



Greater Manchester
Cancer Alliance

CANCER CARE REVIEWS IN PRIMARY CARE

Resources

Greater Manchester Cancer Alliance



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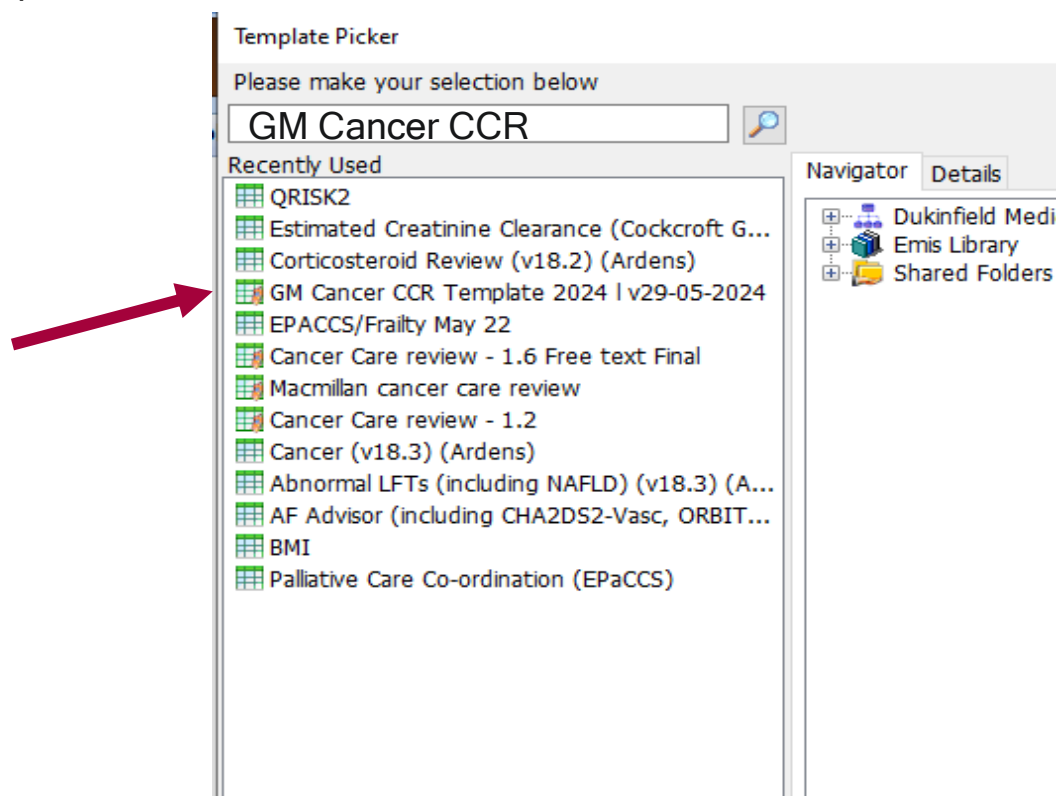
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GM Cancer Alliance Cancer Care Review Toolkit

The contents of the toolkit outlined below can be found on the GM Cancer Alliance webpage:

<https://gmcancer.org.uk/programmes-of-work/personalised-care-2/personalised-care-in-primary-care/ccr/toolkit/>

- Cancer Care Review Standards (Appendix 1)
- Cancer care Review Protocol (Appendix 2)
- New Diagnosis Letter (Appendix 3)
- Cancer Care Review Template – search ‘GM Cancer CCR’ in Template picker



National Support Organizations

Macmillan Cancer support

National Helpline 0808 808 0000

Website - www.macmillan.org.uk

Cancer Research UK

<https://www.cancerresearchuk.org/about-cancer>

Cancer Specific Organisation Helplines

Blood Cancer UK | 0808 2080 888

The Brain Tumour Charity | 0808 800 0004

Brains Trust | 01983 292 405

Breast Cancer Now | 0808 800 6000

Cancer Research UK | 0808 800 4040

Leukaemia Care | 08088 010 444

Lymphoma Action | 0808 808 5555

Macmillan | 0808 808 0000

Maggie's | 0300 123 1801

Myeloma UK | 0800 980 3332

Ovarian Cancer Action | 020 7380 1730

Pancreatic Cancer UK | 0808 801 0707

Prostate Cancer UK | 0800 074 8383

Roy Castle Lung Cancer Foundation | 0333 323 7200

Sarcoma UK | 0808 801 0401

Target Ovarian Cancer | 020 7923 5475

Nationally available Online Networks and forums

Macmillan Cancer Support: <https://community.macmillan.org.uk/>

Cancer Research UK: <https://www.cancerresearchuk.org/about-cancer/cancer-chat>

Maggie's: <https://community.maggiescentres.org/home>

Jo's Cervical Cancer Trust: jostrust.org.uk/forum

If you want to find out about a specific cancer, refine your search on one of the above websites or use Google to search for the charity that supports your type of cancer, for example – Prostate Cancer UK or Breast Cancer Now.

UK Cancer Charities on Social Media

Follow the major cancer charities on their social media platforms to stay up to date with their latest news, support and advice:

Macmillan Cancer Support

Facebook: <https://www.facebook.com/macmillancancer>

Twitter: <https://twitter.com/macmillancancer>

The Christie

Facebook: <https://www.facebook.com/TheChristieNHS>

The Christie Twitter: <https://twitter.com/TheChristieNHS>

Cancer Research UK

Facebook: <https://www.facebook.com/cancerresearchuk>

Twitter: https://twitter.com/CR_UK

Marie Curie

Facebook: <https://www.facebook.com/MarieCurieUK>

Twitter: <https://twitter.com/mariecurieuk>

Stand Up To Cancer UK

Facebook: <https://www.facebook.com/standuptocancerUK>

Twitter: <https://twitter.com/SU2C>

Bowel Cancer UK

Facebook: <https://www.facebook.com/bowelcanceruk>

Twitter: <https://twitter.com/bowelcanceruk>

Breast Cancer Now

Facebook: <https://www.facebook.com/breastcancernow>

Twitter: <https://twitter.com/BreastCancerNow>

Prostate Cancer UK

Facebook: <https://www.facebook.com/prostatecanceruk>

Twitter: <https://twitter.com/ProstateUK>

Roy Castle Lung Cancer Fdn

Facebook: <https://www.facebook.com/roycastlelungcancer>

Twitter: https://twitter.com/Roy_Castle_Lung

Blood Cancer UK

Facebook: <https://www.facebook.com/bloodcanceruk.charity>

Twitter: https://twitter.com/bloodcancer_uk

The Brain Tumour Charity

Facebook: <https://www.facebook.com/thebraintumourcharity>

Twitter: <https://twitter.com/BrainTumourOrg>

Sarcoma UK

Facebook: <https://www.facebook.com/uk.sarcoma/>

Twitter: https://twitter.com/sarcoma_uk

Online Videos

Videos make up over 80% of all online communications. Below is a list of useful websites and YouTube channels aimed at improving health and wellbeing, offering tutorials and providing cancer information.

NHS One You – Home Workout Videos To stay fit and healthy, you're recommended to get at least 150 minutes of moderate physical activity a week, or around 20-30 minutes/day. Plus, strengthening and balance exercises at least 2 days a week. The NHS One You home workouts are an easy way to help you reach your exercise goals.

Visit: <https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>

5K Your Way (5KYW)

The 5KYW team post regular exercise videos and Q&A sessions on their Facebook page.

Visit: <https://www.facebook.com/5kYourWayMoveAgainstCancer>

Look Good Feel Better

Videos include instructional workshops on skin care and makeup application, hair care for men, patient testimonials and events.

Visit: <https://www.youtube.com/user/LookGoodFeelBetter>

Macmillan Cancer Support

Macmillan have hundreds of videos on all aspects of cancer, including tutorials and advice for hair loss during cancer treatment, advice on how to talk about cancer, personal stories, cancer information and events.

Visit: https://www.youtube.com/channel/UCrG_xSjSf5TtFDZGexsS4dQ

Select the “PLAYLISTS” tab at the top of the Macmillan’s YouTube page (below the logo) to cycle through their range of videos.

Cancer Research UK

Cancer Research UK’s choice of videos is diverse, with a focus on cancer information and treatments, research and strategy.

Visit: <https://www.youtube.com/user/cancerresearchuk>

Stand Up To Cancer UK

The SU2C UK YouTube channel features powerful patient stories, scientific information, celebrity interviews, with a focus on young people and modern technology.

Visit: <https://www.youtube.com/user/standuptocancerUK/videos>

Greater Manchester Cancer Support

Cancer Care Map

Find information on local support groups – just open the cancer care map, put in your postcode, and a list of local support groups and organisations will be shown.

<https://www.cancercaremap.org/>

Macmillan In Your Area

Each area in Greater Manchester has a Macmillan Information and support centre. Find your local Macmillan support services using the link below.

<https://www.macmillan.org.uk/in-your-area>

Apps

ORCHA HEALTH APP <https://gmcancer.orchahealth.com/>

We have worked with our partner ORCHA to create a library of apps you can trust to support various aspects of life with and after cancer.

Support Centres available across Manchester

Beechwood Cancer Care - <https://beechwoodcancercare.org.uk/>

Christies information and support centre - <https://www.christie.nhs.uk/patients-and-visitors/living-with-and-beyond-cancer/patient-support-services/cancer-information-centre>

Maggies Centre Manchester - <https://www.maggies.org/our-centres/maggies-manchester/>

Macmillan Cancer support centres – Multiple locations across Manchester

Other GM locality specific support

Bury Cancer Support Centre - <https://www.burycancersupportcentre.com/>

Tameside Macmillan Centre – <https://www.tamesideandglossopicft.nhs.uk/services/macmillan-unit>

Neil Cliffe Cancer Centre Wythenshawe hospital - <https://www.nhs.uk/services/service-directory/neil-cliffe-cancer-care-centre/N10499570>

Symptom Specific Resources

Nausea and vomiting

<https://www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/nausea-and-vomiting>

Eating problems, Constipation and Diarrhoea

<https://www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/eating-problems/tips-for-managing-eating-problems>

Eating problems and Cancer booklet - <https://www.macmillan.org.uk/cancer-information-and-support/stories-and-media/booklets/eating-problems-and-cancer>

Audiobook - <https://www.macmillan.org.uk/cancer-information-and-support/stories-and-media/audiobooks/eating-problems-and-cancer>

The Association of UK Dietitians – BDA - <https://www.bda.uk.com/resource/malnutrition.html>

Pain

<https://www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/pain>

Resource booklet - <https://www.macmillan.org.uk/cancer-information-and-support/stories-and-media/booklets/managing-cancer-pain>

Audiobook - <https://www.macmillan.org.uk/cancer-information-and-support/stories-and-media/audiobooks/cancer-and-pain>

Breathlessness

<https://www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/breathlessness/managing-and-treating-breathlessness>

Peripheral neuropathy

<https://www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/peripheral-neuropathy>

Fatigue

<https://www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/tiredness>

Booklet – <https://www.macmillan.org.uk/cancer-information-and-support/stories-and-media/booklets/coping-with-fatigue-tiredness>

Audiobook – <https://www.macmillan.org.uk/cancer-information-and-support/stories-and-media/audiobooks/coping-with-fatigue>

Insomnia

<https://www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/trouble-sleeping>

More about Cancer – what is cancer?

For individuals undertaking the Cancer Care Reviews, it is helpful to have an overview of cancer, its treatments and some of the long-term effects that patients may encounter. You may find it helpful to refresh your knowledge on this by accessing some of the training below:

ACCEND TRAINING

Foundations of cancer care

This e-learning resource covers the FOUNDATIONS OF CANCER CARE. It is free to access, you just need a Learning Hub log In.

<https://learninghub.nhs.uk/catalogue/ACCEND?nodeId=4620>

Explore our app library

Health & wellbeing apps to support people affected by cancer



Search our curated selection of clinically assured apps to support your patients, their carers and loved ones to live well with and beyond cancer



Scan to sign up for a Pro Account which enables you to 'prescribe' apps directly to patients

www.gmcancer.orchhealth.com