

The Grove Patients Group
Sherborne
Minutes
18th.August 2021
5:30pm
(Meeting conducted via 'Zoom')

Present: David Bartle (Vice Chair) **(DB)**; Jean Bateman **(JB)**; Jane Carling **(JC1)**; Dr Rob Childs **(RC)**; Gill Foott (Engagement and Communications Coordinator [PPGs]) **(GF)**; Chris Hardy **(CH)**; Roger Marsh (Chair) **(RM)**; Vicky Morland (Social Prescriber) **(VM)**;

Apologies: Joan Cooper **(JC)**; Bruce Duncan (Chair – Apples PPG) **(BD)**; Tony Gordon **(TG)**; Alex Kimber (Managing Partner) **(AK)**; Tony Meehan **(TM)**; Arabella and Emily (Sherborne Girls – students).

New Member: The meeting Chair **(RM)** welcomed Jean Bateman as a new member to her first meeting. He also welcomed Chris Hardy **(CH)** as a member of the Yetminster Practice whom he had invited to attend the meeting to observe how the Grove PPG operated.

Prior to the start of the meeting the Chair **(RM)** relayed a message he had received from Alex Kimber that demonstrated the pressure that the Practice was experiencing:

'Just to let you know, following discussion with Rob, it'll be just him that attends from the practice for the PPG tonight so will do the update. Having come back from leave, I'm back to wading eyeball deep in trying to catch up with what's mounted up whilst I've been off and planning for flu/covid phase 3 that needs to be done asap. The next few months are going to be even more manic than the past 18 months for us it looks like, as we have been asked to deliver additional services on top of our usual winter pressures, flu clinics and also the covid phase 3. As such it'll most likely just be me or Rob that attends the PPG meetings on behalf of the practice in future. Not because we're not interested or don't care but in all honesty its just really tough to find the time for any meeting at the moment'.

1. Previous Minutes – 7th.July 2021

a. Matters arising:

i Health related project – Sherborne Girls students:

(RM) stated that he had forwarded the report from Sherborne Girls to Simon Longman – NHS Dorset CCG – Head of Digital System Integration. The report related to the use of eConsult and had been produced by both Arabella and Emily, both members of the PPG. The following response had been received from Simon Longman: *"The key message I would like passed to your Youth Members please is firstly thanks, secondly that we absolutely agree with points raised and for them to be assured that their comments will be included as requirements in forthcoming procurements. Finally, I would ask if we can share the report with eConsult, to emphasise the same points previously made but by means of a report written specifically to highlight concerns by engaged young people".*

Action: CLOSED

ii **Military Veteran Patients Directory:**

Following a review of the directory by David Crothers, Tony Gordon and Rob Munro of the CGG and subsequent amendments, a copy of the directory had been passed to Dr Dangerfield. Subsequently the directory had been added to the Grove website. **Action: CLOSED**

iii **Armed Forces Patient Participation Involvement Group:**

The action was for a meeting to be held between **(TG)**, **(RM)** and **(VM)** to progress this item. Unfortunately **(TG)** had a family bereavement to cope with and also additional work involving deliveries of medication for the Abbey Pharmacy with staff having to isolate due to the pandemic. However, **(TG)** had provided an update on the work done to date. Further discussion on the subject was conducted under agenda item 3.

Action: CLOSED

iv **CCG information on mask wearing:**

(GF) subsequently received a response from the CCG, but there was now a general directive requesting that patients wear mask when visiting the Practice premises. **Action: CLOSED**

v **Grove website:**

As discussed at the previous meeting it was noted that the Grove website referred to the 'Patient Group' and not the 'Patient Participation Group'. This had caused confusion among patients who thought that it referred to signing up as a patient. **(RM)** stated that he had contacted Donna Adams and she had amended the terminology on the website to state 'Patient Participation Group'. **Action: CLOSED**

2. Practice Update:

a) **General Update:**

(RC) reported that the Practice was still very busy, but the situation had improved slightly due to the fact that the appointment system had been revised to allow more pre-bookable appointments. This had allowed the GPs to work under less pressure and the reception staff to offer more face to face and online appointments.

Recently Dr Armitage, who has been a locum at the Practice, commented that 'most practices are sinking but we are still swimming'.

Regarding staff, the Practice was losing a practice nurse and although her replacement was advertised there have been few applicants with none being of a sufficient calibre. Consequently the Practice was training up their own staff in the positions of practice nurse and advanced nurse practitioner.

The Practice has been advertising for additional GPs and has had success dependent upon final references. It was anticipated that a female GP will be starting in May under the GP Retainer Scheme for 2 days per week and a second GP starting in late November or early December for 3 full days per week

Rebecca Lye – Registrar Trainee, has agreed to remain with the Practice at the end of her traineeship next October and will be conducting 6 sessions per week.

There have been 11 good applicants for the vacant position of medical secretary.

(RC) also stated that the Patient Services team were working well. In addition Sarah Webster would be starting at the end of August to work on administration of the Primary Care Network.

Action: ALL TO NOTE

(DB) asked whether the long hours were affecting the GPs, as he felt that many patients did not realise the long hours being worked. **(RC)** felt that moral was good especially as the Practice had been successful in its recruitment drive for additional GPs.

b) Covid-19 Vaccination Update:

(RC) stated that the Covid vaccination clinic equipment at the Digby Hall had been packed away until needed again in September.

The Covid vaccination clinic for the 25 or so 12 to 15 year olds, who might be vulnerable (i.e. those with severe neuro-disabilities, Down's syndrome, underlying conditions resulting in immunosuppression, those with profound or severe learning disabilities) or those children living in households with patients who are immunosuppressed, will be conducted at the Grove Medical Centre on the 25th.August.

Regarding the Covid vaccinations for the 16 – 17 year old age group, many had already been vaccinated at the direct booking centres. However, it was intended to vaccinate those of that age group, (estimated to be about 300), who hadn't been vaccinated, with a single dose of Pfizer vaccine at a clinic to be held at the Digby Hall on the 11th.September. On the same day the PCN would be conducting the first batch of flu vaccinations at the Digby Hall clinic.

Regarding the Phase 3 Covid Pfizer booster vaccinations, it had been determined that this vaccination could only be given to patients after a minimum of 26 weeks following their previous Covid vaccination. The first of these clinics would be held at the end of September and would be combined with a flu vaccination.

In addition there may be a flu vaccination clinic on the 18th.September.

Action: ALL TO NOTE

3. Armed Forces Patient Participation Involvement Group:

There had been several ex-service personnel who wished to be involved and their details have been passed to **(TG)**.

(TG) had provided the meeting with an update report in which he stated that he had attended the Yeovil Armed Forces Veterans Breakfast Club on the 7th.August to find out how they operated and whilst he was there he made contact with Lisa Snowden from the WRNS Association and she was willing to help any initiative that we get going in Sherborne.

Post Meeting Note: A meeting between **(TG)**, **(RM)** and our **Social Prescribers** has been arranged for the 24th.August to determine a way forward with this project. (This is all the more important as a result of the recent developments in Afghanistan).

4. Cancer Awareness/Support Group:

Subsequent to the last PPG meeting **(RM)** had arranged with Vikki Andrews of Macmillan Cancer Support to organise an online presentation on cancer

awareness. This was held on the 27th July and the feedback received was excellent with the presentation being pitched just at the right level.

It was agreed to circulate the presentation material. (See Appendix 'A')

Action: (RM)

(RM) reported that the setting up a Cancer Support Group in Sherborne was being progressed. PPG members were working with Tracy Street - Macmillan Cancer Support - Engagement Lead, Dorset, Hampshire, Isle of Wight & Channel Islands and it was planned to hold an open meeting sometime in the near future.

Action: ALL TO NOTE

5. PPG Activities Since Last Meeting:

- 8 July - Meeting with Vikki Andrews – Macmillan Cancer Support
- 15 July – NHS Reform webinar – What do ICS proposals mean for general practice
- 19 July – Attended Sherborne Town Council meeting
- 20 July – Further meeting with members of Macmillan Cancer Support
- 21 July – NHS Webinar on support for armed forces
- 21 July – PPG Webinar on the Integrated Care System
- 26 July – Attended FOYH presentation at Castle Gardens
- 27 July – Cancer Awareness presentation
- 3 August – Grove Newsletter group meeting
- 3 August – Cancer Support Group meeting
- 9 August – Cancer Awareness presentation on lung cancer
- 9 August – CCG Public Engagement Group meeting
- 11 August – North Dorset PPG Chairs meeting

6. Reports:

a) Yeatman Hospital – Friends of the Yeatman Hospital (FOHY):

In his absence **(TM)** had provided the meeting with an update report on the latest activities of the FOYH:

- Re-opening of MIU – appointments only
- Funding support for local community
 - ❖ Mental Health and Cancer
 - ❖ Sherborne & Abbey Primary Schools
 - ❖ The Rendezvous
 - ❖ New Breast Cancer Unit at Yeovil – 18,000 patients from DT9 postcodes appointments at YDH last year – 625 breast cancer appointments increase of 5% on previous year
- September Car Boot Sale – The Terraces – Sunday 5th September 2021
- 70th Anniversary –
 - ❖ Castle Gardens Party
 - ❖ Patients & Staff birthday cake
 - ❖ Thanksgiving service at the Abbey - 14th May
 - ❖ Volunteers thank you awards – 14th May
 - ❖ School projects ongoing for Spring – Summer 2022
- AGM 22nd September – Digby Memorial Church Hall.

b) Newsletter Group Meeting

- A busy newsletter – extended to 6 pages
- COVID Update for Dr Childs – Front Page
- The Grove's new services for Military Vets
- Joan Cooper's life after COVID – getting proactive
- Outstanding forensic review and research of Dorset eConsult
- Cancer Awareness story – Cancer Continues to Kill
- Re-opening of MIU
- Community Volunteers – gardening at the Grove Story
- Roger Marsh nominated as Trustee for the Friends of the FOYH.

c) Sherborne Town Council (STC):

(RM) stated that he had attended the July meeting of Sherborne Town Council and reported on the PPG ongoing activities on the Covid vaccinations; Cancer Awareness; Military Veterans; work of Sherborne Girls on eConsult; Health Champions activities; and plans for an orienteering course in Sherborne.

He had raised the fact that Sherborne Area Primary Care Network had provided £10K to Sherborne Town Council for the use of the Digby Hall to conduct Covid vaccinations.

d) North Dorset PPG Chairs Meeting Update:

(RM) reported that he had attended the latest meeting held on the 11th August. The meeting discussed the Integrated Care System and the review recently conducted by the CCG Public Engagement Group.

It was also agreed that the North Dorset PPGs were in favour of supporting a Dorset PPG Conference.

Due to the ongoing situation of increased housing in the locality and the subsequent increase in patient numbers it was requested that a meeting with Di McLaughlin – CCG Estates should be organised to discuss the issue.

Concern was raised over the CCG list of pharmacies offering Covid vaccination in that none were in North Dorset.

e) Health Champions:

(VM) had provided the meeting with an update report:

Wellbeing walks

These were continuing to run every Friday, at 2pm, from the Paddock Gardens with good attendance but there was still a need for additional walk leaders.

Telephone Friendship Groups

These continue, with regular weekly sessions and a number of attendees.

Sherborne Area Directory for Health and Care

Work by the Health Champions assisting with updating the Directory for 2021 was progressing slowly in determining the organisations that were still in existence following the Covid lockdown.

Grove Garden Project

A number of volunteers had helped with the improvement of the garden at the back of the Surgery, and work had progressed well in clearing the area. However, further work was now required to remove stumps etc.

Community Fridges

(JC1) stated that she was having difficulties recruiting volunteers to man the proposed community fridges that were intended to be located at the West End Hall and St Paul's Church.

(JC1) Commented that much of the work reported on by **(VM)** was conducted on a one to one basis and she said that in her experience it was hugely effective.

f) **CCG PPG Lead Report:**

(GF) gave an update on activities across Dorset. She stated that most recently a total 1,875,596 doses of Covid vaccinations had been administered across Dorset with over half a million second doses having been administered.

Furthermore the BCP area Covid infection rate up to the 10th.August was 455 cases per 100,000 population with 1809 cases and in the Dorset Council area 305 cases per 100,000 with 1160 cases. There were a total of 37 patients in hospital across Dorset with Covid and 5 of those were either on oxygen or ventilation.

GP centres were beginning to administer Covid vaccinations to both 16 – 17 year old and 12 to 15 year old age groups. However, this had shown that many of the younger age group had not kept their contact details update which was presenting a problem.

NHS Dorset CCG Transformation Group were addressing the large number of patients awaiting an outpatient appointment in the Bournemouth and Poole area by the introduction of new premises in Poole's Dolphin Shopping Centre that were specifically designed to treat patients in either dermatology, orthopaedic, ophthalmology or breast cancer screening. If this proved successful further similar centres would be opened across Dorset. (See agenda item 6g below).

(GF) also reported that 'Living Well Taking Control' were offering a free webinar on reducing the risk of diabetes on the 2nd.December from 1.00 to 1.30pm.

g) **CCG Public Engagement Group (PEG):**

(RM) reported on the most recent meeting held on 9th.August:

- **Integrated Care System (ICS) – slides for an informed audience**

The meeting was presented with feedback on the Integrated Care System slides for an informed audience that the Public Engagement Group reviewed at its previous meeting. Changes had been made to the presentation material that included the suggestions made by the PEG.

- **Think Big – Recovery Initiative in Poole**

Ashleigh Boreham, Deputy Director of Transformation at NHS Dorset CCG and Jamie Donald, Acting Associate Director of Communications at University Hospitals Dorset NHS Foundation Trust, presented the Think Big elective care recovery project in the Poole Dolphin Centre which aimed to tackle NHS Dorset's waiting lists.

- **Our Dorset Innovation Hub**

Sarah Chessell, Head of Innovation at University Hospitals Dorset and Lead for the Dorset Innovation Hub, presented an overview of the hub which has funding of up to £475,000 from the Health Foundation

The aim of the project was to help improve health and social care outcomes, equity and accessibility across Dorset. It will seek to address the unique challenges of caring for the population of Dorset, and the need to innovate and transform care.

7. PPG Projects:

a) Sherborne Orienteering Project:

(DB) reported that he was in the process of securing local funding for this project which would enable an orienteering course to be established in Sherborne similar to those which already exist in Gillingham and Sturminster Newton. The aim was to encourage outdoor activity by making the course(s) suitable for all ages and abilities. Regarding funding (DB) was encouraged by the positive responses that he had received to date.

Action: (DB)

b) Future Projects:

(RM) had previously circulated a list of future projects for PPG members to prioritise, but due to the small number of PPG members at the meeting it was agreed to hold this item over to a future meeting.

Action: All PPG Members

8. Apples PPG Update:

In the absence of (BD) it was reported that the next Apples PPG meeting was scheduled to be held on the 24th.August.

9. Any Other Business:

c) Blood Tests:

(RM) stated that he had read a recent report in the Daily Telegraph stating that NHS England had issued guidance to GPs and hospital doctors to restrict routine blood tests due to a shortage of test tubes. However blood tests where clinically urgently indicated would still be carried out but not for non-urgent cases. (RC) confirmed this to be the case and that he was presently in discussions within the Practice to determine methods of complying with the directive.

Action: ALL TO NOTE.

d) Yetminster PPG:

(CH) had been invited to attend the meeting such that he could observe how the Grove PPG functioned. He stated that he was still liaising with the Yetminster Practice in working to form a Patient Participation Group.

Action: ALL TO NOTE.

10. Date of next meeting:

Wednesday 29th.September 2021 at 5.30 pm. via Zoom video conferencing.

PLEASE NOTE CHANGE OF MEETING DATE DUE TO CLASH OF DATES WITH THE ANNUAL MEETING OF THE FRIENDS OF THE YEATMAN HOSPITAL.

Future meeting dates:

Annual Meeting: Wednesday 27th.October 2021

Wednesday

8th.December

2021

THE GROVE PPG MINUTES OF MEETING 18 AUGUST 2021
APPENDIX 'A'



Welcome



Dorset Macmillan Cancer Information Project
Cancer Information Webinar
27th July 2021

The session will begin soon.

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Cancer Information in Dorset

- Our aim is to ensure that cancer patients, their families and carers across Dorset are able to access information and support in the right place, at the right time and in the right way to suit them
- This will be achieved through personalised supported signposting to existing groups and services, meeting each person's treatment and holistic needs, and improving their overall health and wellbeing

Why Are We Here?

- To increase your general cancer knowledge
- To enable you to confidently signpost people to relevant cancer-related health and information services
- To hear from the key healthcare professionals involved in caring for someone with cancer

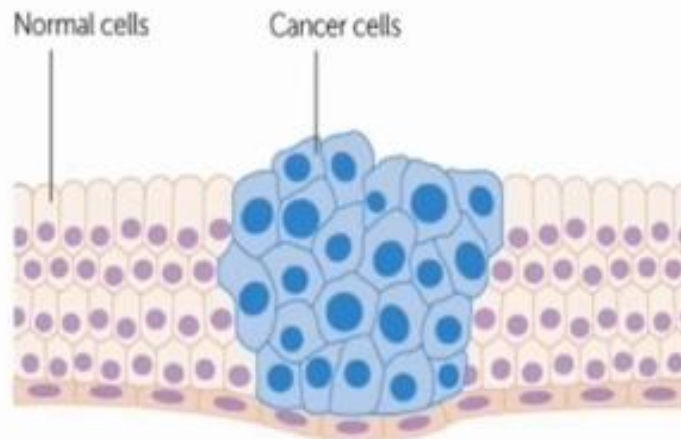
Speakers

- **Vikki Andrews**- Dorset Macmillan Cancer Information Project Manager
- **Sian Thomas- Cutts and Maggie Armour**- Cancer Support Workers
- **Andy Taylor** - Digital Champions
- **Keith Withers** - Cancer Matters Wessex Content Coordinator
- **Tracy Street** - Engagement Lead at Macmillan Cancer Support

Vikki Andrews

Project Manager, RGN, BSc(Hons) PgDip Cancer and Palliative Care
Dorset Macmillan Cancer Information

What is Cancer?



Cancer Research UK

- A collection of cells that grow in an uncontrolled way. The cells have lost the ability to know when to stop multiplying.
- Cancer cells look abnormal under the microscope although they may have characteristics of the host organ/tissue
- Cancer cells have the ability to invade other parts of the body and this is what causes secondaries or metastases
- Cancer can form in any part of the body, including the blood cells

Cancer in Dorset

Q: How many people will get cancer in their lifetime?

Answer: 1:2

Q: How many people were estimated to be living with and beyond cancer in Dorset in 2020?

Answer: 34 500

>5 000 people in Dorset diagnosed with cancer

>15 people each day

Cancer diagnosis

- Symptoms can be obvious or subtle
- Referral to hospital or fast-track referral by GP
- Investigations organised based on symptoms
- Screening

Staging and grading of cancer

- All cancers are graded depending on their size, appearance and degree of spread.
- Helps inform treatment options and likely response to treatment
- Helps inform prognosis
- The grading system: how different are the cells?
- Internationally recognised grading including TNM grading criteria

Cancer Treatment

- Surgery
- Radiotherapy
- Chemotherapy
- Targeted therapies
- Immunotherapy
- Hormone therapy
- Bone marrow and stem cell transplant
- Watchful waiting and surveillance
- Best supportive care and palliative care
- Combinations of the above

After cancer treatment

- Treatment Summaries
- Holistic Needs Assessment
- Cancer Care Review: a conversation with a member of their primary care team
- Potential adverse effects
- Advice / rapid re-entry
- Health and Wellbeing Events

Cancer Support Workers

Sian Thomas-Cutts
Maggie Armour
Dorset County Hospital



Dorset County Hospital Cancer Support Workers



Siân Thomas-Cutts	Haematology and Lung	07919 020890	sian.thomas-cutts@dchft.nhs.uk
Sally Phillips	Urology	01305 253755	sally.phillips@dchft.nhs.uk
Vicki Hyde	Macmillan Therapy Team	07880 474393	vicki.hyde@dchft.nhs.uk
Stephanie Dukes	Upper GI, Head and Neck, Thyroid and CUP	01305 255710	stephanie.dukes@dchft.nhs.uk
Maggie Armour	Colorectal	07787 223151	maggie.armour@dchft.nhs.uk
Kate Chown	Breast	01305 255160	katie.Chown@dchft.nhs.uk
Tessa Bendell	Gynaecology and Skin	07787 223500	tessa.bendell@dchft.nhs.uk

Cancer Support Workers

- ✓ Based in the hospital
- ✓ Linked to specific cancers such as lung cancer
- ✓ Information and support to patients
- ✓ Contact
- ✓ Cancer Recovery package
- ✓ Health and Wellbeing events
- ✓ Coordinate self-management pathway

Where might people be referred to?

- ✓ Macmillan Benefits Advisor
- ✓ Parking
- ✓ Housing services
- ✓ Social Care
- ✓ Age UK
- ✓ LiveWell Dorset
- ✓ Active Dorset

Andy Taylor

Digital Champions



Call the Digital Hotline
01305 221048

Weekdays from 10am to 12 noon
(excluding Bank Holidays)

#Digital Dorset

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Cancer Matters Wessex Website

Keith Withers

Cancer Matters Wessex Content Coordinator



Cancer Matters Wessex

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Welcome to Cancer Matters Wessex

Find information, services and support for people affected by cancer in Dorset, Hampshire and the Isle of Wight

Cancer Matters Wessex is here for you if you are affected by cancer, whether as a patient, carer, family member or friend.

Here you will find information about the diagnosis and treatment of cancer, as well as links to local services and support to help you live with and beyond cancer.

We hope you will find the information useful and will continue to use the website as it is developed further.

Please [contact us](#) if you have any comments or feedback

[I have been referred for suspected cancer](#)

[I have been diagnosed with cancer](#)

[I am looking for cancer support near me](#)

Worried about cancer?

If you have signs or symptoms that could suggest cancer, it is important you seek medical advice.

Please contact your GP surgery directly. You can telephone, or you can go to your surgery's website to complete an online form via e-Consult. Your GP surgery may offer you an online consultation, so you do not have to go to the surgery unnecessarily.

[Cancer signs and symptoms - Cancer Research UK](#)

[Cancer Types A-Z - Macmillan Cancer Support](#)

Learn English [Government response to coronavirus on GOV.UK](#)

[Read more about coronavirus and cancer](#)



Latest News



Prostate Cancer Research

Living Well with Prostate Cancer – Zoom Webinar Series

Jul 9, 2021

Between August 2021 and January 2022, Prostate Cancer Research are putting on a number of video webinars, hosted on Zoom, covering a diverse range of topics.

Attendance is completely FREE.

[read more](#)



Spot the Difference – Lung Cancer Campaign

Jun 28, 2021

Spot the Difference urges us all to look closely at our loved ones, to spot any differences in health that could be an early symptom of lung cancer.

[read more](#)



Help us improve diet and nutrition advice

Jun 18, 2021

Diet and nutrition are really important but never more so when you are having cancer treatment.

Wessex Cancer Alliance are funding new projects to improve the way people with cancer are supported with their nutrition and eating at all stages of their illness.

[read more](#)





Diagnosing Cancer

What is cancer?

Cancer is a condition where cells in a specific part of the body grow and reproduce uncontrollably. The cancerous cells can invade and destroy surrounding healthy tissue, including organs like the brain or liver.

There are more than 200 different types of cancer, and each is diagnosed and treated in a particular way. Cancer sometimes begins in one part of the body before spreading to other areas.

Accurately diagnosing cancer can take several weeks. Many common cancer symptoms have other possible causes, and many people who are referred for further tests do not have cancer.

Cancer survival rates in England are higher than they have ever been, and earlier diagnosis usually leads to better outcomes. This is why it is important to act quickly if cancer is suspected, and why you should attend hospital appointments for tests when invited.

On this page you will find out about how cancer is diagnosed. There are links to useful videos, and other websites with more detailed information.

[Macmillan Cancer Support - Cancer Types A-Z](#)

[Cancer Research UK - Your Cancer Type](#)

Need support now?

Macmillan support line [0808 808 0000](tel:0808 808 0000) (8am-8pm, 7 days a week)

Use the Cancer Care Map to [find support near you](#)

[COVID-19 update](#)

Diagnosing Cancer - Cancer Info - X


← → ↻ cancermatterwessex.nhs.uk/diagnosing-cancer/

English

How cancer is diagnosed

There are many types of cancer and they are diagnosed in different ways. The tests you need will be based on your exact symptoms.

In this section we describe some of the more common tests used for diagnosing cancer. You will find links to other websites where you can find more information about diagnosing specific cancer types. Here you can also find links to relevant videos in our library to show you what might happen during your hospital appointment.



CT scan

CT stands for computerised tomography. A CT scan, also known as a CAT scan, is a specialised X-ray test. It can give quite clear pictures of the inside of your body to give a more 3-dimensional view. In particular, it can give good pictures of soft tissues of the body which do not show on ordinary X-ray pictures. It will show possible cancer, its size and whether it has spread.

You can read more about what is involved in having a CT scan on the [Cancer Research UK](#) website.

You can also watch these videos from our cancer information library:

- [What is a CT scan?](#)
- [Having a CT scan of your chest, abdomen and pelvis with contrast](#)

MRI Scan

MRI stands for magnetic resonance imaging. An MRI is a type of scan that creates pictures using magnetism and radio waves. MRI scans produce pictures from angles all around the body and shows up soft tissues very clearly.

They take between 15 and 90 minutes.

You can read more about what is involved in having a MRI scan on the [Cancer Research UK](#) website.

You can also watch this video from our cancer information library:

- [An introduction to having an MRI scan](#)


Biopsy

If you need a biopsy then a doctor will remove a small sample of your body tissue from the affected area, using a needle. This will then be examined under a microscope to find out whether you have cancer or not.

Sometimes biopsies may need to be repeated to get a more accurate

X-Ray

An x-ray is a test that uses small doses of radiation to take pictures of the inside of your body. They are a good way to look at bones and can show changes caused by cancer or other medical conditions. X-rays can also show changes in other organs, such as the lungs.



Diagnosing Cancer - Cancer Matters Wessex

cancermatterswessex.nhs.uk/diagnosing-cancer/

English

General Practitioner (GP)
A doctor based in the community who can assess your symptoms and refer you for specialist treatment if appropriate.

Hospital Consultant
A specialist doctor who is trained to diagnose and treat cancer. Consultants specialise in one or more parts of the body, so who you see will depend on your exact symptoms. For example, if you have a lump in the breast you would be referred to see a breast surgeon.

Consultant Radiologist
A doctor who carries out investigations to diagnose diseases using medical imaging, such as X-rays, CT scans, MRI, PET scans and ultrasound. They also perform biopsies if needed. You can find more information about these tests further down this page.

Clinical Nurse Specialist
A nurse who specialises in a specific type of cancer, and who is able to offer expert advice and information about diagnosis, treatments, ongoing care and follow up.

Your referral for suspected cancer

Tests and diagnosis

Your test results

Was this helpful? ☐ Yes ☐ No

Cancer Care Map

Support can be a lifeline for people affected by cancer. There are a broad range of services available in the Wessex area and further afield.

Cancer Care Map is a simple, free, online resource to help you find cancer support services near you.

To find support groups and services in your local area, enter your postcode below and click search. This will show your search results on the Cancer Care Map. After you've arrived at the Cancer Care Map, you can also refine your search for more specific services, or browse the types of services available.



Enter your postcode below to view services in your area:

Enter postcode

Search Map

If you see something that looks incorrect on the Cancer Care Map, please report this to us



Find cancer support services near you

By postcode, city or region

e.g. E15 1YU

By keyword

e.g. breast cancer

☐ Include National Services

FIND SERVICES



What is Cancer Care Map?

Cancer Care Map is a simple, online resource that aims to help you find cancer support services in your local area wherever you are in the UK. You can either search for a service or browse the types of services available.

READ MORE

cancermatters.wessexnhs.uk/Living-with-and-beyond-cancer/

English

Living with cancer

1 in 2 people in the UK will get cancer, according to Cancer Research UK. More people are surviving longer due to advances in our understanding of the disease and how to treat it.

Living with cancer can be difficult, but there is help and support available.

On this page you will find information to help you manage the effects of cancer. Everyone's needs will be different, depending on age and circumstances.

Most of the information on this page is general for all cancers. We have compiled a list of national charities dedicated to specific types of cancer. You may find these sites have more information that is relevant to you.

If you cannot find what you are looking for on this page please [contact us](#) and we will try to help.

Macmillan Cancer Support - Cancer Types A-Z

Cancer Research UK - Your Cancer Type

Need support now?

Macmillan support line [0808 808 0000](tel:0808 808 0000) (8am-8pm, 7 days a week)

Use the Cancer Care Map to [find support near you](#)

A cancer diagnosis can be overwhelming. Macmillan Cancer Support can help you make sense of it all, with ongoing tailored information and support you can trust, from day one. Helping you cope with the physical, financial and emotional impacts of cancer, including:

- following a healthy diet during treatment
- planning and managing your finances
- understanding what benefits you may be entitled to
- talking about your diagnosis with loved ones and colleagues
- coping with any changes in your relationships.

[Sign up with Macmillan Cancer Support](#) to receive tailored email support after a cancer diagnosis

Cancer and your emotions

Cancer and your body

Support and Information available from Macmillan Cancer Support

Tracy Street

Engagement Lead, Macmillan Cancer Support

Covering Dorset, Hampshire, Isle of Wight and Channel Islands



**MACMILLAN
CANCER SUPPORT**

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Cancer Diagnosis – we are here to help

At Macmillan Cancer Support we are aware of the emotional, physical and financial impact that a cancer diagnosis can bring. We can help you to make sense of it all with our trusted and tailored information and support, from advice on how to talk to loved ones and preparing for treatment, to understanding what financial support you may be entitled to and working through cancer.

The Macmillan website includes information about all our offers for physical, financial and emotional support. So whatever cancer throws your way, we're right there with you.

macmillan.org.uk



MACMILLAN
CANCER SUPPORT

Macmillan Support Line and Information

Macmillan helpline

For information, support or just someone to talk to, our cancer information and support specialists offer a listening ear, we can talk to you about what matters to you. We also offer guidance and help to find the right information and support in your area.

Call us free on **0808 808 00 00**, 7 days a week, 8am to 8pm.

Award winning cancer information

Our high-quality cancer information is written by experts. It's easy to order and available free of charge, in many different formats. We cover a wide range of topics for people with cancer, their loved ones and carers.

Visit our website to see what's available at macmillan.org.uk/cancer-information-and-support

You can also order free booklets for patients at be.macmillan.org.uk

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Benefits of Peer Support

Macmillan Cancer Support recognises the value of peer support and self-help groups, the benefit of being able to meet and talk to others who have been through a similar experience.

We offer our expertise in guiding and enabling the setting up of groups which meet the needs of the individual and community, e.g. tea & chat, arts groups, choirs, walking groups, etc.

“They act as safety nets, particularly at the end of treatment when medical interventions cease. It’s like a road map that helps you understand new ways of moving forward, often when there are hills to climb or diversions into the unknown”.

“Support groups offer an opportunity to meet new people, with a common bond, helping through difficult time, laughing crying together. Helps not just physical symptoms but emotionally too.”

“Sunshine on a rainy day”

The Macmillan Engagement Lead can advise and guide you. email: [Engagement SouthWest@macmillan.org.uk](mailto:EngagementSouthWest@macmillan.org.uk)

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Peer Support in Dorset

Dorset peer support / self-help groups:

- Axminster and Lyme Cancer Support: <https://axminsterandlymecancersupport.co.uk/>
- Butterflies: <https://www.butterfliescancersupport.co.uk/>
- C'siders: <http://csiders.org/>
- Purbeck Workshop: <https://www.purbeckworkshop.org/>
- The Living Tree – Bridport: <https://www.thelivingtree.org.uk/>

And many other including those run by the Hospitals:

Living Tree video: <https://vimeo.com/343096757/46a2a764dd>

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<https://www.thelivingtree.org.uk/>