

# HUMBER, COAST AND VALE AUTUMN 2020 CANCER ALLIANCE NEWS

## WELCOME WORD FROM DR STUART BAUGH

Following the height of the pandemic, Humber, Coast and Vale Cancer Alliance have developed plans for recovery of cancer services according to the priorities set out by NHS England and Improvement.

For cancer, the priority actions are to restore the full operation of cancer services, including getting urgent referrals, diagnostics and treatments back up to pre-pandemic levels.

As an Alliance, we are looking at opportunities to recover services both quickly and in a way that supports building the service back even better and stronger than before.

We remain committed to working with our partner organisations to ensure our patients continue to

have access to cancer services, and staff and patient safety remains our number one priority.

In order to safeguard patients and staff, and enable the best provision of care, some changes have been made to the way cancer services are delivered.

Many appointments are being held via telephone or video calls and some patients may need to receive treatment at an alternative site.

Our Cancer Champion awareness sessions are currently being delivered virtually and we are working hard to ensure Lung Health Checks in Hull can restart this Autumn.

Please remember, if you are invited to attend a hospital



appointment, visit your GP or book a screening appointment, it is important that you do so.

You can be assured that there are comprehensive measures in place to maintain safety and the NHS is still here to help.

**Dr Stuart Baugh, Clinical Director**

## NEW ONLINE CANCER CHAMPION AWARENESS SESSIONS

From August, people living in Humber, Coast and Vale can sign up for FREE online Cancer Champion awareness sessions.

Find out how you can become a Cancer Champion on page 3.



# ACCESS GP SERVICES ONLINE

Patients in Humber, Coast and Vale can access medical advice and help from their GP – without needing to visit their local GP practice in person or wait on the phone.

The free online GP practice service, which can be used at any time of the day, can save people time because it removes the need for them to make unnecessary phone calls or trips to their GP practice to request the help they need.

The confidential online service can be used by anyone registered with a GP practice and is accessible via smartphone, tablet or computer.

Patients using the service will be able to seek medical advice about a new problem or an ongoing issue, take part in an online consultation, request test results and manage appointments.



Dr Nigel Wells

Dr Nigel Wells, a GP and Clinical Lead for the Humber, Coast and Vale Health and Care Partnership, said:

“The free GP practice online service gives patients much more flexibility and choice in how and when they access healthcare.

“People with busy lives often struggle to find the time to contact their GP practice to request help, so this service offers them the convenience of accessing GP services online, at a time that suits them.

“This service does not replace face-to-face appointments, which will continue to be available for anyone who needs them. By people accessing services online when it’s appropriate to do so, it frees up face-to-face GP appointments for those people who really need them.”

For patients requesting online consultations, symptoms can be submitted via a simple online form. They will then get a response from their GP practice within 1-2 working days.

The response from your GP surgery could include medical advice, the offer of a face-to-face appointment or referral to another health service, such as your local pharmacy.

To access the GP online service, visit your GP practice website or [nhsonline.info](https://www.nhs.uk/nhs-online)

# HELP US HELP YOU

When the UK went into lockdown, cancer didn’t stop. In order to provide the best service possible, the way the NHS delivered some cancer services changed to help keep everyone safe.

Those living with and beyond cancer, their friends and family members, and anyone in the Humber, Coast and Vale area can now access plenty of helpful information on accessing NHS services during COVID-19 via the Humber, Coast and Vale website.

This includes details on what to do if you’re worried about symptoms, what to expect when attending an appointment, experiences of people who’ve recently accessed NHS services and information on where to turn for support.

Find what you need at [www.hcvcanceralliance.org.uk](https://www.hcvcanceralliance.org.uk)



Worried about cancer?

If you have a symptom that you are worried about, please contact your GP practice.

Chances are it’s nothing serious, but finding it early makes it more treatable.



## NOTHING STOPS A COFFEE MORNING

If cancer doesn’t stop, then neither does Macmillan Cancer Support.

Each year, people across Humber, Coast and Vale host their own Coffee Morning and donations on the day are made to Macmillan. The official date for the World’s Biggest Coffee Morning is Friday 25th September but you can hold yours whenever you like. Small or big, tea or coffee, socially distanced or virtual - Coffee Morning is what you make it. Visit [coffee.macmillan.org.uk](https://www.coffee.macmillan.org.uk) to find out more.

## GOING THE EXTRA MILE

After being appointed Cancer Research UK (CRUK) GP Lead for the Alliance in July, Dr Dan Cottingham took part in the nation-wide effort to raise vital funds for Cancer Research UK. Cancer charity donations have decreased by £150 million during the Covid-19 pandemic, so the fundraising efforts have come at a crucial time.

Dr Dan Cottingham, among others from all over the country, took on a 5k run, walk or cycle every day throughout July. He managed to raise an impressive £590, despite only setting his target at £100. The money raised by Dr Cottingham was part of a larger group of GPs who, together, fundraised over £7000 to go towards important research.

As a keen runner, Dr Cottingham is also an ambassador for 5k Your Way - a support group that encourages those affected by cancer and those working in cancer services to take part in a local 5k Your Way Parkrun event each month. To find out more visit [5kyourway.org](https://www.5kyourway.org)



Dr Dan Cottingham

**no more hanging on the line**

You're 10<sup>th</sup> in the queue...

Save yourself the wait and access GP practice services online.

[nhsonline.info](https://www.nhs.uk/nhs-online)

# FREE ONLINE CANCER CHAMPION AWARENESS SESSIONS

## HELPING TO SAVE LIVES THROUGH EARLY DIAGNOSIS

Humber, Coast and Vale Cancer Alliance has launched free online Cancer Champion sessions to help raise awareness of the signs and symptoms of cancer and encourage early detection within local communities.

Individuals across Hull, York, East Riding of Yorkshire, North Lincolnshire, Scarborough and Ryedale can now register for free 90 minute Cancer Champion sessions, which teach people about the key facts, statistics, symptoms and screenings for a number of cancers.

Each week, 78 families within the Humber, Coast and Vale region lose a loved one to cancer. The Cancer Champion Programme aims to save lives by promoting healthy lifestyle choices and encouraging early detection of cancer, when treatment could be simpler and more successful.



Emma Lewin

Emma Lewin, Volunteer Co-ordinator for the Cancer Champion Programme, said: "We originally launched the Cancer Champion Programme in September 2018 and have so far trained over 1,800 people however, since the beginning of lockdown we have been unable to deliver our regular face-to-face sessions. We have now adapted our workshops to be able to offer the same service virtually.

"Cancer Champions are equipped with the knowledge needed to raise awareness about cancer, engage in conversations which could help to reduce the risk of cancer and encourage early diagnosis.

"Our online sessions are easily accessible and everyone who completes the course will receive a copy of our virtual handbook, a certificate and complimentary badge."

The introduction of the virtual Cancer Champion training means there are now cancer awareness sessions available in all areas of Humber, Coast and Vale – with a similar service established in North East Lincolnshire.

Care Plus Group are offering virtual Cancer Champion training to individuals within North East Lincolnshire.

## BECOME A CANCER CHAMPION

To view our upcoming training dates and to reserve your place on a FREE virtual Cancer Champion awareness sessions, please visit

[hvcanceralliance.org.uk/cancerchampions](http://hvcanceralliance.org.uk/cancerchampions)

## DID YOU KNOW?

Humber, Coast and Vale Cancer Alliance also offer FREE private Cancer Champion awareness sessions for educational establishments, businesses, voluntary groups and community organisations.

We have previously delivered private sessions to students at York College and Hull University, staff members at Humberside, Fire and Rescue and AVIVA, and volunteers at St Leonard's Hospice.

To book a private awareness session, email [eryccg.cancerchampion@nhs.net](mailto:eryccg.cancerchampion@nhs.net)

# VISITING MY GP PRACTICE DURING COVID-19: BECKIE'S STORY



Beckie

Beckie, 25, has shared her detailed experience of attending a cervical screening appointment during the coronavirus pandemic.

In a blog article posted on the Humber, Coast and Vale website, Beckie gives an open account of visiting her GP practice for the first time since new measures have been put in place. Beckie said:

"When I arrived, I was met by signs asking patients to put on their face covering, as well as a hand sanitiser station for me to use.

"I was directed to another waiting room, closer to where I'd have my appointment, and the seating again was well spaced out."

Having heard a lot of different things about the cervical screening procedure Beckie was feeling a little anxious. She said: "The nurses talked to me throughout to take my mind off of what was happening and I can honestly say the anxiety building up to the appointment completely outweighed the actual experience.

"The full screening from start to finish lasted less than five minutes. As the sample was taken, I experienced less than 30 seconds of mild discomfort and felt no pain whatsoever."

Now, Beckie is sharing her experience to encourage others to take up their cervical screening appointments. She said: "It's so important to attend an appointment if you're invited.

"There is nothing embarrassing about doing this, and definitely nothing to worry about. I would encourage anyone who receives the letter to go to their appointment – it could be what saves your life!"

To read the blog in full please visit the Cancer Alliance website: [hvcanceralliance.org.uk](http://hvcanceralliance.org.uk)

## CANCER AWARENESS DATES

Cancer awareness campaigns are run by NHS England and Improvement, Public Health England and various charities:

### SEPTEMBER

Sarcoma UK, Blood Cancer Awareness Month  
Gynaecological Cancer Awareness Month  
Childhood Cancer Awareness Month  
World Lymphoma Awareness Day (15th)  
Macmillan Cancer Support, World's Biggest Coffee Morning (25th)

### OCTOBER

Breast Cancer Awareness Month  
Brain Tumour Awareness Month  
World Hospice and Palliative Care Day (12th)  
International Brain Tumour Awareness Day (26th)

To find out more about each campaign, follow us on social media, or visit [www.hvcanceralliance.org.uk](http://www.hvcanceralliance.org.uk)

## STAY CONNECTED

To keep up to date with the latest news from the Alliance:



Like us on Facebook  
[hvcanceralliance](https://www.facebook.com/hvcanceralliance)



Follow us Twitter  
[@HCVcancer](https://twitter.com/HCVcancer)

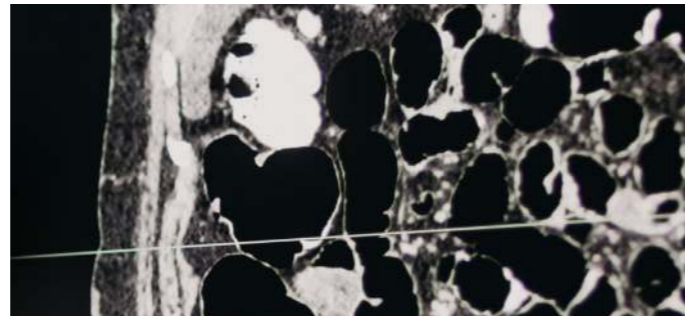
# EXPLORING NEW TECHNOLOGIES

## TO IMPROVE PATIENT PATHWAYS AND EXPERIENCES

At Humber, Coast and Vale Cancer Alliance, we recognise the potential for new and emerging technologies to improve patient pathways and experience by increasing efficiencies and reducing the time to diagnose.

During August, we held two workshops, supported by the YH Academic Health Science Network (AHSN) and NHSX. The main ambitions for the workshops were to; firstly, begin to understand the opportunities for increasing our use of new technologies, with a focus on radiology and diagnostic pathways and, secondly, to identify any possible barriers to introducing this technology.

Participants included clinicians from primary and secondary care from a range of specialties, programme leads, and service managers. Examples of existing use of some products within the NHS as well as examples of products that are being trialled as part of research projects were presented, both of which received a positive response from the participants.



Our next step is to meet with a group of clinical leaders from across the region to identify the areas where these new technologies will bring the biggest benefits to clinical practice with the greatest impact on patient outcomes. This will lead to a thorough review of the relevant products, supported by NHSX and the AHSN.

Alongside this, we will engage with a wider group of stakeholders, including IT, IG and contracting leads to ensure that processes are in place to support implementation and that they align with the national direction and support development of national ambitions.

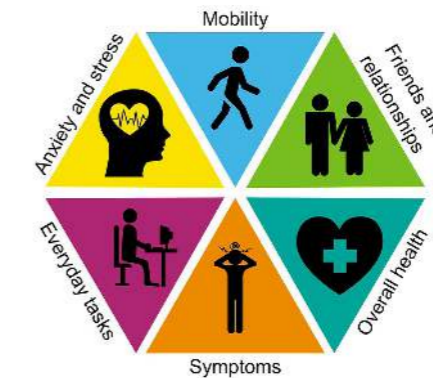
# QUALITY OF LIFE SURVEY

## A NEW SURVEY LAUNCHING IN SEPTEMBER ASKS: HOW ARE YOU DOING?

In September, Public Health England, NHS England and NHS Improvement are launching a new Quality of Life survey.

Recognising that quality of life (QoL) outcomes are as important to patients as survival, the survey simply asks participants, "how are you doing?" Answers to the question can be related to their cancer diagnosis and treatment, other illnesses, or other things which may be happening in the patient's life.

Initially, people who have been diagnosed with breast, prostate or colorectal cancer will receive the survey. Those living with and beyond other cancer types will be included from 2021 onwards.



Participants will be sent the survey 18 months after their diagnosis to assess their QoL. The information collected will be used to work out how best to support the growing number of people living with and beyond cancer.

This is an ambitious programme with a scale and depth that isn't being matched anywhere else in the world.

As an Alliance, we want to encourage as many people as possible to complete their survey, so the information collected fully represents our cancer population; one of .

The survey is easy to complete, generally takes between five and 10 minutes, and the results will be analysed by Public Health England. It is anticipated that national and regional level reports will become available in early 2021.

To find out more about the QoL survey, including a list of FAQs, visit [hvcanceralliance.org.uk](http://hvcanceralliance.org.uk). If you have any questions, please email [alison.cockerill@nhs.net](mailto:alison.cockerill@nhs.net) or [karenlindley@nhs.net](mailto:karenlindley@nhs.net).

## TRANSFORMING CANCER OUTCOMES IN YORKSHIRE

A programme, funded by Yorkshire Cancer Research, is being led by Hull York Medical School at the University of Hull to help understand why differences exist in cancer diagnosis and survival in Hull, Yorkshire and the Humber.



The TRANSFORMing Cancer Outcomes in Yorkshire programme will look at how to reduce inequalities, speed up referrals, and improve access to care and treatment. It will also focus on early diagnosis and detection of cancer, helping people to live with and beyond cancer, as well as end of life care.

The programme is committed to involving patients, carers, families and local communities as active

partners to help shape this research, and want to make sure that people living with and beyond cancer have the chance to influence what they do and how they do it. To participate or have your say in the research, you can join a new volunteer network, Involve Hull.

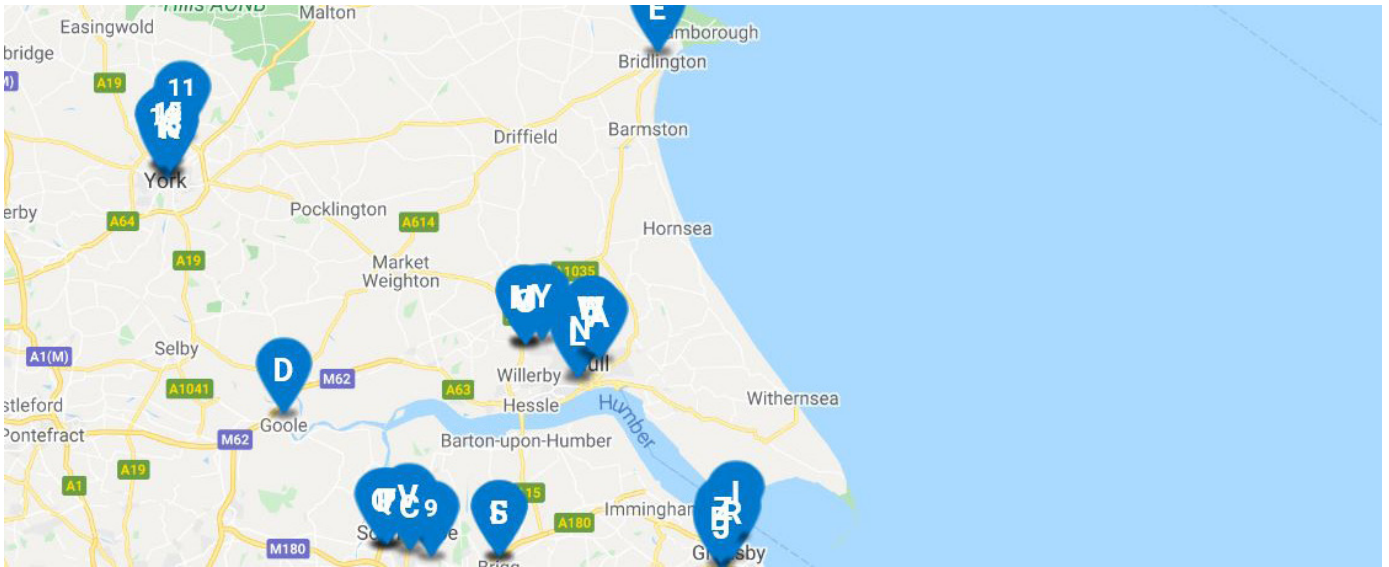
Patients, carers and people who use health and care services across Hull, East Yorkshire, North and North East Lincolnshire are invited to take part in a range of projects, and in response to the coronavirus pandemic the meetings are taking place virtually.



Helen Roberts

If you are interested in joining Involve Hull, visit you [www.hull.ac.uk/InvolveHull](http://www.hull.ac.uk/InvolveHull) to find out more. You can also email [InvolveHull@hull.ac.uk](mailto:InvolveHull@hull.ac.uk) or ring Helen Roberts, Patient and Public Involvement Coordinator on 01482 463273.





# HEALTH AND WELLBEING DIRECTORY

## SUPPORT ACROSS HUMBER, COAST AND VALE

### #SupportGroupSaturday

Shining a light on existing Humber, Coast and Vale support groups.



Bosom Buddies Support Group

Every Saturday we put one cancer support group from Humber, Coast and Vale into the spotlight on Facebook and Twitter.

In August, Bosom Buddies Support Group from North East Lincolnshire took part in #SupportGroupSaturday and shared an overview of how they have adapted in order to provide continued support during COVID-19.

If you would like us to feature your group, email: [comms.hvcanceralliance@nhs.net](mailto:comms.hvcanceralliance@nhs.net)

As part of this year's work plan for the Living With and Beyond Cancer Programme, we are busy developing a Health and Wellbeing Directory of support groups that are available in our region.

The directory covers the whole of the Humber, Coast and Vale footprint and can be accessed online by patients, their families, their friends, and carers via the Cancer Alliance website; health professionals can also use the directory as a resource for signposting purposes.

Research is being carried out to explore which services are currently on offer and to look for those groups who may not be publicised as well others, particularly those in more rural settings.

To find a support group near you, visit [hvcanceralliance.org.uk/support-groups](https://hvcanceralliance.org.uk/support-groups)



Karen Lindley

To feature in our Health and Wellbeing Directory, please contact:

Karen Lindley, Macmillan Living with and Beyond Cancer Project Officer

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07581 252430.