

Macmillan Covid-19 Support Update 13May20

Support

Due to the recent Coronavirus situation and the need for all to stay at home or if possible, work from home, there have been a number of changes to services and some new information that you may find helpful.

The Macmillan Support Line – 0808 808 00 00 has remained open now on a 7 day a week basis operating 8am until 8pm. The hours for the online chat facility is the same times.

The Online Community continues and has seen a large increase in use. It can be found at <https://community.macmillan.org.uk/>

Coronavirus Information and Advice - There is a specific information webpage containing lots of information about cancer and Coronavirus which may help if there are any concerns. It also includes useful tips and information about keeping safe and well during lockdown and if you are shielding. This information is updated very regularly as the national guidance changes.

<https://www.macmillan.org.uk/coronavirus>

Telephone Volunteer Buddying Service

<https://www.macmillan.org.uk/telephonebuddies>

Horizon Centre

Horizon Centre – Brighton – More locally, The Horizon Centre has been handed over to the NHS to support their cancer work. There are still specific services available 'virtually' through the centre. Below is some text from them, and attached is the Activity Schedule for April and May.

The attached schedule has details of the phone and virtual support The Horizon Centre is currently able to provide which includes:

Phone support: **01273 468770**

- Counselling
- Welfare Benefits Advice
- Information and support – both calls to us and call back/check in calls from our information & support volunteers

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Virtual Support sessions: Delivered via MSTeams – we will send instructions of how to join when you book.

- Horizon Connect – virtual support group session – on Monday-Wednesday – Friday at 10:30
- Managing Anxiety
- Eat Well Feel Better Cookery session
- Breathing Workshop
- Yoga Nidra
- Pilates
- Acupressure

More details are in the attached schedule.

To book on to any of these sessions people will need to either e-mail us at horizoncentre@macmillanorg.uk

or call us on **01273 468770**

Best wishes from all of us at The Macmillan Horizon Centre.

Surveys

Surveys – just a note to say that I am aware that a number of cancer charities, including Macmillan, have launched surveys in the hope of gathering an insight into the impact Coronavirus has had on people living with cancer. This in order to influence the NHS where issues arise. Please see this link for one of the Macmillan surveys. <https://campaigns.macmillan.org.uk/page/58843/survey/1> . I will leave it to you and your members to consider whether to complete these, which ones, or maybe all of them.

Sussex Shine Cancer Support (for anyone in their 20-40's with any cancer diagnosis)

We are planning to have **quizzes and catch up online every 2 weeks** on a Friday afternoon 2-3.30pm during the 12 week isolation period and then we will assess going forward.

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To join the quiz, people just need to email sussex@shinecancersupport.org . They can also join the Shine Cancer support public and private Facebook page.

Shine also has other current online events for people including a **new book club**, a riddle challenge set by volunteers and each day we have a daily **Facebook Coronavirus post for all worries, fears, questions, funny comments etc to be placed there**.

I would also appreciate your help with sharing a **survey Shine has created in regards to cancer**, treatment and the current coronavirus situation - again this is for young adults only.

Shine has a new survey as they are aware that some of you have experienced changes to your treatment/follow up and we'd like to try to capture some of these experiences so that we can feed them back to NHS England. If you're in treatment or follow up at the moment, could you take a minute to fill out this questionnaire? It's not very long!

https://shinecancersupport.typeform.com/to/wiKfi0?fbclid=IwAR3QNESXtQfCpkn7wVMxX0MVLVQC03duJfQKGOCNmO_RGKh9M944_RCWuJo

Some Shine folk also took part in a Radio 4 programme on Monday this week on the important topic of language and cancer - take a listen!

<https://www.bbc.co.uk/programmes/m0001g8w>

This year's Shine Escape in January 2020, which is Shine's flagship weekend, with a group of young adults with cancer having the opportunity to hear from experts, on a range of relatable topics, including cancer and travel insurance, relationships, returning to work after cancer, PTSD and cancer and lots more and meet others in your peer group to share many issues. As a small charity we are massively affected by fundraising in the current coronavirus situation but hopefully can continue to run the Shine Escape.