

## North Staffordshire Cancer Lifestyle Service

A wellbeing service for those aged 50+  
living with or after Cancer

Alice Sharp  
Project Coordinator  
Beth Johnson Foundation



## Background to the service

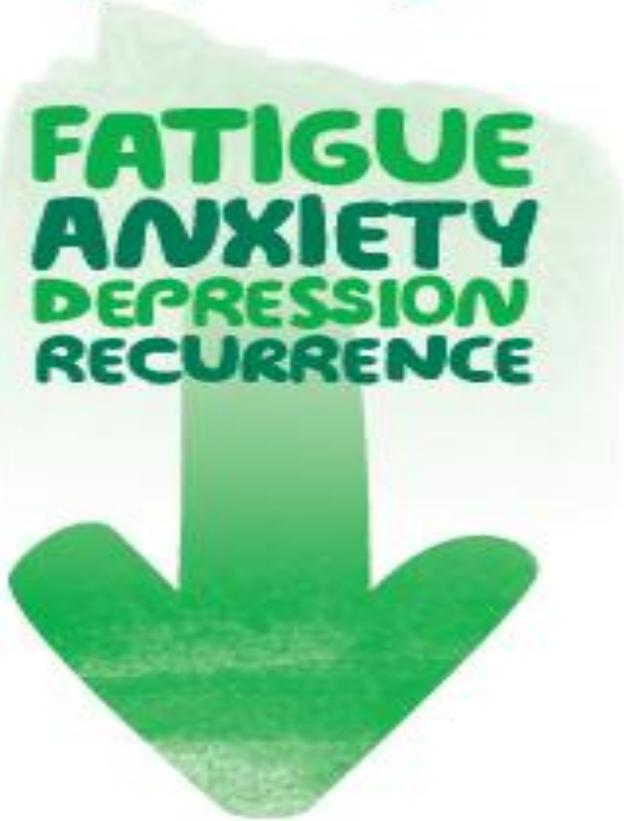


## Background to the service

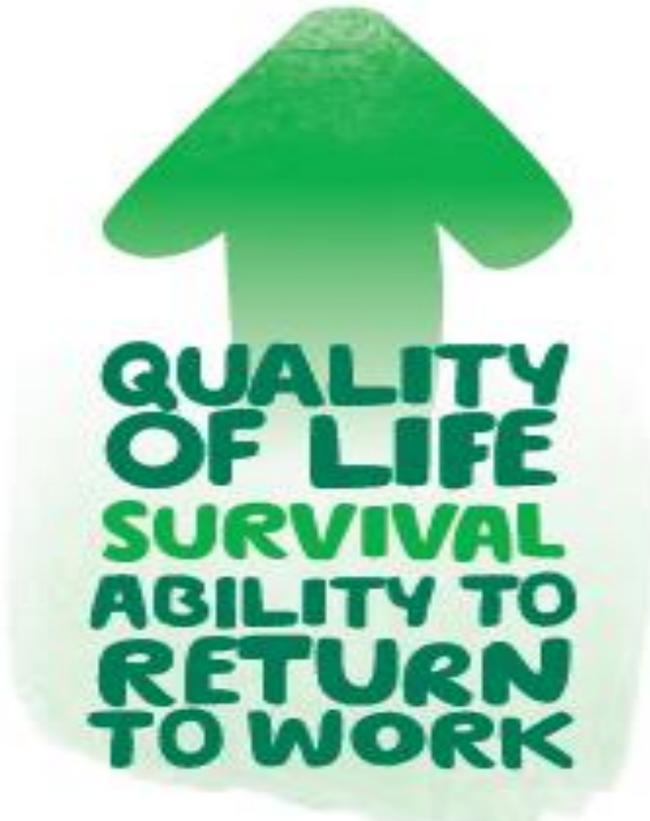
- ▶ The National Cancer Survivorship Initiative was launched in 2008 and identified key areas for improvement in order to better support cancer survivors.
- ▶ A need for greater focus on recovery, health and wellbeing after treatment.
- ▶ A need to empower and support survivors to take an active role in their aftercare.
- ▶ A quarter of people with cancer (26%) feel abandoned by the health system when no longer in hospital receiving treatment.
- ▶ Just a third of patients (35%) completing treatment in 2009/10 say they received information about coping with the effects of their cancer or its treatment

## Background to the service

The effects of increasing physical activity  
in people living with cancer:



**FATIGUE  
ANXIETY  
DEPRESSION  
RECURRENCE**



**QUALITY  
OF LIFE  
SURVIVAL  
ABILITY TO  
RETURN  
TO WORK**

## Physical activity the underrated wonder drug

*“Keeping active has helped me, and my family, through a really difficult time. It’s helped me return to a more normal way of life and has given me a real sense of achievement”*

Ted Poulter



## What is lifestyle?

“The way in which a person lives”

“the things that we do daily, which affect our health and wellbeing”

“Personal choices that might impact health, such as diet, physical activity, smoking, and alcohol consumption”

“health is not just about avoiding disease. It is also about physical, mental and social wellbeing” (World Health Organisation, 1999)

Lifestyle factors are defined as “the influences on our health over which we have control”

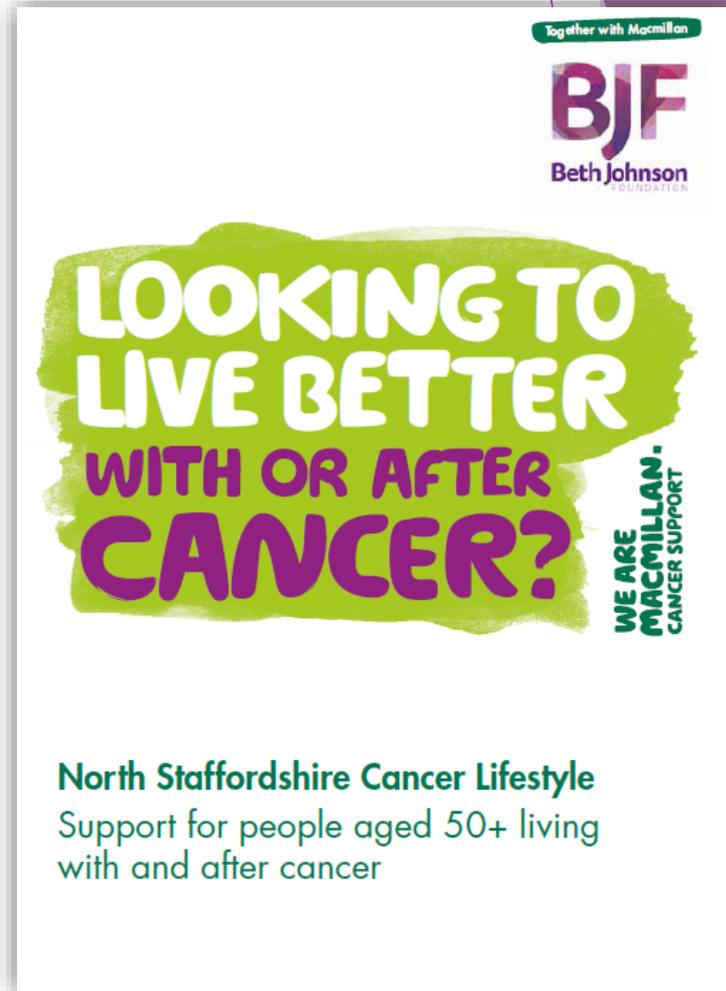
## What is the service?

A support service

50+, North Staffordshire

For people with or after cancer

- ▶ Diet
- ▶ Exercise
- ▶ Mood
- ▶ Fatigue
- ▶ Adjusting to a 'new normal'





**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

## **Personal Action Plan**

### **North Staffordshire Cancer Lifestyle**

A support service for those aged 50+  
living with or after cancer

**My main goal is:**

\_\_\_\_\_

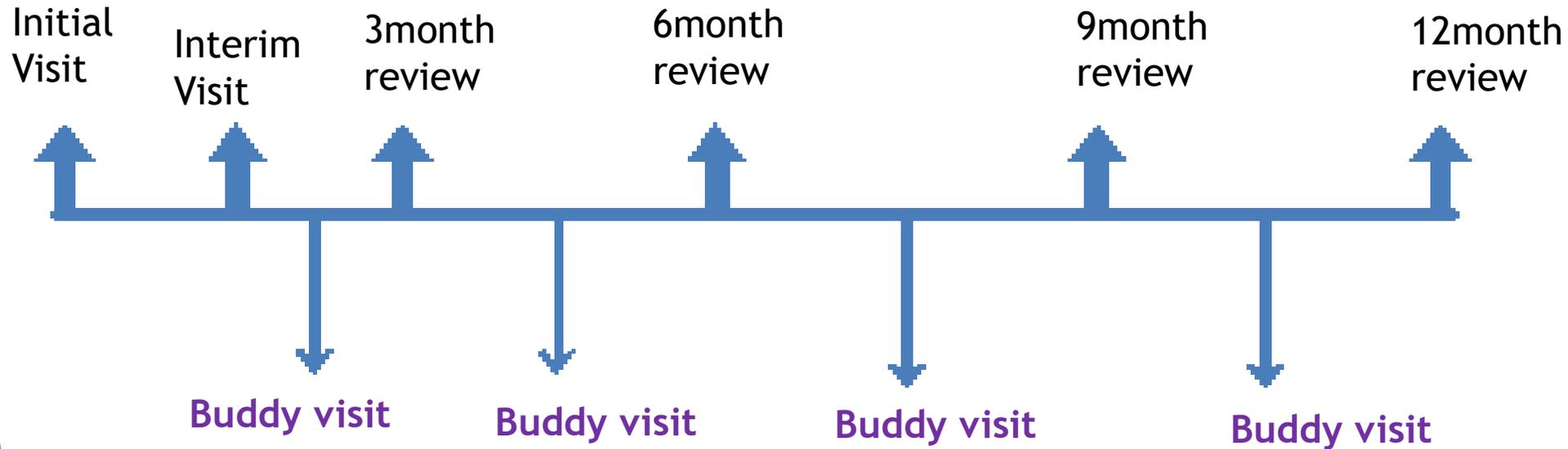
\_\_\_\_\_

\_\_\_\_\_

INITIAL APPOINTMENT

<b>Mini Goals</b>	<b>Achieved</b>
1.	
2.	
3.	
4.	
5.	

## Supporting Clients a rough guide



Expectations

Role within family

Symptoms

Physical changes



Late effects

Change in routine

Body image

**Adjusting to  
a 'new normal'**

Going back to work?

Emotions

## Easier said than done...

- ▶ No 'quick fix'
- ▶ Behaviour change
- ▶ Motivation
- ▶ Barriers



**IT'S PERSONAL**

## My experience

Recruitment to the project

Emotional support

Retention of participants

Importance of personalised, holistic support.

Client quote:

“ because I have been doing this [Project] on a regular basis, I can do things better, I can walk for longer, I can exercise for longer, the garden is starting to look like a garden. So that also helps you know and taking control of your own health and welfare as well”

