

## Survivorship

There are at least two million adults living with cancer in the UK. Although advances in medical science are allowing more people to live longer with cancer, it has so far done much less to support them during this variable period of cancer survivorship. Children and young people are also surviving in greater numbers into adult life, but their needs too are also poorly understood, and their long-term follow-up care is not always managed effectively.

During the last year, the Network has again made the needs of survivors a priority. We are proud to be supporting two successful Sheffield bids which have been chosen by the NHS Improvement, National Cancer Survivorship Initiative, to be a test site for new ideas of how to support people living with, and beyond cancer. There are seventeen test sites for adults and ten test sites for children and young people in the country.

Launched in May 2009 at the Network Annual Conference, the test site projects in Sheffield have been set up to develop new ways of supporting adult patients with breast, prostate and blood-related cancers for adults. Sheffield cancer teams have identified 'holistic needs' of patients from the time of their first treatment and directed patients to the relevant specialist services by using a locally developed questionnaire and a series of multi-disciplinary workshops. Whilst high quality services do exist in the local hospitals, the project aims to test ways of taking the support nearer to the patients' own homes. Specific projects include ways of improving physical and psychological wellbeing, such as exercise for patients recovering from surgery and intensive treatment, together with showcasing information and support services for breast cancer patients approaching the end of treatment and focussing on rehabilitation.

For Children and Young People, we're looking at ways to improve and extend our existing follow-up service and, more importantly, make it more relevant for young people as they make transition into adulthood.

North Trent Cancer Network has unique expertise in supporting young people surviving with cancer, through a team of local specialists known as the 'late effects group Sheffield' or 'LEGS'. Also launched in May 2009, our six local projects for children and young people surviving cancer, cover topics such as testing new kinds of follow-up including reminding teenagers of appointments by telephone messages, identifying if teenagers have any unmet supportive care needs and what might support them to attend their follow-up appointments and working more closely with the patient's GPs and specialist nurses.

We are extremely grateful to have a good level of user input in the development and progress of all of our projects. In addition, one of our users is also part of the National Steering Group for the Children and Young People Survivorship Test Sites.

Both projects ran until March 2011 with the learning to date being shared at a network wide event, supported by Macmillan, in September 2010.

Our commitment to the needs of survivors continues to be a priority. Further work is planned for 2010/11 to learn from our previous work and design a system that moves from a health and social care led arrangement to a more supported self managed approach for patients with bowel cancer. This project has been developed by the Network with Macmillan and NHS Sheffield, and aims to work across health, social and voluntary sectors to change systems to enable a culture shift to supported self management for those living with and beyond cancer, to empower patients to return to normality quicker. It's anticipated that this framework will be suitably generic for all tumour sites and potentially other long term conditions.