

YOUR CANCER JOURNEY IN FIFE

What the Fife Improving
the Cancer Journey Team
can do for you

In partnership with

Fife Health
& Social Care
Partnership 
Supporting the people of Fife together

MACMILLAN
CANCER SUPPORT
RIGHT THERE WITH YOU

What can you expect from the Improving the Cancer Journey (ICJ) Team?

The Improving the Cancer Journey team can provide tailored support and information to those living with cancer, as well as those affected by cancer (partners, carers, family members).

What type of support can I ask for?

Link Worker

You will be allocated a link worker who will be your point of contact. This could be at any stage of your journey. Your link worker will have a conversation over the telephone, using *NEAR ME* technology or face to face when Covid restrictions allow. The link worker will discuss what is important to you, and what concerns you may have.

Holistic Needs Assessment (HNA) – what is a holistic needs assessment?

You will be asked to fill out an HNA and this will be in the form of a concerns checklist. This will assist us in identifying “what matters to you”. The concerns checklist will cover all areas of your life: physical, emotional, practical, financial and spiritual.

This is to make sure that your wider needs are met, and it is an opportunity for you to discuss what matters to you.

The holistic needs assessment is an opportunity for you to tell us “about things that matter to you” or anything that concerns you. Together we can think through the best ways for you to manage these concerns.

Care Plan

This will be created from your highlighted concerns which were discussed during the HNA. With your permission your care plan can be shared with anyone involved in your care (e.g. GP/Cancer Nurse Specialist). This gives your healthcare team an update on your current concerns.

This is what people in Fife tell us is important to them during and after their cancer journey

**PRACTICAL
MONEY OR FINANCE,
TRANSPORT OR
PARKING AND
HOUSING**

**PHYSICAL
TIRED,
EXHAUSTED
OR FATIGUED**

**MOVING AROUND
AND WALKING,
PAIN OR
DISCOMFORT, SLEEP
PROBLEMS**

**EMOTIONAL
WORRY, FEAR OR
ANXIETY, THINKING
ABOUT THE FUTURE
AND UNCERTAINTY**

As you discuss your concerns, your link worker can support you to access other resources within your local community.

This could simply be a conversation or sharing of tailored information.



What type of information can I ask for?

Here are just some examples of concerns from people and their solutions. Each solution will be person-centred.

"I'm no longer able to work due to my symptoms and I have financial commitments"

Refer or signpost to benefits adviser to explore accessing relevant benefits/grants.

"I've just been diagnosed with cancer and I am finding it hard to think clearly."

We will help you identify key areas in your life that you may want to consider.

"I am feeling anxious about my diagnosis and the future and I don't want to talk to my family"

Signpost to an appropriate listening/ counselling service.

"How can I safely maximise my mobility throughout my cancer journey?"

Sharing of the 'Move More' service and exercise options to improve your physical activity levels.

"I'm finding it difficult to prepare my meals"

Referral to community occupational therapy services to provide an assessment for aids/ adaptations that would maximise independence.

"I am caring for someone living with cancer what help can I get?"

Your link worker can signpost you to local carers support groups.

"Breathlessness means I can't do as much around the house"

Discuss how you can pace daily activities and what exercise is available in your local area, for example physical activity classes tailored to your ability.

MY KEY CONTACT INFORMATION

Who is my Link worker?

Name:

Contact details:

Who is my key contact in my health care team?

Name:

Contact details:

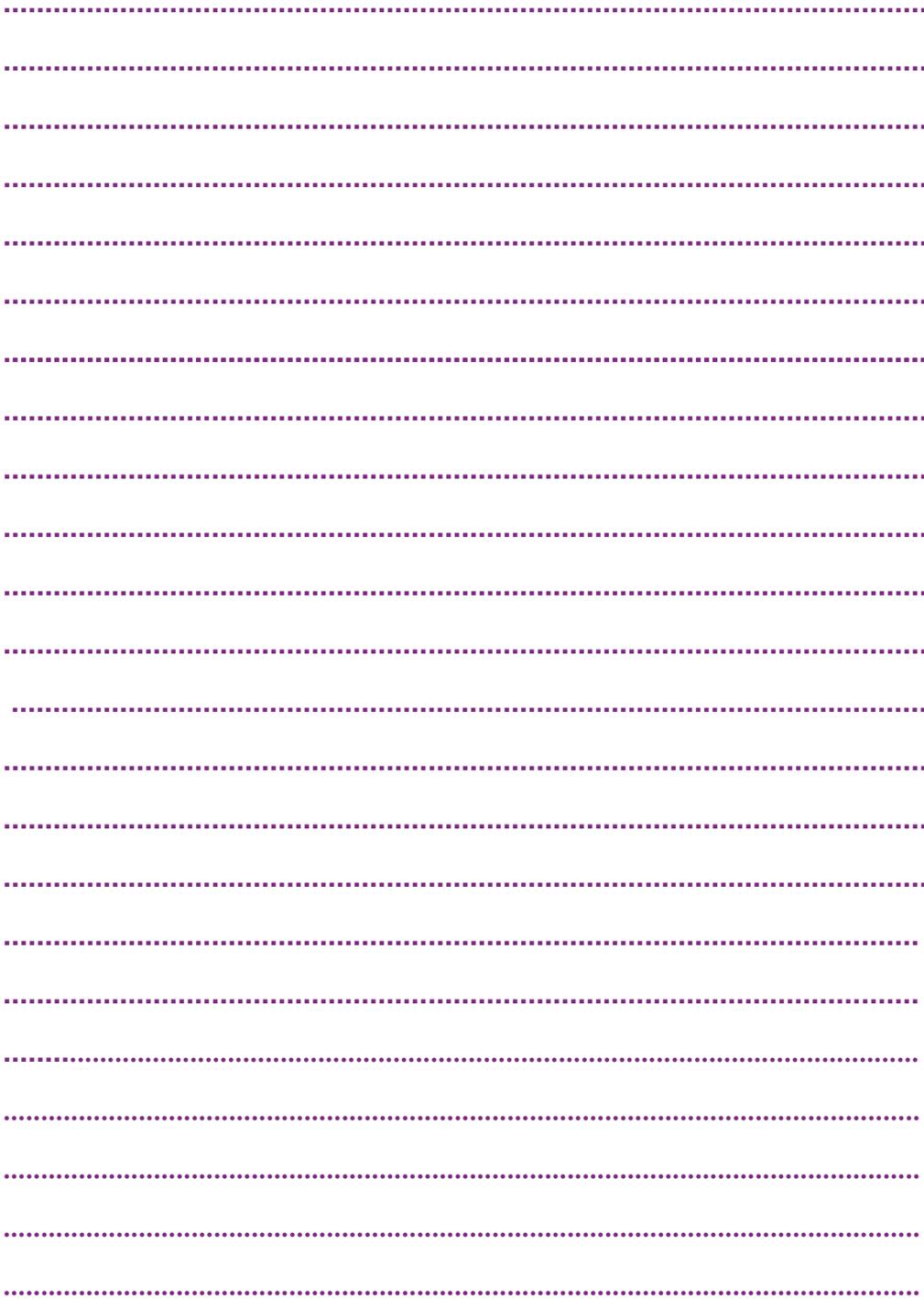
Other useful contacts:

Name:

Contact details:

Name:

Contact details:



GET IN TOUCH

Mobility and exercise

Bums Off Seats Fife

E-mail: bumsoffseats.project@fife.gov.uk

Move More Fife: Health and Wellbeing Team

Tel: 01383 602127

Website: healthwellbeing@fifeleisure.org.uk

Local Authority Services

Tel: 03451 551 503

Speak with a member of the social work contact centre and they will make a referral for you to appropriate service. Services include:

- Social Work & Social Care – Social Work, Care at Home, Community Alarms and Meals on Wheels.
- Community Occupational Therapy – To request an assessment to maximise safety and independence within your home.

Mobility Aids & Walking Aids

Your GP can request a mobility or wheelchair assessment.

Travel

Dial-a-ride

Tel: 03451 55 11 88

A free service– driving people to the town centre to access shops.

Ring & Ride

Tel: 03451 551188

Door to door service that **must be booked**. Operating in ***Kirkcaldy, Levenmouth, Dunfermline (including Rosyth) and Glenrothes.***

GET IN TOUCH

Travel

Royal Voluntary Service, East Fife community

Tel: 01592 269654

E-mail: fifegnhs@royalvoluntaryservice.org.uk

Fife Royal Voluntary Service

Tel: 0330 555 0310

E-mail: fifecct@royalvoluntaryservice.org.uk

Continuing Care North East Fife

Tel: 01334 880743

Website: www.continuingcarenef.org.uk

Patient Transport NHS

Tel: 0300 123 1236

You will be taken through a Patient Needs Assessment form to assess if you qualify for this transport.

Blue Badge

Tel: 03451 55 00 66

Website: www.gov.uk/apply-blue-badge

My Fife Concessionary Travel

Tel: 03541 555 555 ext 444381

Tel: 01592 583370



GET IN TOUCH

Financial / Benefits

Macmillan Fife Welfare Benefits Partnership

Tel: 0345 1400 091

Website: www.cabfife.org.uk

Macmillan Helpline

Tel: 0808 808 000 *8am-8pm*

Cosy Kingdom

Tel: 01592 807930

E-mail: info@cosykingdom.org.uk

Debt advice and benefits checks

Maggie's Centre

Tel: 01592 647997

Contact: Melanie Bunce, Benefits Advisor

E-mail: Melanie.Bunce@maggiescentres.org

Additional Support

Maggie's Centre

Tel: 01592 647997

Address: Victoria Hospital Hayfield Road, Kirkcaldy KY2 5AH

Access Therapies - On-line resource

Website: accesstherapiesfife.scot.nhs.uk

The Circle of Comfort - Complementary Therapy.

Registered Scottish Charity. Self-referral, free service.

Tel: 07740 104712

Fife Carers Centre

Tel: 01592 205 472

Website: centre@fifecarers.co.uk

CARF Citizen's Advice and Rights Fife

Tel: 0345 1400 095 - General enquiries

Website: www.cabfife.org.uk



The Well

The Well is a venue where you can drop-in and find out information and receive general advice to help you stay well and independent within your local community.

Website: www.fifehealthandsocialcare.org/the-well

 **03451 551500**

 **improving.cancerjourney@fife.gov.uk**

We're here to help everyone with cancer live life as fully as they can, providing physical, financial and emotional support. So whatever cancer throws your way, we're right there with you.

For information, support or just someone to talk to, call 0808 808 00 00 or visit [macmillan.org.uk](https://www.macmillan.org.uk).

 **[Macmillan.org.uk](https://www.macmillan.org.uk)**