

Lorraine Barton



Macmillan Lead Cancer Nurse.
The Hillingdon Hospitals Trust.

Lorraine has worked to forge new partnerships with local and national organisations to provide innovative opportunities for people affected by cancer to engage in physical activity during and after cancer treatment.

This has resulted in access to a wide range of activities including:

- special access to dog walking with the Dog's Trust
- free golf taster lessons
- community garden project
- healthy walks

The development of an exercise programme for people affected by cancer in Hillingdon is directly linked to the physical activity work stream of the National Cancer Survivorship Initiative. Strong partnership working has also ensured that this programme is part of the London Borough of Hillingdon's physical activity strategy.

The success of this programme is a result of significant and innovative inspiring, influencing, engagement and collaboration via face-to-face meetings, telephone conferences, emails and events. There has been strong engagement with people affected by cancer and local cancer support groups from this work stream's inception. This work stream has also involved significant and innovative collaboration with a range of new partners including; Healthy Walks, The Dog's Trust and The National Trust.

As a direct result of Lorraine's work, people affected by cancer in Hillingdon have access to a wide range of tailored, physical activity schemes. Through integrating this work into the broader survivorship work Lorraine, has also changed the cancer pathway and ensured that physical activity is embedded as a core component.

In terms of measuring the impact of this work stream, both quantitative and qualitative data is being used. This includes:

- feedback from health and wellbeing events about the range of physical activity on offer
- number of people that sign up to physical activity schemes at events
- number of referrals made to physical activity schemes by professionals
- number of people taking part in physical activities
- satisfaction/enjoyment from physical activity schemes
- feedback from professionals
- feedback from partners

Through strategic partnership working, physical activity schemes for people affected by cancer have been developed and embedded within existing services. This will ensure long-term sustainability. Integrated working brings benefits to organisations involved, which also supports sustained partnerships e.g. Hillingdon Age UK is

supporting the development of a vegetable patch in the garden project and will use the vegetables for a local cooking scheme for widowed men, many of whom are affected by cancer. In addition, the commitment to continuous evaluation and evolution of the work stream will ensure that it continues to align with national and local strategies and to meet local need.

If you have any questions about Lorraine's case study please email Macmillan development manager Katy Saunders KSaunders@macmillan.org.uk