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**Quarter 2 Project Report- July- Sept 2023**

**Outcomes/Aims**

* To improve the mental & physical wellbeing of people living with a diagnosis of cancer through the provision of activities, emotional support, information, peer support & positive volunteering opportunities
* To improve connectivity with NHS services: increasing referrals to the LWBC service & other third sector support & services and to support people living with cancer to navigate services more effectively
* To offer positive volunteering opportunities
* To help people with lived experience of cancer to become involved in co-production with NHS & other services

**Outputs**

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| **To process 100 to 150 referrals to the project**  We have processed **63 referrals to the project so far.** The majority of our referrals have been from The Colorectal Team which includes 20 referrals who only attend our centre for the Bowel Cancer Support Group which is new this year.  We have a growing number coming via our own social media platform, in particular for interest in our workshops which we advertised on our WeCan Cumbria Facebook page.  As well as this we also receive referrals from Social Prescribers and the new Cancer Care Coordinator for Carlisle Healthcare who has also attended our Carlisle coffee morning a couple of times. |
| **To deliver Holistic Assessments to 30 of those referred to the project**  Each person directly referred via a professional has an initial holistic assessment over the phone or in person to establish what support they need and will then be offered telephone support, counselling, to join our groups or referred on to other services that can help.  Referrals to the Bowel Cancer Group are provided information about our other sessions and support but don’t all choose to take that up. **43 individuals have received Holistic Assessments.** |
| **To provide ongoing emotional support to 30% of those referred to the service**  From the 63 people referred so far, we have 30 of those who are receiving ongoing emotional support.  So just below **50%** of our referrals are continuing to access our services via coffee mornings, via workshops and via counselling. |
| **Continue to support 10 to 15 volunteers to provide support to people Living with and Beyond Cancer including Holistic Needs Assessments& holistic conversations**  Since taking over the project we have had 2 of the long-standing volunteers resign from their positions.  So we are now working with **8 volunteers**. They both gave their reasons of having busy lives and feeling like they can’t give the time anymore. We feel like this was aways a risk with a new organisation taking over the project and some changes meaning it felt like a good time for them to resign. |
| **Recruit an additional 5 volunteers to support ongoing activity in CIC Cancer Centre**  We have recruited **1 new volunteer.**  We have a meeting with current volunteers in October to discuss current offer/roles and the future. We currently have 3 main roles- Cancer Centre Volunteer, Befriending Telephone Calls & Cancer Coffee Mornings/Cafes.  We are looking to wrap up the telephone calls and focus on face to face support, groups & workshops. We will consider that at our next meeting. Feedback has also been that the Cancer Centre Drop in is quiet so we will also evaluate that and consider alternative provision. |
| **To run at least 25 Cancer Cafes (Workington, Carlisle & further venues as requested)**  We set up weekly Cancer Cafes in our WeCan Wellbeing Centre which started in April. We have increased our average weekly attendance from **5 people to 8 people.** 13 cafes this quarter, a total of 27 cafes this year.  Workington Cancer Café meets twice a month so we have had 6 of these run between July & September with an average of 10 people attending each session. This Cancer Café is facilitated by one of our volunteers. A total of 12 Workington Cancer Cafes this year.  We have now also established a monthly Cancer Café in Penrith so have had 6 of these sessions run by 1 of our volunteers and have had 4 people attend.  **Total 45 Cancer Cafes this year.** |
| **To run weekly exercise classes and 6 Walking for Health Events**  Sarah Newby continues to run weekly exercise on Zoom with steady attendance. These sessions were established during Covid times and have remained online to capture those people that live rurally. Sessions continue to be attended by 2-5 people a week.  Our volunteer Jane has run 4 Walking for Health events at Talkin Tarn, even in the rain! There has been 3 attendees to these events.  We hosted an event in Keswick in September which brought together **24 members & volunteers** from across all 3 of our Cancer Cafes (Carlisle, Workington & Penrith) we provided the offer of transport and met at the café in Theatre by the Lake for a big coffee morning. 22 of us then enjoyed a complimentary cruise on the lake with thanks to The Keswick Launch Company. The day was a huge success and the feedback from the beneficiaries was really positive. We hope to have another get together for Christmas. |
| **To develop a NEW Mental Wellbeing Programme (6 to 8 weeks) focused on building emotional resilience and supporting long term emotional recovery and deliver x 2**  We have worked in partnership to develop and deliver 3 new wellbeing workshops which have been diarised.  The second of our 3 wellbeing workshops has been running throughout September at our Wellbeing Centre. These have been our Art for Wellbeing sessions and have proven very popular and helpful. We have had 8 participants all together who have really benefited from a therapeutic activity alongside others who are sharing similar experiences. They have been able to share their experiences during conversation whilst enjoying their art activities. Activities have encouraged topics including self compassion, self help and expression of emotion.  We have also diarised our first workshop for Workington which will be the Menopause & Cancer Workshop which we previously ran successfully in Carlisle in June with positive feedback. |
| **To support the delivery of new Pre-Hab programme for people awaiting cancer surgery.**  The previously planned online prehab exercise sessions with Sarah Newby were unsuccessful as we had no uptake or referrals.  In partnership with Sharon Middlemore we have spent some time planning an alternative method of delivery. I have created a bitesize version of our ‘Live Well Guide’ publication, a health & wellbeing guide which supports and encourages healthy lifestyles. The guide has been digitalised and I have pulled together relevant information which we are able to share in a 1.5 hour workshop that can be delivered face to face from our Wellbeing Centre in Carlisle. We have also shared the draft programme with my Cancer Coffee morning for Patient Feedback and they all agreed that it would have been a helpful check point for them which would offer them some control back as well as an opportunity to meet others who are also newly diagnosed. We hope to get the sessions approved and onto our weekly timetable by November for a 20 week pilot. |
| **To continue to work alongside CLIC (Cumbria Learning & Improvement Collaborative) to support a ‘Lived Experience Group’ enabling the development of co-produced services with NCIC etc.**  We host the Cancer Care Collaborative Working group in WeCan monthly which then informs our feedback to the CLIC collaborative meetings. So far we have been working on communications and building planning alongside Hazel Gow at NCIC for the development of the new CDC in Workington. The group have also been working on MDT meeting leaflets and how these are explained and communicated to patients.  We also shared an update with coffee morning members at our Keswick event to encourage more patient participation. |
| **To continue to build a strong partnership with iCAN Wellbeing Group CIO to add value to the delivery of the project and secure future sustainability of the project**  As part of iCan, the Living with & Beyond Cancer project sits comfortably in our WeCan timetable alongside our other Peer Support Groups and Wellbeing activities- we continue to establish WeCan as a brand locally by networking, partnership working and establishing the need in our community by speaking to them and asking what they want & need. We also encourage LWBC participants to try other activities on our timetable.  **iCan has also been successful at getting CIO status in June 2023 so is now iCan Wellbeing Group CIO** |

**GOOD NEWS STORIES**

**Big Keswick Coffee Morning!**

24 Living with & Beyond Cancer members joined together in September for one big coffee morning at Theatre by the Lake. We brought together 24 people from the 3 Cancer Cafes usually held in Carlisle, Penrith & Workington. We all met at Theatre by the Lake for a 2 hour coffee morning when everybody had the opportunity to meet others who are sharing similar experiences in a big peer support group. We were also visited by Northern Cancer Voices who gave a brief update and we also shared information about The Cancer Care Collaborative in an attempt to get some new people to join the working group.

After our coffee morning, 22 of us headed down to the launch where we enjoyed a 50 minute cruise on Derwentwater thanks to The Keswick Launch Company for their donation of tickets.

A great day had by all!

**Living with & Beyond Cancer- Art for Wellbeing Workshops at WeCan**

We have been running sessions of Art for Wellbeing for people Living with & Beyond Cancer. These have been facilitated by a Community Arts Practitioner who has created simple thought provoking Art Activities each week that encourage opportunity for reflection, self expression, creativity and fun!

8 individuals have attended the sessions and have given positive feedback. 1 of the members was an Art Teacher before she retired so she has taken on a Volunteer role alongside participating as she is getting a lot of satisfaction out of being able to support others and offer her expertise. Most other members have very little experience doing art, or confidence but have all enjoyed trying new things out together. There has been plenty of opportunity for a giggle as well as some meaningful conversation.

**Case Study-** Patient T was referred by her Cancer Care Coordinator at Carlisle Healthcare. She has had surgery to remove her tumour which included losing her right eye. Patient T has struggled to come to terms with her diagnosis and how much her life has changed in such a short space of time. The loss of vision has significantly impacted her daily life and she has now got limited mobility due to struggling with balance. This is impacting her emotionally and socially. Patient T came to her first Cancer Coffee Morning in August at Carlisle accompanied by her support worker but now comes every other week alone when she is able to be dropped off by her husband. Without his support she is unable to get out and about confidently. Patient T has found great comfort and support in the group, her husband also joined us for a group recently and was able to find his own source of support as well as to express his gratitude to the group for how much it has helped his wife. His gratitude was expressed via homemade cookies much to the delight of the rest of the group! Patient T was able to join us on our big day out to Keswick with support from our staff and really enjoyed the day, she has also taken part in a couple of our Art sessions which have been adapted to support her loss of vision.