

Getting to know you films: Films for patients made by patients

These films are made by patients who have been through a cancer diagnosis and treatment, for new patients to watch, to hopefully take away some of their anxiety. They answer some of the questions you may have about the department and your cancer journey ahead.

To watch visit
www.bhrhospitals.nhs.uk/cancer-services

Or scan the QR code below.



NEW WORKSHOP

Cancer & Intimacy Group

Cancer Psychological Therapies will host a workshop space to explore intimacy & relationship issues that are common for people living with a cancer diagnosis. We will discuss the impact of illness upon intimacy and explore ways to manage this.

Men's Group (face to face)

Tuesday 25th March at St George's
Hub, RM12 6RR

10am-12pm

Ladies Group (Online)

Tuesday 18th March 10am-12pm

Please call **01708 435174** for
further information

Barking, Havering and Redbridge
University Hospitals
NHS Trust

March 2025

THE BRIDGE NEWSLETTER

The Living with and Beyond CancerTeam



Introducing you to the Living with and beyond Cancer Team

Our office is open from **9am to 4:00pm**

Monday to Friday .

The team can be contacted by calling in to the Macmillan Information Room located in Queen's Hospital ,Oncology Department, ground floor, orange zone.

Telephone : 01708 435174

Please email us at : **bhrut.cancerinfoandsupport@nhs.net**

Information on 2 brand new workshops inside:

Page 7: New Benefit & Welfare Workshop

Page 12: New Cancer & Intimacy Workshop

Both held at St George's Hub

Hornchurch, RM12 6RR

Patient Advice and Liaison Service (PALS)

NHS
Barking, Havering and Redbridge
University Hospitals
NHS Trust

PALS is a free and confidential service for patients, their relatives, carers and friends. At BHRUT we are committed to providing the best quality of care in a friendly, pleasant and professional environment. Sometimes, however, things can go wrong and should that happen PALS aims to help with any concern.

Raising a concern will not affect the care or treatment that you or the patient receives.

You can contact us on:

01708 435454

Monday – Friday 9am – 5pm

Email: **bhrut.pals@nhs.net**



www.bhrhospitals.nhs.uk



@BHR_hospitals / Follow @BHR_cancerinfo



Barking, Havering and Redbridge University Hospitals NHS Trust

TAKING **PRIDE** IN YOUR CARE

St George's Health & Wellbeing Hub

113 Suttons Lane, Hornchurch, RM12 6RR



St Georges Health & Wellbeing Hub is a brand new NHS facility which will provide a range of health services. We will be holding workshops there on a Tuesday morning and Thursday afternoon.

How to get to St George's Hub

By train: Hornchurch underground station is the closest. From here it is a 10 minute walk along Suttons lane or take the 256 or 252 bus.

By bus: Buses 252, 256, 193 and 562 stop approximately 200 metres from the entrance.

By road: The Hub entrance is on Suttons Lane. There is limited free parking for patients & visitors onsite, including spaces for blue badge holders. You will have to enter your number plate into the electronic tablet at reception to start your parking session.

From January 2025 we will be using St George's Hub for our workshops. Please call 01708 435174 for further information.

Useful Contact Numbers

You should be allocated a Clinical nurse specialist who is your key worker throughout your diagnosis and treatment. You can call them to discuss any concerns, ongoing symptom control, emotional support and future care planning. If you are unsure who your **CNS** is, please contact us on **01708 435174** and we can pass on their contact information to you.

Please use these extension numbers for queries regarding appointments:

Radiotherapy appointments	01708 435000 Ext 3074
Chemotherapy appointments	01708 435000 Ext 3087
Outpatient appointments	01708 435000 Ext 3070
Blood Tests	01708 435498

Spiritual & Pastoral Care For Those With or Without Faith

Spiritual care involves exploring how people feel about themselves. It includes reflecting on the relationships, activities and beliefs that matter to us and understanding how these things give us our sense of value and purpose. Illness can affect all these areas of our lives. As chaplains we can offer a safe environment and friendly ear to those who want to talk about these issues.

Our Trust Chaplaincy team consists of Chaplains from Christian and other faiths and has established links with the local community including **Jewish, Muslim, Hindu, Sikh** and **Greek Orthodox** faiths.

If you wish to speak to a chaplain please email: bhurt.chaplaincy@nhs.net

Living with Non-Curative Cancer Workshop

This workshop is designed to provide psychological support to patients with non-curative cancer, enabling them to openly discuss the impact of their diagnosis and work through their emotions. Patients can gain a deeper sense of meaning and purpose throughout their cancer journey. Our experienced team of psychologists will provide a safe and supportive environment for patients to share their experience and feelings.

Date: Wednesday 16th April 2025 2pm—5:40pm @ KGH Jasmine Ward

For further information or to book a place please call: 01708 435360

Please leave a message and we will call you back.

Breast Cancer Now



If you are struggling to get back to “normal” after finishing treatment for primary breast cancer the **Moving Forward** course is here to help.

Its aim is to provide information, support and professional guidance on how to cope with and adjust to life after breast cancer.

Topics covered include healthy eating, exercise, lymphoedema, fatigue, managing symptoms, intimacy and relationships.

The next course will be held at Romford YMCA

Thursday 13th & 20th March—10am-1:30pm

Book online at: breastcancernow.org/moving-forward or calling Breast Cancer Now on:

0808 800 6000

Secondary Breast Cancer Group

A diagnosis of secondary breast cancer can be very difficult and it can help to talk to others in a similar situation. Being part of this group can do that in a relaxed and supportive environment.

The group is held at **Romford YMCA** on the first Thursday of each month from
11am—1pm

An experienced counsellor will be there to welcome you and facilitate the group.

You can book by visiting

breastcancernow.org/living-secondary-breast-cancer

Or calling: **0345 077 1893**



Further Support

- [Ageuk.org.uk](https://ageuk.org.uk)
- [Cancerrsearchuk.org](https://cancerrsearchuk.org)
- [Cancersupportuk.org](https://cancersupportuk.org)
- [Mariecurie.org](https://mariecurie.org)
- [Gov.uk](https://gov.uk)
- [Taracc.co.uk](https://taracc.co.uk)
- [Talkingtherapies.nhs](https://talkingtherapies.nhs)
- [Mind.org.uk](https://mind.org.uk)
- [Shinecancersupport.org](https://shinecancersupport.org)
- [Trekstock.com](https://trekstock.com)

Further Charities

Blood Cancer UK
Bowel Cancer UK
Prostate Cancer UK
Melanoma UK
Pancreatic Cancer UK
Kidney Cancer UK
Liver Cancer UK
Roy Castle Foundation
The Eve Appeal
Ovarian Cancer Action
Future Dreams House

Outpatients.org.uk

Outpatients is the UK's only **LGBTIQ+** cancer charity. They provide a safe space for anybody who identifies as part of the queer spectrum, and can offer advice and support at any stage of the cancer journey.

Cancercaremap.org

Cancer Care Map is a simple online resource that aims to help you find cancer support services in your local area.

Our Workshops

To book on to any of our workshops please contact us on 01708 435174

SPACE IS LIMITED - BOOKING IS ESSENTIAL.

Arriving late may result in you needing to rebook.

EMPOWER:

Wellbeing event after a Cancer diagnosis



EMPOWER is an educational workshop which aims to help a person with a **new diagnosis** of cancer take control and learn about their journey ahead. Giving them a chance to ask questions and find out the necessary information needed to promote a positive lifestyle change. Your CNS should have given you an **EMPOWER** booklet or you can pick one up from the Macmillan Information room.

The session is face to face, letting you meet others going through a similar situation and allowing you to ask questions to the trained members of our team.

We also offer this via a video that you can access on the Trust website below, if you are unable to make it to the session. <https://www.bhrhospital.nhs.uk/cancer-services> (film is in the Living with and beyond cancer – Health and Wellbeing hub section) Or by scanning the QR code below.



Sessions are held Tuesday mornings & Thursday afternoons.

Dates Available: Thursday 13th March 1:30 - 3:30pm

Tuesday 8th April 10am -12pm

At : St George's Health & Wellbeing Hub, Hornchurch, RM12 6RR

Please contact us on bhrut.cancerinfoandsupport@nhs.net or call 01708 435174 to book your place.

Fatigue

9 out of 10 people with cancer report feeling fatigued at some time. If you are struggling with the effects of cancer related fatigue join us at our workshop where you can:

- Share experiences
- Learn to recognise your fatigue levels
- Learn coping mechanisms

Date: Thursday 20th March 2025

Time: 13.30pm– 15.30pm

Venue: St George's Health & Wellbeing Hub, RM12 6RR

Please call 01708 435174 to book

Peripheral Neuropathy

As a result of cancer treatment

Get practical tips on how to cope with the symptoms of peripheral neuropathy.

Date: Tuesday 18th March 2025

Time: 10am - 12pm

Venue: St George's Hub, RM12 6RR

Please call 01708 435174 to book



Tea and talk



Where: Toby Carvery, Brentwood, CM15 8DZ

When: 1st Monday of every month

Time: 10am—12pm

Call **01708 758649** or visit: orangeline@sfh.org.uk

Proper Blokes Club

Proper Blokes Club is a walking club for men to be able to meet other people, talk and walk.

There are several walks in the area. For more information please visit their website

Theproperblokesclub.co.uk

Or visit their Facebook page.



Myeloma support group

Face2Face Support Group

Thursday 24th April

2:00pm—4:00pm

**St George's Health & Wellbeing Hub,
RM12 6RR**

Monthly Virtual Support Group

TBC

2:00pm—4:00pm

**To book a place or for more information
please email Margaret Oliver at:**

margaretoliver1206@gmail.com



Lymphoma Support Group

We are a friendly independent support group for people affected by lymphoma or any form of blood cancer. We meet monthly at Upminster Baptist Church. We chat, share experiences and offer support. We welcome family, friends and carers. Please email for more information.

ian.doreen@btinternet.com

or

Denise.hosking@gmail.com

TARACC Cancer Support Services

The association of Redbridge African Caribbean Cancer Support Project aims to provide a safe space for members to speak freely about their experiences of living with cancer. To find out more please contact:

info@taracc.co.uk or call 07752 306342

Coffee & Chat

This group is open to all patients and gives you the chance to have a cuppa and get to know new people and share experiences.

Next Date: TBC

Time: 2pm—3:30pm

**Venue: St George's Health & Wellbeing
Hub.**

RM12 6RR

Exercise & Nutrition

This session will cover the benefits of good nutrition and exercise for patients whilst on treatment and once they have finished. It will cover the importance of a healthy, balanced diet and give advice on how to start exercising safely.

Date: To Be Confirmed

Time: To Be Confirmed

Venue: St George's Hub, RM12 6RR

Further Support Groups



We are committed to raising public awareness about prostate cancer, encouraging men to seek advice early as the condition is responsive to treatment if detected early enough.

Monthly Support Groups

APPLE's monthly meetings give us the chance to get together, share experiences, ask questions and support each other.

Venue: Fullwell Cross Library, IG6 2EA

Time: 7.45pm-9pm

We also provide one to one telephone support

Please contact Jane Smith on: **07824 532835**

Or email: **info@appleprostate.co.uk**

For further information

Romford Brain Tumour Support Group: The Brain Tumour Charity

This friendly group in Romford, not far from Queens Hospital, is for anyone affected by a brain tumour.

The group meets on the first Wednesday of every month between 1pm - 3pm and is held at The Salvation Army Centre



LASAG

Please join us for coffee, cake and conversation.

Our support groups have special guest speakers who can offer invaluable support including consultants, Lung CNS, cancer specialists and solicitors, as well as the opportunity to meet others living with the disease. Our experienced staff will be available to provide information, advise or a listening ear in a safe environment.

The last Thursday of each month.

11:00am-1:00pm

Toby Carvery Moby Dick, RM6 6QU

Contact: Jenny@lasag.org.uk

07526 499163



Worrying About it Coming Back

Have you finished curative treatment and find yourself worrying about the possibility of cancer coming back? This workshop will help you to manage these worries and concerns and also what changes or symptoms to look out for.

Facilitated by Cancer Psychological Therapies, LWBC Team and Talking Therapies.

Date: Tuesday 11th March Time: 10am-12:30pm

Please call the team on 01708 435174 to register for the next session. This will be held at St George's Health & Wellbeing Hub, Hornchurch, RM12 6RR

Health & Wellbeing Event

An educational day for people following cancer treatment to enable them to take control and participate in their recovery. Learning the necessary information and promoting positive lifestyle changes.

The day will include talks covering:

- The benefits of physical activity and healthy eating.
- The emotional effects of cancer.
- Consequences of treatment.

Date: Wednesday 30th April 2025

Time: 9:30am - 3pm

Venue: Dagenham & Redbridge FC

Call 01708 435174 to book a place

Fruitfly Collective

Fruitfly collective is a charity always building new ways to support children, adults and families affected by cancer through creativity, education, research and communication.

For more information visit: **fruitflycollective.com**

Black Women Rising

Brings awareness and education around the signs and symptoms of cancer in the BAME community. This also includes changing the way we think about unhelpful myths surrounding cancer diagnosis. For more information visit:

www.blackwomenrisinguk.org

HOPE 'Help Overcoming Problems Effectively



If you have finished treatment or are on long term treatment and struggling to get back on track, the HOPE course will help you to rebuild your skills and confidence. Rediscover your inner strength, and learn how to cope emotionally, psychologically and practically with the journey ahead. **This is a 2 1/2 hour session, once a week for 6 weeks, held on a Thursday afternoon 2pm - 4:30pm**

Participant quote:

"I am much less stressed now and dealing better with my anxiety. I am more positive about things and am trying hard to move forward."

Next available course: Every Thursday from 15th May 2025 until 19th June 2025

For more information email us on bhrut.cancerinfoandsupport@nhs.net

An Online HOPE course is now available please visit:

macmillan.org.uk/hope-programme for further information.



Look Good Feel Better (LGFB) is a charity helping to boost the physical and emotional wellbeing of women undergoing cancer treatment. Face to face workshops are held where you can:

- Learn how to look after your skin, combat skin changes and learn new techniques when applying your makeup.
- Get to speak to an expert LGFB makeup artist and ask any questions you have, plus a chance to speak to others on the workshop.

Time: 10:30am - 12:30pm

Venue: St George's Health & Wellbeing Hub, RM12 6RR

Next Dates: Tuesday 1st April 2025 & Tuesday 6th May 2025

Please look on <http://lookgoodfeelbetter.co.uk> to book or contact our team.



Look Good Feel Better offer **online** skincare and grooming workshops for **men**. Here you can learn expert tips on:

- The importance of sun protection.
- Tips for shaving safely during treatment.
- How to deal with scars.

You will receive a gift bag containing skincare and grooming products.

Please look on

lookgoodfeelbetter.co.uk

to book your place.



Cancer hair care is a charity which offers free expert advice on all aspects of hair loss and hair care before, during and after treatment. The dedicated team is a mixture of experts in their field plus people who have experienced hair loss through cancer treatment first hand.

For more information please visit their website:

www.cancerhaircare.co.uk

We will be hosting workshops with the hair care team call to book a place.

Date: Tuesday 17th June Time: 10.00am–12.00pm

Please call the team on 01708 435174

Complementary Therapy Team

Our team of highly skilled and experienced Complementary therapists offer a range of therapies including:

Reflexology

Bach Flowers Remedies

Indian Head Massage

Aromatherapy

Massage for Cancer Care

These therapies help deal with the side effects & symptoms of cancer treatment, they can also help with emotional wellbeing.

You will be given 6 consecutive appointments that we hope you can commit too. Should you cancel your appointments we may not be able to rebook them. This is to ensure valuable appointment time is not wasted.

To find out more and to speak to a member of the team please call :

01708 504208 or email: **bhrut.cancercomptherapyteam@nhs.net**

Questions about money?

Our Welfare Advisor offers free and confidential advice for people living with cancer and their carers. Including help with benefits or advice regarding debt.

Call 01708 435174 for more information

NEW WORKSHOP

If you have questions regarding benefits or would just like to find out which you may be able to receive, our **NEW Benefit & Welfare Workshop** will be held on:

Tuesday 15th April 10am-12pm
St George's Hub, RM12 6RR

Call 01708 435174 for further information

Wigs & Headscarves

Wigs are available through the NHS on prescription. Most people must pay a prescription charge which is:

£80.15

This entitles you to a wig up to the value of **£340** and can be cut and styled to your wishes.

This service can be accessed by popping into our office.

We also keep a selection of headwear in the information room which you can purchase for a donation.