cancer Treatment

Cancer can affect a person's life in many different ways. So how one person feels after cancer treatment may be very different to other people. There can be many reasons why people feel the way they do. As people have fewer hospital visits and start to recover from the side effects of treatment, they may begin to feel relieved and hopeful. They may need to take it slowly at first, but doing some of the activities they did before cancer treatment may help them to feel more positive. It's understandable that having cancer can make people feel uncertain about the future. And it's natural for this to continue after cancer treatment has ended. Taking control of the things they can do something about can help feelings of uncertainty. Other feelings you may have include isolation or loneliness, a loss of confidence, or anger. People may find these feelings come and go at different times. And some days they may feel stronger than others. Talking about these feelings with someone close can make it easier to cope.

Common feelings include:

- Feeling relieved and hopeful
- Uncertainty
- Isolation and feeling alone
- Loss of confidence
- Anger
- Spirituality
- Stress & Anxiety



*"As part of my recovery process, I realise that I need to make some changes in my life, one of which being to try and reduce stress."*

*Quote from Macmillan Cancer Support Website*

## Stress, Anxiety and Emotional Support

Stress occurs when the demands in our life outweigh our ability to cope. Stress affects everyone differently and what is stressful for one person may not be stressful for another. Stress is very common. Everyone has probably experienced stress at some point in their lives. Believe it or not, some stress can actually be good for you. For example, stress can be helpful if it leads you to study for an exam or prepare for a job interview. However, stress is unhelpful when it leads you to feel overwhelmed, burnt out and unable to cope. Symptoms of stress can be physical, effect your mood, thoughts and behaviour.

# Tips for managing stress

- Identify your stressors - what triggers your stress and what effect this has on you
- Getting the balance right - important to spend time on activities you enjoy
- Overcome avoidance - try breaking tasks down into small, manageable steps
- Managing your time - effective way to gain control of your stress levels (SMART goals)
- Problem solving - help you feel in control and tackles your problems
- Asking for help - share how you feel
- Lifestyle - a healthy diet, reduce caffeine, physical exercise, reduce alcohol
- Relaxation - try and plan a relaxing activity each day
- Controlled breathing - simple technique to help when you are becoming particularly stressed or anxious
- Visualisation - engage all of your senses

More information can be found at:

<http://www.nhsborders.scot.nhs.uk/staying-healthy/stress-busters/>

STRESSBUSTERS BORDERS are offering FREE CLASSES in Stress Management throughout 2015.

NEED TO TALK?  
CALL US FREE  
0808 808 00 00  
Monday-Friday, 9am-8pm

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 June 2015!