

TAMAR AREA PROSTATE SUPPORT (TAPS)

REPORT on 17th MEETING, 24 June 2020

This meeting was held virtually using Zoom. Attendance was 5 men.

Speaker: Di Chorlton, Macmillan Engagement Lead for Devon, Cornwall and IoS

Topic: Macmillan Cancer Support activities and anxiety management

Di began with some background on Macmillan and then talked specifically about their work in Cornwall. Who knew that Macmillan was founded way back around 1911 based on a £10 inheritance? It is now a large national cancer support organisation and supports almost 2 million people. They fund c880k Macmillan nurses which is probably what we are most aware of particularly related to terminal care. Often funding for nurses in hospitals is for an initial 3-year period after which the hospitals take over funding. However that is only part of the story since they can support patients at any stage of their cancer journey. We are probably aware of their Mustard Tree Information and Support Centre at Derriford but they also built and fund a similar facility at RCH in Truro.

In 2018, their revenue was £230M of which £213m came from donations and legacies. Their support expenditure was £195M of which £76M was spent on health care, £33M on information and support, £37M on financial support for patients, and £13M on practical and emotional support. That list of expenditures gives an indication of the range of support services they offer. A first port of call could be to their Support line services on 0808 808 00 00 which is open 7 days a week from 8am to 8pm.

On anxiety management, Di made the point that exercise is a very good form of stress relief since it releases calming chemicals to the brain. Another good stress relief is spending time outdoors with nature. There are of course techniques such as mindfulness, well-being and meditation which can help. Macmillan offers support in these areas. Macmillan can also help support groups such as ours! An amazing organisation.

Next session: Wed 22 July 2020 at 4.00pm by Zoom

Format: Informal chat session for members

Chris Greensted
01822 834797
tapsinfo555@gmail.com