



County Durham  
and Darlington  
NHS Foundation Trust



Northern  
Cancer Alliance

my  wellbeing  
space

The logo for 'my wellbeing space' features the word 'my' in purple, followed by a stylized leaf icon with three overlapping leaves in purple, green, and blue. Below this, the words 'wellbeing' and 'space' are written in green and blue respectively.

An online resource designed by  
patients and carers for patients and  
carers

# North East and North Cumbria

## North Cumbria

**Population:** 324,000

**Primary care networks:** 8

**1 NHS foundation trust:**

North Cumbria Integrated Care (NCIC)

**1 ambulance NHS trust:**

North West Ambulance Service

**2 local authority areas:** Cumberland and Westmorland and Furness (also cover part of NHS Lancashire and South Cumbria ICB\*)

## North

**Population:** 1,079,000

**Primary care networks:** 22

**3 NHS foundation trusts:** Northumbria, Newcastle, Gateshead

**1 ambulance NHS foundation trust:**

North East Ambulance Service

**4 local authority areas:** Northumberland, North Tyneside, Newcastle, Gateshead

## North East and North Cumbria

**2 mental health NHS foundation trusts:**

Cumbria, Northumberland, Tyne and Wear, Tees, Esk and Wear Valleys

## Central

**Population:** 997,000

**Primary care networks:** 22

**2 NHS foundation trusts:** South Tyneside and Sunderland, County Durham and Darlington

**1 ambulance NHS foundation trust:**

North East Ambulance Service

**3 local authority areas:** South Tyneside, Sunderland, County Durham

## Tees Valley

**Population:** 701,000

**Primary care networks:** 14

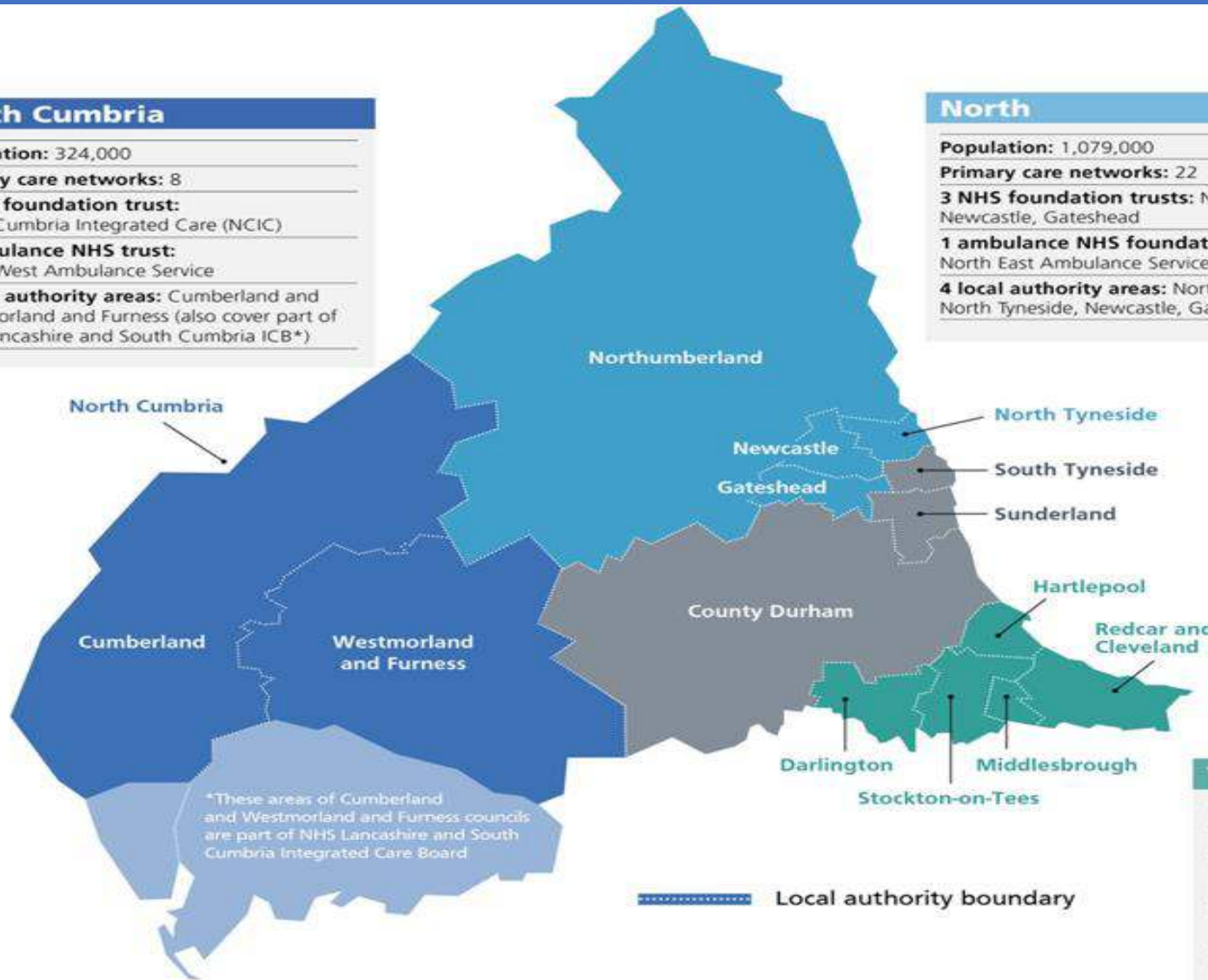
**3 NHS foundation trusts:** County Durham and Darlington, North Tees and Hartlepool, South Tees

**2 ambulance NHS trusts:**

North East Ambulance Service (FT)

Yorkshire Ambulance Service

**5 local authority areas:** Hartlepool, Stockton-on-Tees, Darlington, Middlesbrough, Redcar and Cleveland



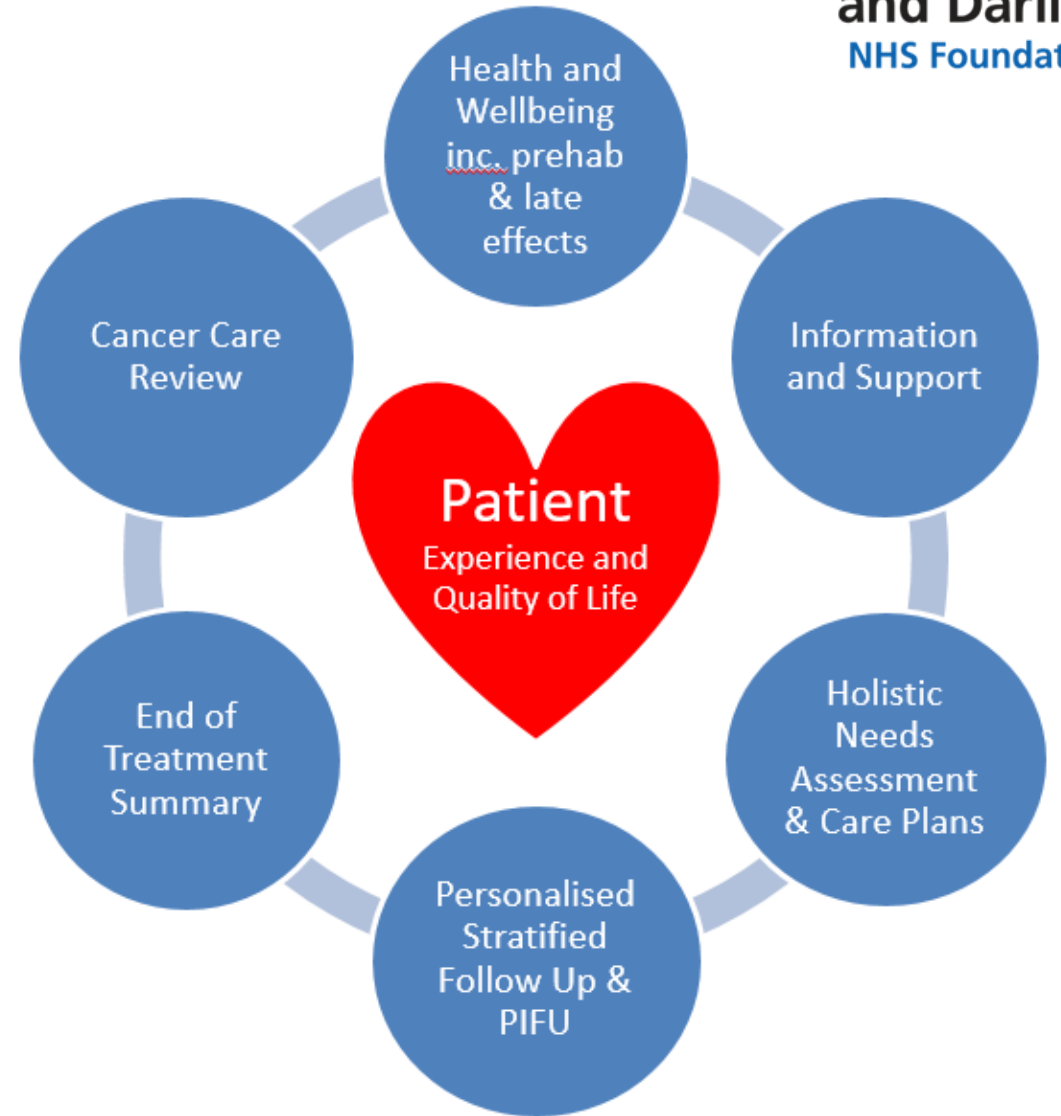
Local authority boundary



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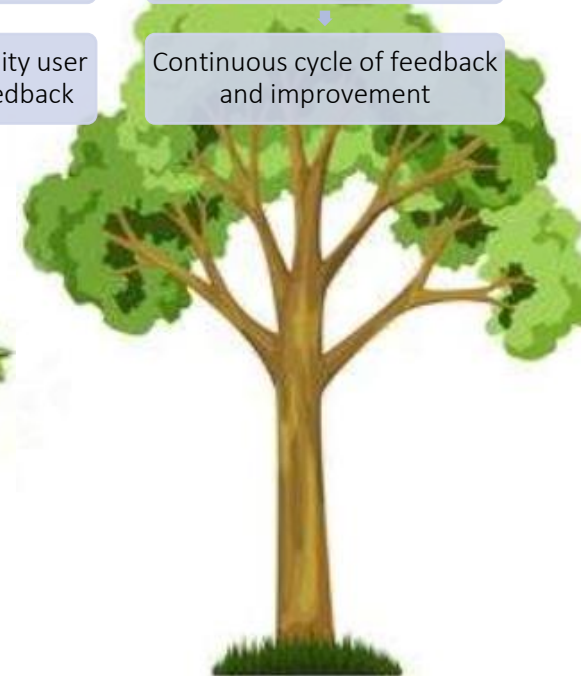
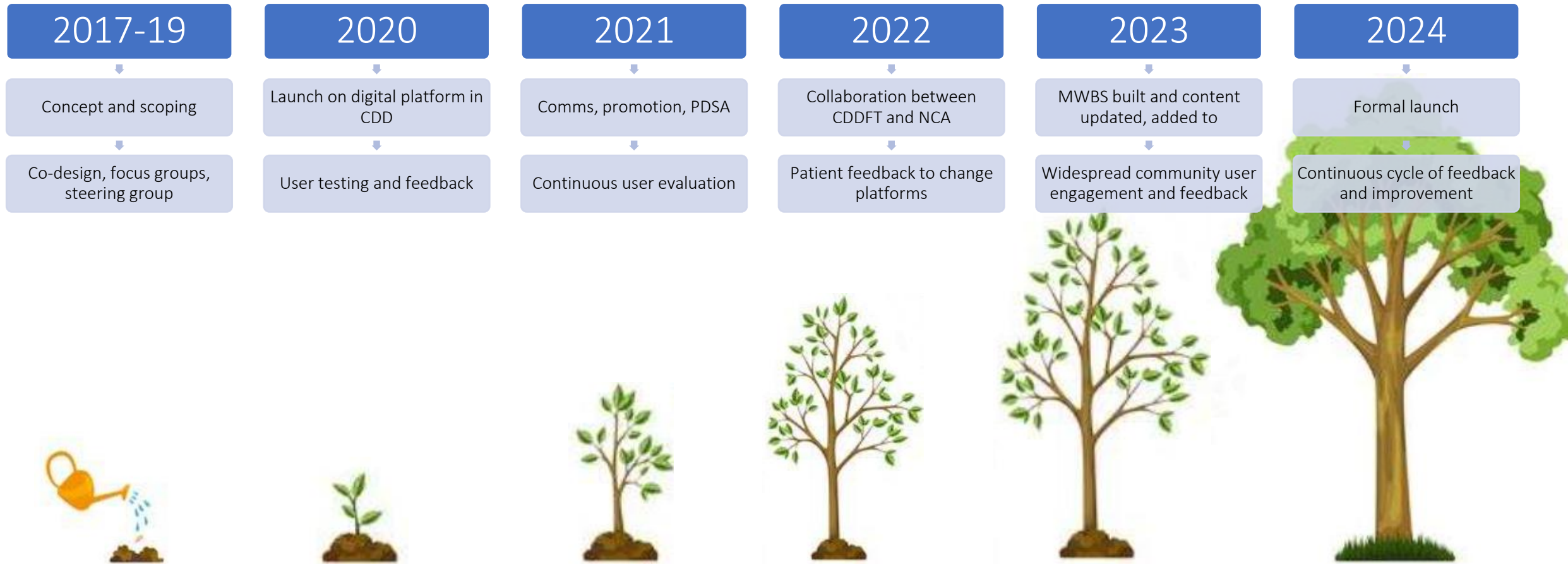
Collaborating to improve cancer care

# Planting the seed...

- Cancer Recovery Package (CDDFT) to Personalised Care (NCA) – H&WB offer
- Empower patients to take control of their H&WB
- Provide people affected by cancer with practical information and advice
- Signpost to credible sources of information and support
- Respond to patient and carer experience and feedback about availability and ease of finding information and support
- Inconsistent offer across the North East and North Cumbria
- Provide the wider workforce who support people affected by cancer with a single platform



# From concept to current offer...



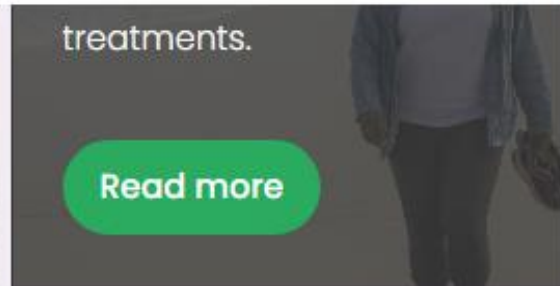
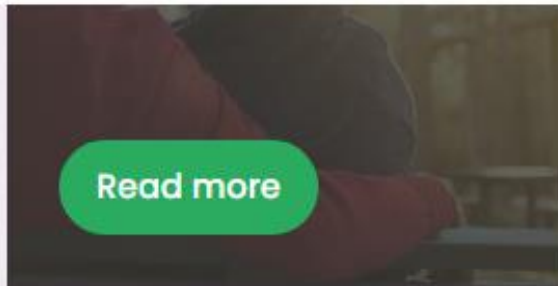
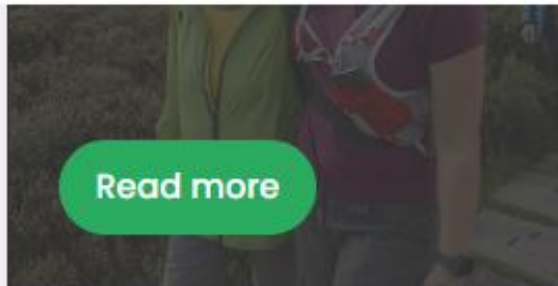
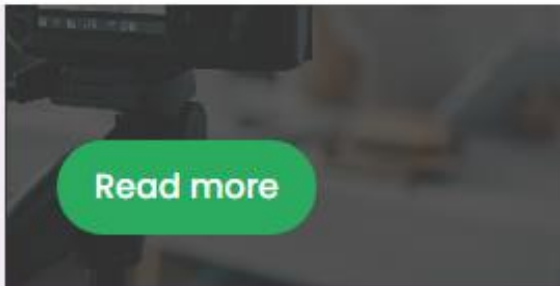
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# mywellbeingpace.nhs.uk



My Wellbeing Space aims to provide helpful online resources for anyone affected by cancer to support their health and wellbeing. The site has been developed by patients and carers for patients and carers on experiences and issues that matter to them.





### Health and Wellbeing

Information about living well and reducing your risk of diseases, including...

[Read more](#)

### Food and Nutrition

Information on eating well with cancer.

[Read more](#)

### Financial Concerns

Information for anyone who is concerned about their finances or...

[Read more](#)

### Fatigue

Information to help you understand fatigue and how to cope with it.

[Read more](#)

### Emotional Wellbeing

Information on help and support that is available to...

### Cancer Treatments

Information that can help explain different cancer treatments and what you...

### Sleep

Information that can help you sleep better.

### Menopause

Information and advice on recognising symptoms and how to get advice.

# My Wellbeing Space

Opportunity to align across all personalised care workstreams to improve access and availability to H&WB information and support

- Co-design and PDSA approach from 2017 to 2024
- Topics of interest informed by NCPES, QoL and local patient, carer and staff experience feedback
- Community consultation and engagement on site design, layout and content
- Digital inclusion, health inequalities and accessibility considered throughout
- Collaboration between all service providers
- Local and national VCSE partnerships

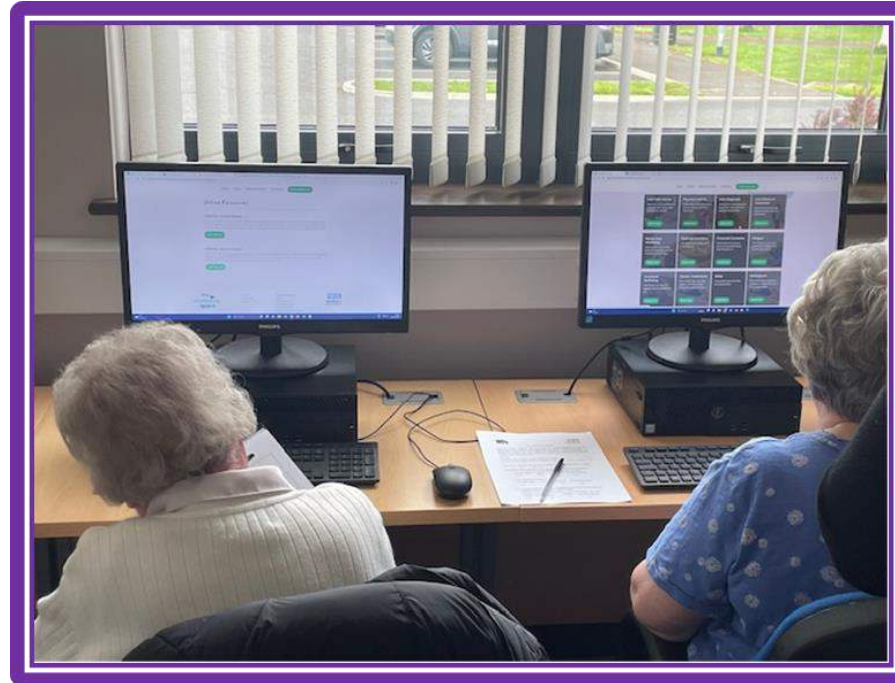




# Patient & carer voices

*“...Excellent – should prove a valuable resource for patients, carers and professional staff”*

*“...I like how I could access everything on one page, it covers a lot of topics”*



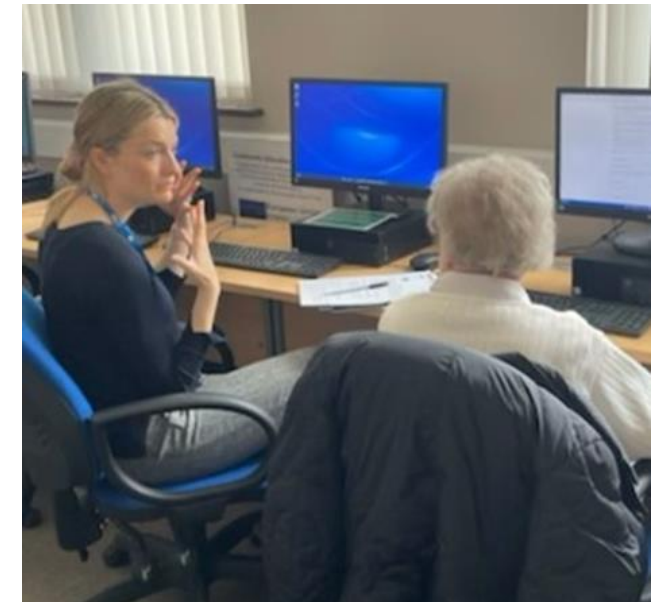
*“...It's good to know there are people helping those affected by cancer to get good information about their illness”*

*“...It's important to know the information is credible as there's a lot on the internet that isn't right”*



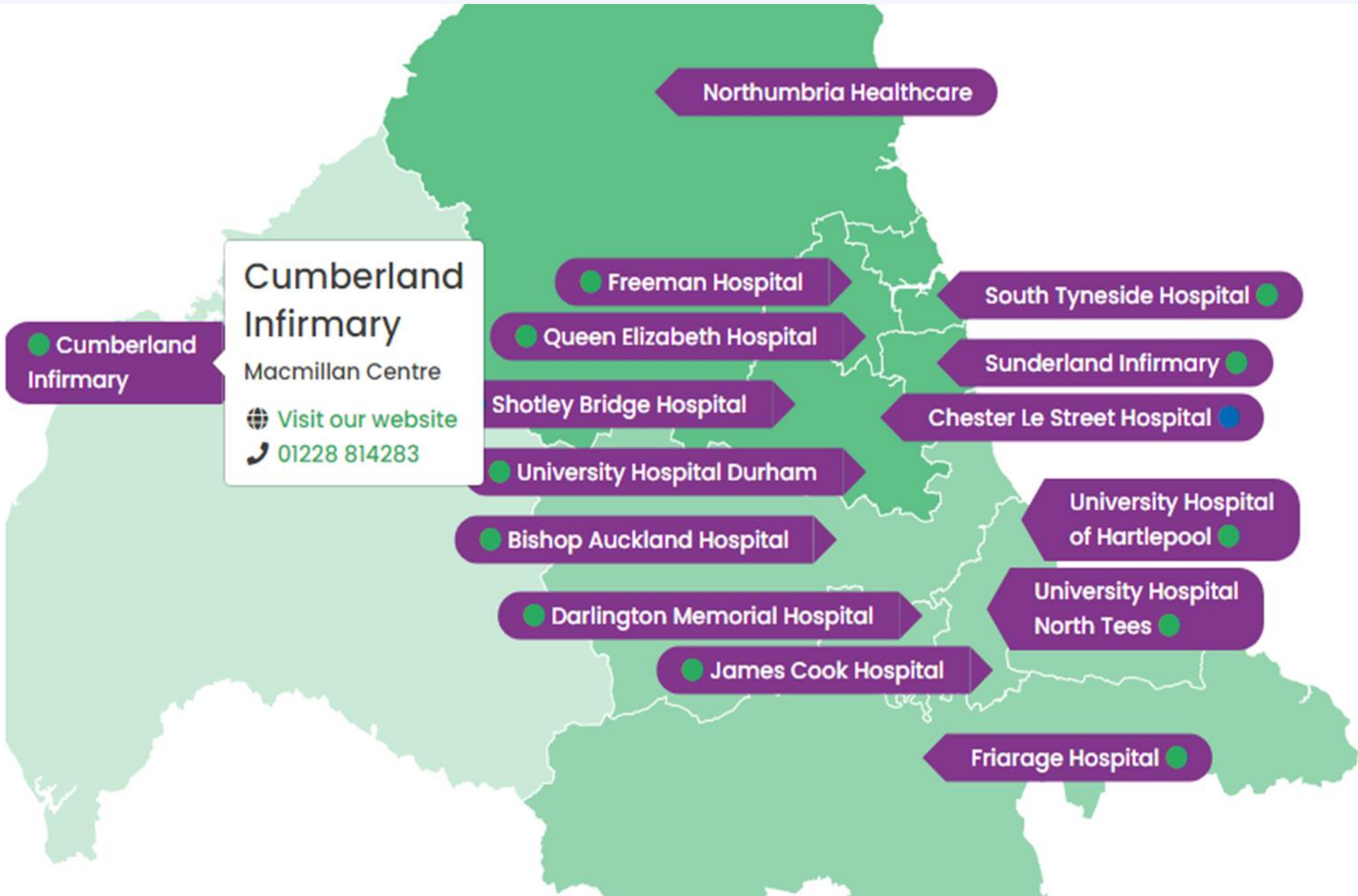
# You said, we did...

- Changed the platform to make it easier to access
- Altered the layout of the home page
- Improved the platform navigation tools
- Included recite me to ensure information is as accessible as possible
- Created a separate tile for carers
- Add in the local Trust contact details f
- Created a mix of videos, written information and signposting to podcasts, youtube and other websites
- Planned process and ownership for keeping the site updated



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# Key Learning

- Don't underestimate time from conception to implementation
- Consider formal processes to be completed and factor in from the outset (plus time to complete them), e.g. information governance, clinical governance, sign off
- Patient engagement - engage with end users rather than those already highly activated or patient groups and aim to include those not as digitally activated to test
- Consider resources/staff required to oversee any updates/future change and development
- Regular reviewing to ensure content is current, relevant and, most importantly, patient-led



**Cancer Care Map**

*Congratulations on the success of [mywellbeingspacenca.nhs.uk](https://mywellbeingspacenca.nhs.uk)! Your website has proven to be an invaluable resource on Cancer Care Map ([www.cancercaremap.org](https://www.cancercaremap.org)) and the feedback from our Content Team is that they find it exceptionally useful. Its intuitive design and clear, concise content make it effortless for visitors to access a wealth of resources on health, emotional wellbeing, nutrition, finances, fatigue, and the effects of treatment. It features on Cancer Care Map as both a local and national wellbeing resource, thanks to the breadth of resources and information.*



Paula Hargadon  
Co-Director  
Cancer Care Map

**Collaborating to improve cancer care**

**RM Partners**  
West London Cancer Alliance  
*Hosted by The Royal Marsden*

**NHS**  
**Gateshead Health**  
NHS Foundation Trust



**Humber and North Yorkshire  
Cancer Alliance**

**NHS**  
**The Newcastle upon Tyne Hospitals**  
NHS Foundation Trust



**NHS**  
**North Cumbria  
Integrated Care**  
NHS Foundation Trust

**NHS**  
**North Tees and Hartlepool**  
NHS Foundation Trust



**Cancer Care Map**

**NORTHERN  
Cancer Voices**

**NHS**  
**South Tyneside and Sunderland**  
NHS Foundation Trust

**NHS**  
**County Durham  
and Darlington**  
NHS Foundation Trust

**NHS**  
**Northumbria Healthcare**  
NHS Foundation Trust

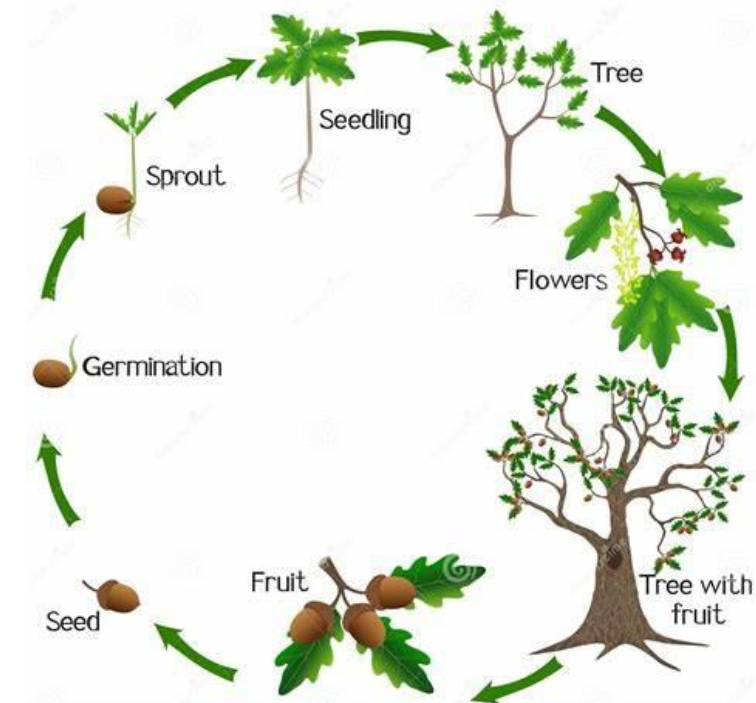


**NHS**  
**South Tees Hospitals**  
NHS Foundation Trust



# Measurement and impact

- Website analytics
- User feedback process embedded
- Responding quickly to patient experience feedback through NCPES, QoL and local data
- Mapping resources related to local and national cancer programmes eg. Prehabilitation, menopause and sleep
- Understanding population need for information and support considering health and health care inequalities
- Regular touch points with staff as users through existing networks







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North East and  
North Cumbria

Thank You.



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Website: [northerncanceralliance.nhs.uk](https://northerncanceralliance.nhs.uk)

X/Twitter: [@NorthernCancer](https://twitter.com/NorthernCancer)

Facebook: [facebook.com/NorthernCancerAlliance](https://facebook.com/NorthernCancerAlliance)

North East  
North Cumbria  
Health & Care  
Partnership

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