

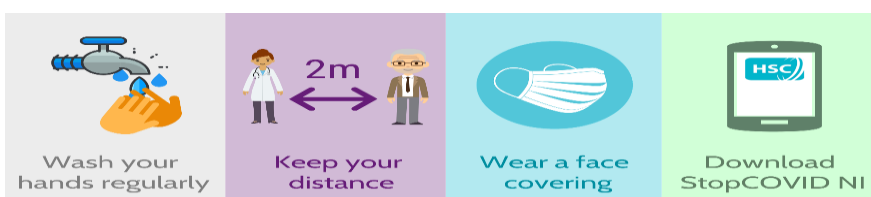
Belfast Trust Cancer Support

February 2021, Issue 14



This month's News:

- Service Update
- Online Classes & Workshops
- Service Spotlight
- Staff Support
- Thought for the Month
- NiCaN update
- Meet Team Members



Service Update

Although the Macmillan Support and Information Centre is closed we are still offering support by phone or via virtual consultations.

Information & Support Appointments

We are offering online or telephone appointments for

- Information and Support
- Work Support Conversations

Complementary Therapy

The team are providing;

- Online and telephone appointments to inpatients and outpatients

Appointments can be arranged by contacting the Centre on 028 961 50077 or email cancer.info@belfasttrust.hscni.net. Staff can refer by the E-referral facility on the Trust Hub.

Counselling

Cancer Focus NI and Belfast Trust are continuing to provide this service online or by telephone.

We accept self-referrals and referrals from healthcare staff. Please contact the Centre on the above contact details to request referral form.

Please note that any referrals received for clients who live outside the Belfast Trust area will be forwarded to the Cancer Focus NI service in their local Trust area.

Wig Fitting Service

This service is offering limited face-to-face appointments in the Centre. Patients can arrange appointments by telephoning 028 961 50077 and selecting option 2.

Macmillan Benefits Advice Service

The Benefits advice team are still working remotely and are providing telephone appointments. If you wish to refer a client to this service, please do so by telephoning 0300 1233 233 and selecting option 1.

Online Classes and Workshops

Friends of the Cancer Centre Class Programme

The class programme (Pilates, Tai Chi, Yoga and dance), Monday to Friday at 9.30am continues on our Facebook page.



FACEBOOK LIVE CLASSES

WEEK COMMENCING: MONDAY 15 FEBRUARY 2021

MON	TUES	WED	THURS	FRI
9.30am Pilates with Fionnuala	9.30 am Tai Chi with William	9.30 am Yoga with Mary	9.30 am Pilates with Paul	9.30am Dance with Charmaine

These Classes are funded by



New Dance/Movement Facebook Live Class

We are delighted to announce a new dance/movement class with Charmaine to our Facebook Live programme.

Funded by BHSCT Arts in Health this class engages the body and mind in a fun filled way. Join Charmaine on Friday 19 February 2021 at 9.30am.

For more details, please click the link below.

[Belfast Trust Cancer Support | Facebook](#)

Friends of the Cancer Centre Pilates Group

We are now registering new participants for our closed 12 week Pilates group starting Monday 1 March 2021 at 6.30pm on Zoom with Fionnuala.

This group is for patients and carers. There are a limited number of places and early registration is advised. Please contact the Centre for details on how to register.

Cancer Related Fatigue Workshop

This four week workshop is for patients experiencing cancer related fatigue. There are still some places available on the February workshop and registration is open for the March workshop, please see below for details.



HSC Belfast Health and Social Care Trust
caring supporting improving together

Cancer Fatigue Online Workshop

The next online workshop starts on
Thursday 4 February 2021
@ 11am - 12noon

Session 1 - 4 Feb - Understanding fatigue
Session 2 - 11 Feb - Managing daily life
Session 3 - 18 Feb - How to increase energy Levels
Session 4 - 25 Feb - Making a plan for recovery

If you would like more information or to book a place, please contact
us on
028 9615 0077
or
cancer.info@belfasttrust.hscni.net



Self-Care using Aromatherapy Oils Workshop

This hour long workshop is for patients, carers and family members who are interested in finding out how they can use aromatherapy essential oils to support their self-care. Please see below for details.



HSC Belfast Health and Social Care Trust
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Online workshop Self care using aromatherapy essential oils

The online workshop takes place on
Friday 12 February 2021
11am to 12noon

This workshop will cover:

- What is aromatherapy
- How to use oils during self care
- Recommended oils
- oil safety

If you would like more information or to book a place,
please contact us on
028 9615 007
or
cancer.info@belfasttrust.hscni.net



Stress Management Workshop

This four week workshop is for patients, carers and family members who are interested in finding out how they can understand and manage stress and its' impact on them. Please see below for details.



The poster is for an 'Online Stress Management Workshop' organized by the HSC Belfast Health and Social Care Trust. It features a light green background with a decorative border of colorful leaves and a central illustration of a person sitting in a chair, thinking, with thought bubbles above their head. The text on the poster includes the HSC logo and tagline, the workshop title, start date and time, a list of four sessions, and contact information for booking.

HSC Belfast Health and Social Care Trust
caring supporting improving together

Online Stress Management Workshop

This online workshop starts on
Thursday 4 February 2021
@ 2pm - 3pm

Session 1 - Thur 4 Feb - Understanding Stress
Session 2 - Thur 11 Feb - Assertiveness
Session 3 - Thur 18 Feb - How to manage your time
Session 4 - Thur 25 Feb - Identifying and changing negative self-talk

If you would like more information or to book a place,
please contact us on
028 9615 007
or
cancer.info@belfasttrust.hscni.net

Service Spotlight



Do you know a man living with cancer?

Look Good Feel Better are offering a Zoom workshop for men on Friday 26 February, 1 pm to 3pm. This will be hosted by men's grooming expert, Mark Sproston, aka the Shave Doctor <https://www.shavedoctor.co.uk/>

Their Skincare and Grooming Workshops not only offer some great practical expert advice but also provides a safe place for men to connect with other men with a cancer diagnosis.

A special guest speaker, Jack Bell, Derby County Football Club Community Trust, will deliver a short talk on:

- The role and the importance of physical activity.
- How physical activity can reduce the side effects of cancer and treatment.
- Showcase examples and ideas of how you can increase exercise levels.

Jack works closely with Macmillan and is happy to take some questions after the session and go on to provide further support if needed.

To book a place or for more information, email: info@lgfb.co.uk or tel: 07545 551531.

Staff Support



Time to change is a growing social movement that are working to change how we think about mental health problems.

They recently held a Virtual Festival full of fun online activities to get everyone talking about mental health.

Sessions are still available to view online. As well as tips on how to tackle the stigma of mental health by talking, there are cooking, laughter yoga and bollywood dance sessions to name just a few. Check it out on the link below:

[Time to Talk Day 2021: Virtual Festival | Time To Change \(time-to-change.org.uk\)](https://time-to-change.org.uk)

Thought for the month



NICaN update



Northern Ireland
Cancer Network

NICaN have recently updated their website with the contact details for all the Information and Support Services across Northern Ireland.

In partnership with Information and Support staff they have also developed a promotional video to let people affected by cancer know what information and support is available to them during the Pandemic.

Please follow the link below for more information and to view the video.

[Support for Patients | Northern Ireland Cancer Network \(hscni.net\)](https://www.hscni.net)

Meet the team

This Month we would like to introduce you to:

Charmaine says, "I use dance and movement to explore our physical and emotional wellbeing and to reconnect with our bodies again. I love how moving your body helps to get out of our thinking mind and just let go and have a bit of fun. It's about having fun and carving out a time for you. Please join me on Facebook live from Friday 19 February 2021 at 9.30am".

**Charmaine McMeekin,
Dance Artist in Health**



How to contact us

Belfast City Hospital
77-81 Lisburn Road,
Belfast, BT9 7AB

PHONE NUMBER'S:

028 9615 0077

Dial 1 to speak to a support officer

Dial 2 to speak to the wig fitting salon

EMAIL ADDRESS:

cancer.info@belfasttrust.hscni.net

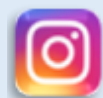
**E-referrals are still accepted internally through the
Belfast Trust Hub.**

Royal Victoria Hospital
Level 2, Main Corridor
Grosvenor Road,
Belfast, BT12 6BA

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