



**WE START IT**

**YOU GROW IT**

**YOU OWN IT**

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

**Macmillan Connections**

The real social network is face to face





University Hospital  
of South Manchester

NHS Foundation Trust



# Macmillan Connections South Manchester

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# IMAGINE.....

- You are a man who has lead a very active life, and part of that life was in the forces
- 4 years ago you are given a prostate cancer diagnosis
- Part of the treatment plan was surgery, followed by female hormone treatment-this caused physical changes and thoughts of understandable confusion and 'feeling less of a man'
- The impact on this mans life was devastating in every way, physically, psychologically and he described himself as a broken spirit
- Fortunately his distress was picked up by one of the clinical nurse specialists
- 'What does a good day look like?' was the question- 'it doesn't, all bad ,all the same- sitting in front of the TV or computer'



- Macmillan Connections was suggested after listening to his description of his day
- **WHAT HAPPENED NEXT....**
- He joined one of our Macmillan Connections walking groups, this wasn't easy- he had lost confidence, lost energy, lost social ability-so many losses- it was even very hard to motivate himself to drive to the location.
- He did get there, and was warmly welcomed by the group, he amazed himself by completing the 2 mile walk, a feat that he had never thought possible!
- He now walks with all the groups, at least three times a week, goes on all the social- 'grow it, own it' events
- He has lost a stone in weight, his tumour marker (PSA) is right down, his energy levels greatly increased and he is totally uplifted and a different person- amazing!



## One of the walking groups



– **What is Macmillan Connections why and how did it start?**

Because people affected by cancer were telling us over and over they felt completely lost after treatment- we listened, really listened and after a few trials and a lot of evolving, redesigning and collaboration with the local community- we started Macmillan Connections.

We started a walking group- as very timely with Macmillan, working with the walking for health scheme and Ramblers- but just walking was not enough and one walking group was not enough- things evolved into 5 walking groups

People then started to gain friendships, confidence, a sense of normality and a sense of purpose, sense of self and being themselves in a company of others who 'got it'- they asked us for more- an allotment, craft and chat groups, yoga, mindfulness, beauty and skin care days



## Macmillan Connections further afield....



Macmillan Connections

We have a number of Macmillan Connections friendly locations who are proud to share our logo on their websites-eg swimming baths, community centres, sports centres, choirs etc etc further choices for our members

We are to join central Manchester to offer more MC friendly locations like the museums and art gallery









- Macmillan Connections is simple our members grow it, they own it, they have us as the 'mother ship' but they are in charge
- for new members we found they like to join our 'start it' groups then they can make the choice what they do next as confidence grows
- There is a WhatsApp group and a Facebook site, all lead by the group
- **Comments by members are too many to mention- but a flavour**

*'MC saved my life I cannot tell you how grateful I am to everyone, they get me, they understand me, I now go nearly all the groups'*

*'MC members helped me to tidy up my garden, where on earth could I have got that help and support before I met everyone in the MC family'*

*'Do you know its incredible to think I now go on holiday with someone I met on an MC walking group- my new soulmate'*

*'the beauty of MC is the flexibility, we are not tied into a course or a programme, its all down to us and what we want- amazing, patients first, there's a first!'*



Thankyou  
Any questions

