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WE FIGHT INEQUALITY
WE GIVE OUR TIME
WE SUPPORT FAMILIES
WE PROVIDE GRANTS
WE MAKE COFFEE
WE CHANGE LIVES

Living with and Beyond Cancer

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Cancer Survival Rates

- Survival rates have doubled in the last 40 years (357000 cases in 2014 in the UK)
- In 2011 50% of cancer patients lived more than 10 years
- Survival is higher in women
- Varies significantly according to cancer type
 - Breast cancer 10 year survival in 2011 is 78%
 - Pancreatic cancer 10 year survival in 2011 is less than 1%
- Varies by age
 - Survival is generally higher in people diagnosed under 40 years old
- Varies by socio-economic group
 - Survival is generally lower in more deprived areas

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Cancer Survival in Mid Sussex

- One year survival in Mid Sussex in 2014 is 71.5% against the national Average of 70.4%
- MORE than 108,000 people across Sussex are predicted to be living with cancer in less than 15 years time

- (Data from Cancer Research UK, Office of National Statistics and NHS England)

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Living with Cancer

- Emotional
- Practical
- Financial

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Emotional

- Body image/appearance
 - Hair loss
 - Disfiguration
- Fear of cancer returning
- Isolation
- Reactions of friends and family
- Talking to children/grandchildren
- Wanting to talk/not wanting to talk

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Practical

- Cant do some things
- Taking medication regularly
- Travel
- Follow up hospital appointments

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Financial

- 'cost of cancer'
- Ability to work
- Travelling with cancer
- Insurance
- Mortgages
- Life insurance

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Help and Support

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Support

- Emotional
 - Time to Talk service
 - Counselling
 - Macmillan Drop in Centres (East Grinstead and Brighton)
 - Complementary therapy for relaxation
 - Support Groups

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Practical

- Support at home
 - Social Services
 - Red Cross (equipment and Home From Hospital Service)
 - Private Care Agencies
- Travel
 - Hospital appointments
 - NHS Transport
 - Public transport
 - Charities (red Cross)
 - International
 - Seek information at an early stage (medication abroad, special needs on transport etc) (Macmillan)

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Financial

- Cancer brings many financial challenges
 - Ability to work
 - Rights at work (equality act)
 - Living expenses (e.g. heating)
 - Obtaining travel insurance
 - Life Insurance
 - Mortgages
- This is a complex area – seek help
 - Charity grants
 - Macmillan Welfare Benefits Service

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Summary

Cancer can now be considered a 'long term condition' but it brings many challenges.

There are many services available to support those living with and beyond cancer but can be quite difficult to find your way around.

People affected by cancer need long term support and often their life after treatment is different from the life they had before and this adjustment can be hard.

Identifying and supporting those in need can be difficult.

Macmillan can help – a number of information booklets to help people get on with their lives.

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Questions?

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