

Macmillan Next Steps

A new NHS service supporting people with cancer in Gloucester City and the North Cotswolds

Working in partnership with:

**WE ARE
MACMILLAN.
CANCER SUPPORT**

Gloucestershire Care Services 
NHS Trust



Have you, or has someone you know,
been affected by:

Breast cancer?

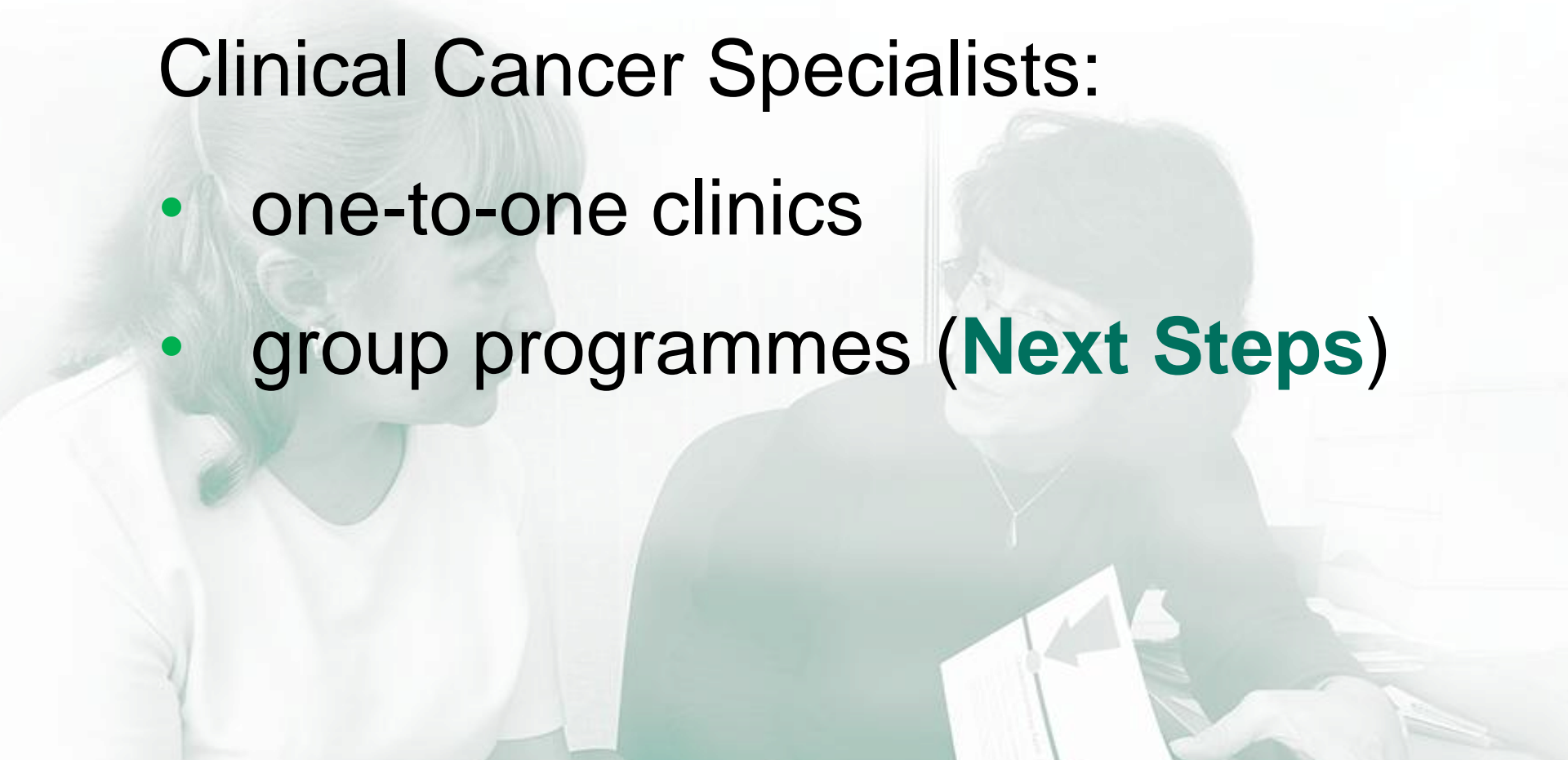
Prostate cancer?

Colorectal cancer?

If so, would you like further support?

We can help you manage your condition through support from Clinical Cancer Specialists:

- one-to-one clinics
- group programmes (**Next Steps**)



The **Macmillan Next Steps Team** includes cancer specialists in physiotherapy, radiotherapy, dietetics, specialist cancer nursing, occupational therapy and healthy lifestyles.

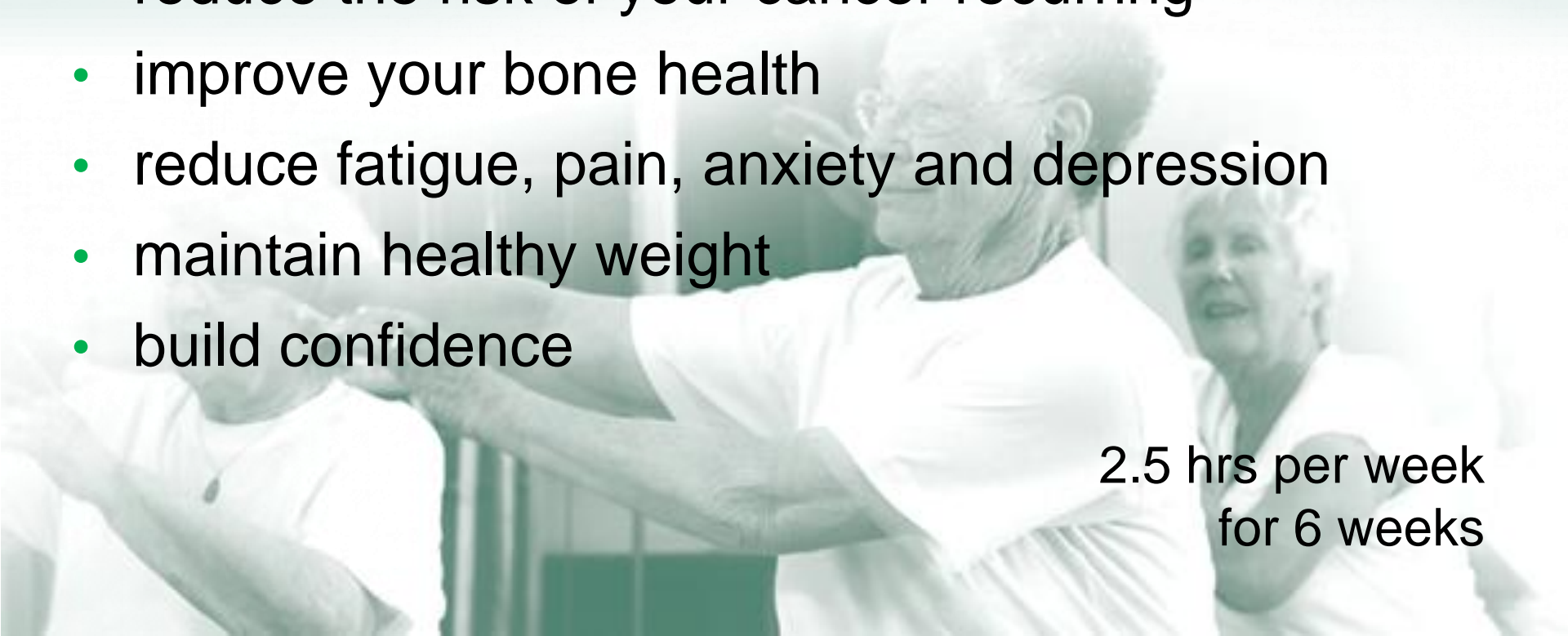
Next Steps Programme

Active Everyday

Expert advice from a Specialist Physiotherapist about keeping physically active to:

- reduce the risk of your cancer recurring
- improve your bone health
- reduce fatigue, pain, anxiety and depression
- maintain healthy weight
- build confidence

2.5 hrs per week
for 6 weeks



Next Steps Programme

Eat Well and Feel Good

Practical advice and healthy eating tips from a Cancer Specialist Dietitian on:

- supplements and food labels
- how diet links with cancer
- common dietary myths
- keeping active and maintaining a healthy weight
- setting and achieving goals

2 hrs per week
for 6 weeks

Next Steps Programme

Recipe for Health

How to eat healthily and keep active:

- understand more about nutrition and unhealthy behaviours
- introduce new habits
- make small changes to improve your health
- embrace mindful eating

2.5 hrs per week
for 4 weeks

Next Steps Programme

Take Control

Take control is a Health and Wellbeing Workshop designed to:

- Support you with essential skills and coping mechanisms
- Help you find new ways to regain your confidence
- Manage stress and self-manage
- Understand some of the consequences of cancer

3 hrs per week
for 1 week

Next Steps Programme

Help Overcoming Problems Effectively (HOPE)

Help and support with:

- managing stress, feelings, fear and fatigue
- keeping active and feeling good about your body
- being mindful and focusing on your strengths
- working out your life priorities

2.5 hrs per week
for 6 weeks

Next Steps Programme

Prostate Cancer Service

- Providing support to patients and families within the community in conjunction with Hospital Urology Services
- The Prostate Cancer UK Clinical Nurse Specialist provides support in your community managing the clinical side effects of prostate cancer and its treatment
- Providing psychological support for patients and carers living with the consequences of cancer

If you would like to find out more, speak to your Doctor, Practice Nurse or pick up a **Next Steps** leaflet from the receptionist