



Hunts Community
Cancer Network

LIVE YOUR BEST LIFE,
DESPITE CANCER



CHARITY NUMBER: 1163051

TABLE OF CONTENTS

01	About HCCN
02	Our Goals - Strategic Objectives for 2023/24
03	Our Values and Beliefs
04	What We Offer
05	Our Activities
06	Our History
08	Testimonial

ABOUT HCCN

HCCN exists to transform the quality of life of those living with a cancer diagnosis, in the Huntingdonshire area by providing no cost, regular, evidence - based activities that promote healthy eating, physical exercise and mental well-being - a triad of highly recommended self-care strategies.

Working alongside the HCCN nursing service, we aim to help people who have received a cancer diagnosis, are going through treatment, and/or recovering from or are living with cancer. Our ambition is to fill the gap that the NHS would want to provide for but hasn't the resources or funding.

- We try to ensure that what we deliver can be experienced by everyone who needs it and therefore make our offerings free of charge.
- Anyone over the age of 18, living in the Hunts region, affected directly or indirectly by cancer, can access our services.
- We include both GP referrals and self-directed care.
- We also include families and carers.

We will do this by:

- Recruiting and developing the best team of caring, committed and skilled volunteers and contractors. Supporting them and providing them with the resources to do their best.
- Focusing on fundraising - building and maintaining relationships; producing compelling proposals; reporting on plans and progress.
- Collaborating with reputable partners for our mutual benefit and that of our clients.
- Continuing to provide a caring, safe, supportive and respectful environment for our clients whilst ensuring HCCN has secure tenure of premises from which to operate.





OUR GOALS – STRATEGIC OBJECTIVES FOR 2023/4

1. To continue to develop and build on HCCN 's services and activities.

Measures:

1. Number of new activities
2. Number of reviewed/ revised activities
3. Attendance numbers and analysis of feedback
4. Evaluation reports

2. To make our activities, programmes, conferences, and other events more accessible to younger people and those who may not be able to access such services elsewhere.

Measures:

1. Record and review what has been implemented to make people aware of HCCN services and events
2. Increase in the number of participants getting involved in activities/events
3. Survey participants – annually

3. To sustain HCCN by establishing a specialist fundraiser post, managing our network of potential partners and donors pro-actively and building further on our current good reputation as a cancer care charity.

Measures:

1. A “Fundraiser” in position and achieving good results.
2. A Communications Plan being implemented with partners and donors.
3. Recording of accolades, awards received and positive public feedback.

OUR VALUES AND BELIEFS

We commit to:

Listening first – to fully understand the wants and needs of our clients and volunteers.

Maintaining confidentiality, at all times.

Remaining alert to the latest tried and tested ways to help people diagnosed with cancer.

Collaborating with reputable partner organisations – to achieve win, win, win solutions.

Ensuring we demonstrate legal and financial compliance – good governance.

Focus our passion on doing the things that will improve the quality of life of our clients.



WHAT WE OFFER

We believe that the best way to help people get their lives back on track after a cancer diagnosis is to equip them with the skills they need in order to play a full part in managing their health now and into the future.

Sometimes that means helping people develop new habits, perhaps around exercise or diet but it also means supporting people whilst they manage their emotional responses to their illness and get back on track to rebuild their lives positively.

We have studied the research to understand the ways that help can be offered and we have used that research to put together a series of fun, useful and free activities.

We know that people sometimes have to spend time on their own during the day as loved ones work and that time spent alone can be unhelpful. Signing up for a course can fill a couple of hours with laughter, thought and a little challenge.

We have put together a programme of events and activities all of which you can choose to use. Why not just come and find out?

OUR ACTIVITIES

SUPPORT GROUPS

Bradbury House Drop In Group

Women's Cancer Group

Men's Cancer Group

NUTRITION

Living Well with Cancer Drop-In Sessions

GET ACTIVE

Get Active Exercise Classes

Mat based Yoga

Chair based Yoga

Yoga on Zoom

Tai Chi Qigong

Line Dancing

Pilates

WELLBEING

Reiki

Massage

Footcare

Reflexology

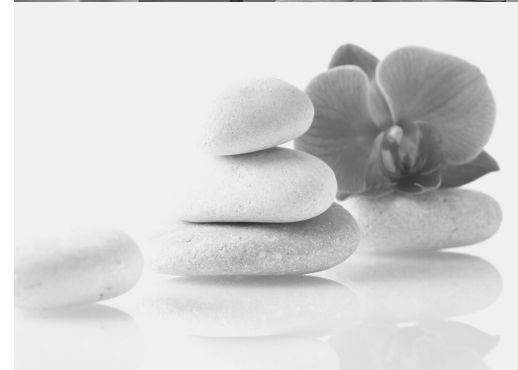
Keeping in Touch

Beauty Treatments

Sleep Easy Workshop

Patient to Person Workshop

Counselling (Nurse referral only)





OUR HISTORY

The Hunts Community Cancer Network is an innovative programme at the vanguard of cancer care, delivering better support to cancer patients closer to home, whilst reducing costs to the NHS.

The 'Huntingdon model' was originally part of a 2-year pilot in 2012 funded by NHS East Of England and has led the way in the region, with other commissioners looking to adopt this model of care. The programme was one of 7 pilot schemes covering East Anglia – and was the only one deemed a success gaining ongoing support. Later renamed HCCN, in May 2013 the service began serving 9 GP surgeries.

The nursing team of a highly skilled community cancer nurse specialist and support workers – Gini Melesi, Mandy Robinson and Cheryl Goodwin – provided clinical treatments at home (where clinically appropriate), early assessment of emergency symptoms in liaison with Hinchingbrooke hospital's acute teams, access to information and education, help and advice on managing symptoms, and importantly helping patients develop the skills to maintain their own health and independence.



The University of East Anglia evaluated the pilot in 2014 and found a 1:5.9 cost return – meaning for every £ spent, almost £6 were saved. Moving care so that people can be treated in the community rather than in hospital has also improved patient experience. The Transforming Cancer Care in the Community programme won the ‘Living with and beyond cancer’ category of the Quality in Cancer Oncology Awards in December 2014. Gini Melesi, RGN, left her role at Hinchingbrooke in 2016 and is now Head of Transformation Programmes, East of England Cancer Alliance – South, within NHS England & NHS Improvement.

The current HCCN nursing team now led by Andrea Cliff takes referrals from 23 GP surgeries and comprises a team of 9 community nurses including cancer practitioners, support workers, and a patient liaison and admin assistant.

HCCN the charity was created to enable the aims and long term aspirations of this vanguard local service to develop and flourish. It was set up by some of the first patients to be cared for by the nursing team and was registered as a charity in August 2015. The charity provides a host of activities and support that it is not possible to fund through the NHS. HCCN the charity is run entirely by volunteers.



Founder of the charity, Susan Moore, died in September 2020. Susan was the key driver of the charity’s mission. She had the vision to create a cancer charity that provides an holistic approach to managing a diagnosis of cancer. She worked tirelessly to improve the wellbeing of cancer patients across Huntingdonshire. She wanted people to take control for themselves – she was passionate about giving them the information and tools to remain in control of their diagnosis and not be dictated to.

TESTIMONIAL

My journey started 2 years ago bang in the middle of covid. With face masks and PPE protection I felt very alone, almost like a floating leaf on a fast moving river. After my op and radiotherapy I began a course of exercise therapy along with oestrogen therapy. I noticed on my gym's timetable there were 2 cancer classes so one day I gathered some courage and walked through the door. This was a year ago and my life was changed by the people in the class. I had never heard of HCCN so it was like a new world of possibilities and friends just waiting for me.

Darren, Dan and Jude, are amazing kind professionals who welcome you to each class with respect and understanding and beyond.

The people attending classes are now my best friends; we've all been through a different cancer journey and we feel relaxed to have a laugh or a tear!

The volunteers at Bradbury house are professional and look after us as individuals.

HCCN has made a positive change to the new me. They have helped me cope, allowed me to release my emotions and begin to rebuild body and mind.

I can't thank HCCN enough x

SARAH ALLUM



CONTACT US

01480 416410

Info@hccnthecharity.org

www.hccnthecharity.org

Friday drop in centre: 10am-5pm
Bradbury House, Mayfield Rd,
Huntingdon PE29 1UL