

# PENNA Awards

The H.O.P.E Team  
# **hello** my name is...

Richard Moody

Macmillan Information and Support Officer

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Macmillan Head and Neck Nurse Specialist

University Hospitals of Leicester NHS Trust



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One team shared values



# Who are the H.O.P.E. Team?



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# Personalised Care and Cancer (Recovery Package)

**The evolution of the National Personalised Care and Cancer agenda lead to much debate as to how as a Trust team we could support patients living with cancer and living with the consequences of their cancer treatments especially as the patients come towards the end of their treatment.**

**The Macmillan Lead Cancer Nurse, Cancer Nurse Specialists and Allied HealthCare Professionals committed to training and delivering the H.O.P.E. programme.**

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# What is the H.O.P.E. Programme?

- **The Helping Overcome Problems Effectively (HOPE) Programme developed by Coventry University and Macmillan Cancer Support.**
- **Designed to help people who have had/or have cancer to get on with their lives.**
- **Programme is for six weeks with sessions lasting 2 ½ hours.**
- **Programme concentrates on focusing and rediscovering inner strengths and resilience to help you cope emotionally, psychologically and practically.**
- **Time is spent in facilitated discussions, group activities, information sharing, tools to try at home between each session.**

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# Why?

- There are currently over 31,000 people in Leicester, Leicestershire and Rutland living with or beyond cancer and this is set to rise to around 49,000 by 2030.
- Evidence suggests that more needs to be done to meet people's needs and support them to live well.
- As part of the health and wellbeing element of the Personalised Care and cancer interventions and the results of the National Cancer Patient Experience Survey, it was decided that as a team we would develop a team of trained facilitators to deliver the H.O.P.E (Helping Overcome Problems Effectively) programme.



# What we have done so far.....

- To date we have 15 CNS's and AHP's who have trained to be H.O.P.E. Facilitators.
- Courses are coordinated by the Macmillan Information and Support Officers at Leicester Royal Infirmary.
- The team have delivered a total of 18 courses across the three hospital sites to improve accessibility.
- Trial of HOPE in the community.



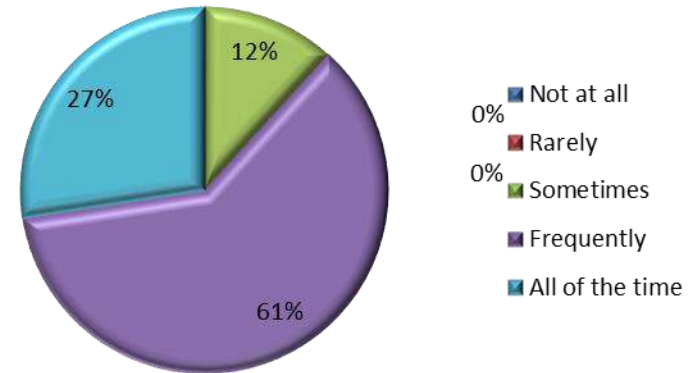
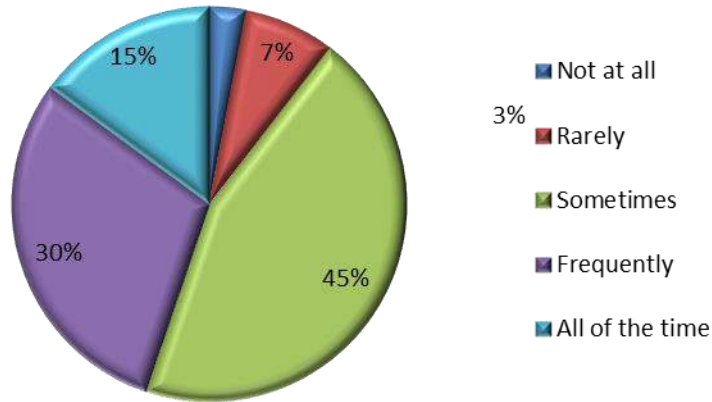
# Patient Feedback....

**“The HOPE course helped me come to terms with my new life and slowly, session after session, it reinstated my confidence.”**

**“This was the first thing I learnt thanks to HOPE was that it's OK not to be OK! I have learnt how to handle stress and fatigue which made a massive impact on my life. I now incorporate meditation into my daily routine; something I never thought would work!”**



# I am able to get support and share my experiences with others which makes me feel less isolated

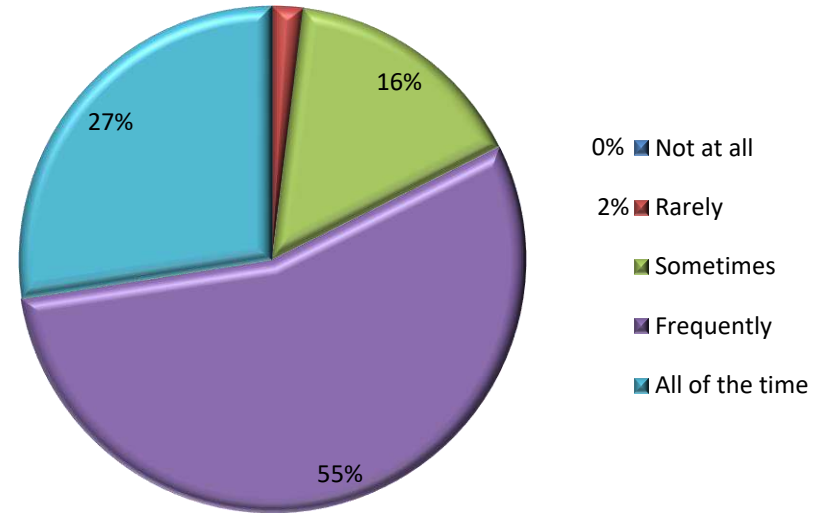
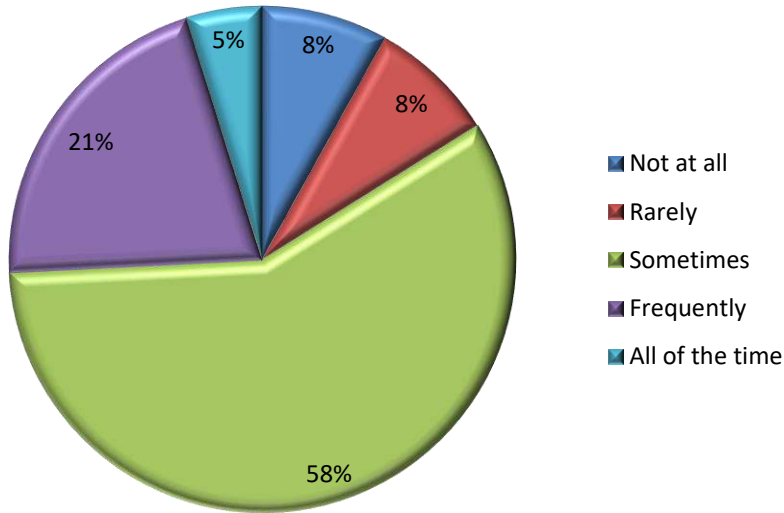


One team shared values





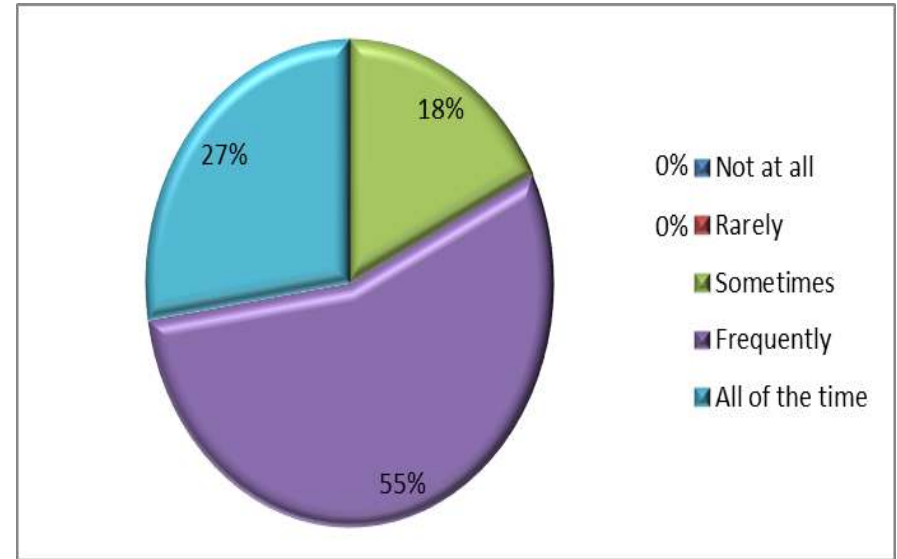
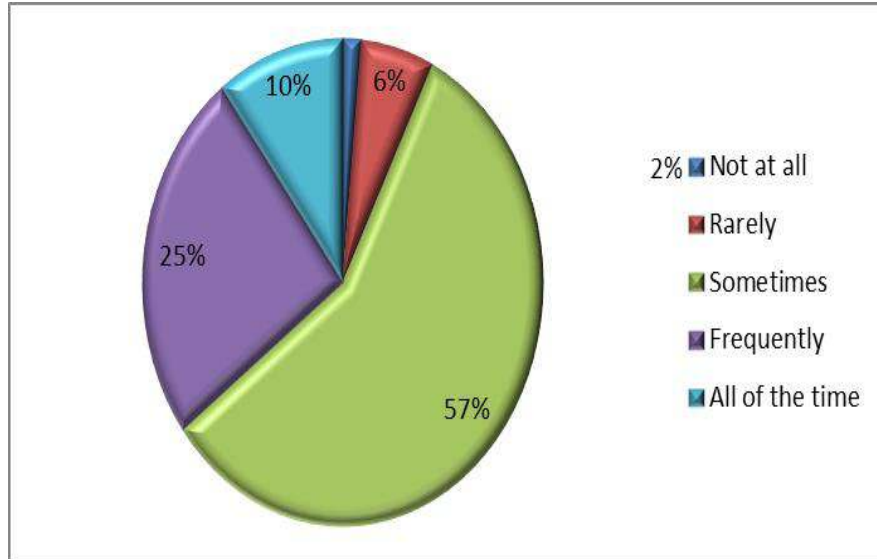
# I have the skills to improve and self-manage my life after cancer treatment



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# I can make plans and achieve goals that are important to/for me



One team shared values



# Next Steps

- **Pilot of virtual H.O.P.E. courses**
- **Explore H.O.P.E for carers model**
- **Continue to share the learning with other UK HOPE facilitators**



One team shared values



# Thank you for listening



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