

# **Macmillan Cancer Support's Empowerment and Involvement offer**

## 1) Introduction

Those who work in health and social care are well aware of the serious long term issues we face as a nation in the delivery of health and social care. Lengthening life expectancies mean an increasing population of elderly citizens, often with multiple conditions.

Discerning patients expect care which is the best available and which meets their personal needs whoever they are. They also expect active participation in decisions about their care and the services that are delivered locally. All of these challenges need to be met within inevitable financial constraints.

A recent publication by ten of the leading health based Charities ('How to deliver high quality, patient centered, cost effective care – consensus solutions from the voluntary sector' [www.macmillan.org.uk/servicesimpact](http://www.macmillan.org.uk/servicesimpact)) highlights that the two key enablers for achieving quality in healthcare are ensuring patients are engaged in decisions about their care and supported self-management.

The role of the voluntary sector driving innovation and delivering patient -centred care and support is unquestioned. There is however no one simple way of achieving this. It is necessary to support a range of interventions to encourage, support and facilitate involvement and empowerment.

Macmillan service development teams can support and advise you on what may help. The following information gives you a guide as to what Macmillan can do to support you through working in Partnership and how to achieve the aims in an effective and cost effective way.

## 2) What can Macmillan offer?

Macmillan offers a range of courses, workshops and e-learning both for people living with cancer and professionals to support user involvement, self help and support groups. Details about where the courses are running and how to participate are on Macmillan's Learn Zone at [www.macmillan.org.uk](http://www.macmillan.org.uk). If you wish to speak to a co-ordinator directly, you can contact the Learning and Development administrators on 020 7091 2010 or via e-mail at [workshops@macmillan.org.uk](mailto:workshops@macmillan.org.uk).

## 3) Self Management

The types of courses available are;

### New Perspectives

This is a small group course running over six weeks led by peer trainers who have had cancer. The content, which was specifically adapted to reflect the needs of people living with cancer, focuses on problem-solving and action planning to promote a healthy lifestyle. Topics include healthy eating and managing fatigue as well as addressing issues such as dealing with uncertainty and decision making.

### HOPE (Help to Overcome Problems Effectively)

This small group course follows a similar structure as New Perspectives but has greater involvement from professionals who do specific sessions or facilitate the programme. It also utilises a taster session for prospective participants to determine the final content of the course.

## Self Management Toolkit for groups

This resource contains a selection of activities that can be used by self help and support groups to help manage day-to-day life living with cancer. The toolkit is facilitated by a volunteer from the group who has undergone training from Macmillan. Group members interested in becoming facilitators can contact Macmillan Learning and Development Administrators on 020 7091 2010 or email at [workshops@macmillan.org.uk](mailto:workshops@macmillan.org.uk)

## The Cancer Support Course:

The Cancer Support Course, accredited by the Open College Network, was developed for Macmillan Cancer Support in order to offer training to people supporting others affected by cancer. The programme is made up of four units: Communication skills, Counselling skills, Cancer Awareness and Loss and Bereavement. Each unit is 3 days of face to face training and one day of course work.

## 4) Training for supporting others

Macmillan has developed a number of other courses that can be used to develop people to support people affected by cancer in to be more empowered.

- Communication skills\*
- Cancer Awareness\*
- Buddying and befriending\*
- Starting a support group
- Information giving
- Facilitating a group
- Loss and bereavement
- Relaxation and visualisation
- Body image and sexuality

\*These courses can be accessed as an e learning course through <http://learnzone.macmillan.org.uk/>

In addition to the programmes listed above we provide a toolkit for self help groups, information centres and additional volunteer projects to train others in support skills. The activities are facilitated by volunteers who have been trained by Macmillan.

**All of these resources can be accessed by contacting your regional service team who will involve the relevant Macmillan learning and development staff to meet your local needs or by contacting the central team on 020 7091 2010 or on e-mail at [workshops@macmillan.org.uk](mailto:workshops@macmillan.org.uk).**

## 5) User involvement

Macmillan refers to people who get involved in user involvement activities across the organisation, as Cancer Voices.

A Cancer Voice is someone affected by cancer who chooses to use their cancer experience to improve cancer services and/or raise awareness of the diverse realities of living with cancer. By “affected by cancer” Macmillan means someone who has - or had - a cancer diagnosis, the family, spouse, partner or carer of someone with a cancer diagnosis.

Cancer Voices are involved in a wide range of activities (‘involvement opportunities’) within Macmillan, the NHS, other cancer specific organisations, non cancer specific organisations and research projects.

The simplest way is to join the Cancer Voices Network on our website [www.macmillan.org.uk](http://www.macmillan.org.uk). It’s an electronic matching system which puts people affected by cancer in touch with organisations seeking to involve them in their work. People can also join Cancer Voices by completing a hard copy registration form. They will then receive a summary by post of all new opportunities every two weeks.

Macmillan staff and other health, social and voluntary sector organisations can also post opportunities for Cancer Voices to get involved in their area of work via the Cancer Voices Network.

### What support does Macmillan provide?

- Information and advice from the Cancer Voices team at Macmillan’s UK office in Vauxhall, London and the Macmillan Involvement Coordinators (MICs) based across the UK
- Regular updates on the work of Macmillan and how they can get involved
- Free subscription to three copies per year of Exchange, Macmillan’s self help and support and user involvement newsletter  
An annual Cancer Voices conference where Cancer Voices can find out more about User Involvement at Macmillan and network with fellow Cancer Voices.

### Find out more by:

- Visit our website [www.macmillan.org.uk/cancervoices](http://www.macmillan.org.uk/cancervoices)
- Contact the Cancer Voices team at Macmillan’s UK office via the User Involvement Coordinator, Claire Alexander, on 0207 091 2006 or [calexander@macmillan.org.uk](mailto:calexander@macmillan.org.uk)
- Contact your local Macmillan Involvement Coordinator

## 6) Grants for Self Help and Support Groups

### Start-up grants

Those wishing to start up a new group, or are newly-formed groups supporting people affected by cancer, can apply for a grant of up to £500. Applications are assessed on a monthly basis by a Macmillan Involvement Coordinator and a person affected by Cancer who has been appointed to act as an independent assessor.

#### **What have others done with their start-up grant?**

Past start-up grants have been spent on things which may include hiring a venue, producing publicity materials and buying in refreshments. This is just a guide and we appreciate and welcome the fact that groups may have different needs.

The closing date for applications is the last date of each month. Applicants are advised of the panel decision the final week of the month following their application. Cheques for successful applications are made out to the group bank account and sent to the point of contact advised on the application form.

### Developing grants

Developing grants are available for established groups supporting people with Cancer, i.e. those who have already been offering self-help and support regularly in their community. These groups can apply for a grant of up to £3,000.

#### **What have others done with their developing grant?**

- Production of a monthly newsletter for members who couldn't travel to face-to-face meetings.
- Finance for a six-week course of complementary therapy taster sessions
- Resources (books, DVDs and videos) to create a self-help and support library for a group in a local area

Grant applications are assessed on a quarterly basis. Closing dates for applications to this programme along with the application form and guidance notes can be found at <http://www.macmillan.org.uk/HowWeCanHelp/CancerSupportGroups/HowWeSupportYourGroup.aspx>.

### Training and development costs grants

These grants are available to assist members of cancer self-help and support groups, independent community groups and small voluntary organisations who are interested in developing their knowledge of the different aspects of cancer self-help and support.

Grant applications are assessed on a monthly basis. The closing date for applications is the last date of each month. Applicants are advised of the panel decision the final week of the month following their application. Cheques for successful applications are made out to the group bank account and sent to the point of contact advised on the application form.

**For further information ask any of our regional service development team who will be able to help direct you to any of the teams responsible for the Macmillan offers described above or you can get further detail of the support offered in this document and more by accessing the following website;**

**<http://www.macmillan.org.uk/GetInvolved/CancerVoices/CancerVoices.aspx>**