

For patients ending treatment

Ending treatment can be a difficult time emotionally for some people as the emotional impact of what you have been through can surface. The HOPE programme 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. This is offered as a 2-hour weekly session on an online platform for 6 weeks in groups of between 6 – 10. Contact The Lodge to find out more and book yourself a place.

Are you worried that cancer may run in the family?

Phone or email the Lodge to discuss your concerns and whether a referral to the genetics clinic would be appropriate.

Feel in need of a little pampering?

We normally offer one-off beauty pampering sessions for patients. The cancer support charity Look Good Feel Better is continuing its support by offering a new virtual service for people undergoing cancer treatment. Join for a group chat and enjoy a fun and informative online workshop. Confidence-boosting sessions are led by beauty-trained professionals who will provide make-up & skincare advice to help manage the issues caused by treatment such as skin changes and possible loss of brows and lashes. Virtual Men's Skin Fitness, also run by Look Good Feel Better are also available. To join an online workshop please email info@lgfb.co.uk or call 07545 551531. Alternatively, we have some really informative and detailed tutorials on the Look Good Feel Better website. Please visit www.lgfb.co.uk

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

PATIENT INFORMATION

The Lodge

Cancer Support and Information Centre



The coronavirus pandemic is a challenging time for everyone but people living with cancer may be particularly affected. Although the Centre is only open for very limited face to face booked appointments, we are still here for you, providing telephone or online support and advice.

If you'd like to find out more about the services available and how to access them, please call 01803 656490 or email tsdft.thelodge@nhs.net Monday to Friday 09:00 – 16:00 (Answer phone evenings & weekends). Or see MySunrise App – download free from app stores & select location – Torbay

Holistic Needs Assessment (HNA)

As part of the Cancer Support team, The Lodge Staff are interested in what matters most to you through your cancer journey, from referrals, diagnosis, treatment and moving on from cancer treatment. We will have discussions with you to establish what your concerns are (covering your physical, emotional, spiritual and social needs) and discuss ways we can support you with these concerns. We may offer support ideas or signpost to other local services and will encourage you to draw on your own skills and resources to improve health, well-being and quality of life. These discussions are based around the Holistic Needs Assessment that you will also be offered from your clinical team. Plans of action around individuals' current concerns are devised with you so that they are relevant, considering what matters most to you. This is called personalised care. You can ask to have an HNA at any point.

Do you need information on any aspect of cancer?

We have a wide range of information on all aspects of cancer, in a variety of formats, such as booklets, DVDs and audio CD's. All our information is up-to date, high quality and free. We can send any leaflets you need out to you by post.

Do you need financial advice?

We can offer basic financial and benefits advice or book an appointment with our Citizens Advice Benefits Advice clinic (funded by Macmillan). They can also provide help with some form filling. We can help with some applications if they are under special rules. We can also apply for Macmillan patient grants (which do not have to be paid back). Contact the centre to find out if you are eligible.

Need someone to talk to?

A cancer diagnosis often means experiencing a wide range of emotions. Social distancing and self-isolation during the pandemic may also mean you may be experiencing a loss of contact and disruption to the support mechanisms that you have built up to help you. We can offer a listening ear – either by phone or an online platform. If you are finding your emotions

overwhelming speak to the centre staff. They can discuss with you whether referral on to the Macmillan Clinical Psychology Service would be appropriate. They are holding appointments by phone or an online platform.

For patients who lose their hair.

Chemotherapy or some radiotherapy treatments can cause patients to lose their hair. Medical or nursing staff will issue a wig request form if this applies to your treatment. Our wig service has now resumed on a Friday with a range of measures to keep you and the staff safe during COVID-19. Ring the Lodge to book an appointment and staff will talk you through this process.

Complementary therapies

Complementary therapies (reiki, massage, reflexology, facials) are now available (when not in lockdown) for patients that are **not** having any active treatment. If you are **not** having any chemotherapy or other systemic anti-cancer therapy, are 8 weeks post-surgery or 6 weeks post radiotherapy, then contact the Lodge to make an appointment (subject to availability).

Do you need to try and unwind?

We are now offering virtual relaxation classes. This means you can join other patients and carers in a relaxation class lead by Lodge staff from the comfort of your own home. These sessions are held on a programme called Microsoft Teams and you can join the meeting online on either a computer, tablet or your phone if they have a camera and microphone / speaker. If you wish to participate contact The Lodge and a link will be emailed to you.

Alternatively, we can send a relaxation CD to you by post or you could try relaxation Apps such as Unwind, Headspace or Calm (others are also available on the App Store), or there are many guided relaxation videos available on YouTube.