



Kingston Hospital Cancer Unit Appeal

**Appeal Office:**

Kingston Hospital, Galsworthy Road  
 Kingston upon Thames, Surrey KT2 7QB  
 Telephone: 020 8934 3816  
 Email: [bcouling@kingstonhospital.nhs.uk](mailto:bcouling@kingstonhospital.nhs.uk)  
[www.kingstoncan.org.uk](http://www.kingstoncan.org.uk)

Registered Charity No. 1056510-3

## Newsletter June 2014

Dear Supporter

This Newsletter comes to you earlier than usual this time as I wanted to tell you about Kingston Hospital's first Open Day on Saturday 14th June, which will take place at the hospital between 11am and 3pm. There will be a tremendous range of activities for those of all ages; stalls from some of the Hospital teams and departments and also cake and savoury food stalls, health information, kids' activities including bouncy castles and face painting, resuscitation demonstrations, and tours of many areas including Theatres, Maternity and Paediatrics. In addition the Sir William Rous Unit will be open for the day and a team will be on hand to tell you about the unit and provide short tours of the facilities. If you are able to come along and visit we would be delighted to see you.

In this Newsletter I also wanted to tell you about patient workshops being run in the Sir William Rous Unit.

This May, the Macmillan Information and Support Service with the help of the Penny Brohn Cancer Care Centre have held successful patient workshops entitled "Living well with the impact of cancer".

The number of people being diagnosed with cancer is increasing and more people are living longer with cancer than ever before. In 2007 the NHS Cancer Reform Strategy determined that "a national cancer survivorship initiative be established to improve the post treatment care and support for people living with or after cancer". The report also stated that Living Well services should provide a whole person approach to care, provide self-management tools, offer equal access to services and allow individuals to make their own choices about the help they receive.

The Penny Brohn Cancer Care Centre in Bristol has been providing the Living Well courses for a couple of years now. The possible outcome and benefits of the course may enable participants to:

- Improve the quality of their life and help to manage the psychological, emotional, spiritual and physical aspects of cancer better
- Have more choice and control over how to support themselves when living with the impact of cancer
- Meet with others to share learning and experience and break down the sense of isolation a cancer diagnosis often brings
- Learn about support available
- Improve their day to day experience of living with cancer through realistic, workable action planning and self- help techniques.

On the course patients and carers experienced different methods of relaxation, meditation, mindfulness and imagery and found out more about the science behind the Penny Brohn approach.

Participants were served healthy options of refreshments and a tasty, nutritional lunch paid for from donations to the Kingston Hospital Cancer Unit Appeal.

This course, which it is hoped will be run again towards the end of this year, is offered to those over the age of 18 with a cancer diagnosis, and their close supporters.

Participants in a recent Living Well course.



Feedback from patients included :

*"I felt very good and calm"*

*"I have got lots of new ideas to "live well" and look after my lifestyle"*

*"I liked the healthy lunches"*

*"I will definitely continue with the exercises I was taught"*

*"There was lots of effort made to help and advise us"*

As well as Living Well courses, the Sir William Rous Unit hosts Look Good Feel Better sessions for ladies to help build up their confidence following a diagnosis of cancer. Volunteer beauticians attend once a month to show up to 12 ladies a 12 step technique of how to apply makeup. Ladies are given a wonderful goody bag to use and take away courtesy of Look Good Feel Better. These workshops have been running for 4 years now at the Sir William Rous Unit and are very successful. To date over 400 ladies have attended and benefited.

To discuss any of the workshops please contact Archana Sood the Macmillan Information and Support Manager on 0208 973 5001.

Finally I would like to thank all those who continue to support the Sir William Rous Unit through the Kingston Hospital Cancer Unit Appeal and if you are able to support us again with a donation we would be tremendously grateful.

Yours sincerely

Barry Couling  
Appeal Manager