

Virtual Collaborative Thinking Ahead Programme

For patients and family members living with incurable cancer across Calderdale & Huddersfield, Harrogate and Leeds

Tuesday afternoons, 1.30pm til 3.00pm on Microsoft Teams;
7th March to 25th April and 12th September to 24th October 2023

Thinking Ahead is a Health and Wellbeing Programme for patients living with incurable cancer, who may or may not be receiving treatment, as well as their family members. The course was devised in Harrogate in 2018 and has been delivered in Calderdale and Huddersfield and Leeds for the last two years. We are delighted to be offering further collaborative online courses across the three hospital trusts in 2023. This means that patients from all three districts are invited to join and that staff from all three areas will be taking part in presenting on the course.

The programme is led by different professionals including dieticians, a psychologist, palliative nurses/consultant, Macmillan Information Team, benefits advisor, exercise professional, an estates planner, mindfulness practitioner, OT, chaplain, hospice staff and even a hospital DJ. Sessions include information on managing uncertainty, financial matters and estates planning, diet, physical activity, faith and spirituality, advance care planning, support services such as local hospices, decisions, care and managing symptoms such as fatigue.

The aims of the Thinking Ahead Programme are:

- To help keep patients as well as possible for as long as possible.
- To encourage living life to the full in a supported, self-managed way.
- To offer support to family members.
- To give advice on local services and how to access them when needed.
- To allow an opportunity to consider future planning towards the end of life.
- To give an opportunity to meet key people who may be able to help in the future.
- To offer time for questions and concerns.

Due to the Coronavirus pandemic and geographical spread across the three areas, we are running **Thinking Ahead as a virtual course in 2023, through Microsoft Teams** (like zoom). This means you can log in from the comfort of your own home and do not need to come into one of the hospitals to attend the course. You may have already used Microsoft Teams for a video consultation with members of your clinical team and you will need to use a computer/laptop with a webcam and microphone, or a tablet or smartphone which has access to the internet. We can support you with the technology before the Thinking Ahead programme and do a Microsoft Teams test call with you before you join the programme. Family members are also encouraged to join the course with the patient.

Important Information about your Data and Information Sharing

This course is hosted by Calderdale and Huddersfield NHS Foundation Trust (CHFT) who will be managing the online course invites. If you are a patient from Leeds or Harrogate, please note that your clinical information **will not** be shared with CHFT or any other trust – only your name, email address and phone number will be given to CHFT, with your consent. This basic information will only be used for the purpose of sending you a booking invitation from CHFT and will be deleted from CHFT records once the course ends. You will be asked to complete a consent form before you join the course and you will also be given a privacy notice. There are course facilitators from each of the three Trusts, and only they will have access to any clinical information about you, which will not be shared with the other facilitators. The course facilitator in your area will be your named contact throughout the course.

Course Timetable

Ideally we would recommend that you try to join all of the sessions, but we do understand that this may not be possible due to appointments and other commitments.

<u>Date:</u>	<u>Time:</u>	<u>Topic:</u>
<u>Session 1:</u>		
<u>Tuesday 7th March</u> and <u>Tuesday 12th September 2023</u>	1.30pm - 2.10pm 2.20pm - 3.00pm	Welcome and Course Overview Keeping Physically Active
<u>Session 2:</u>		
<u>Tuesday 14th March</u> and <u>Tuesday 19th September 2023</u>	1.30pm - 2.10pm 2.20pm – 3pm	Sorting Financial Affairs Benefits & Travel
<u>Session 3:</u>		
<u>Tuesday 21st March</u> and <u>Tuesday 26th September 2023</u>	1.30pm – 2.30pm 2.40pm – 3pm	Advanced Care Planning Mindfulness Part 1
<u>Session 4:</u>		
<u>Tuesday 28th March</u> and <u>Tuesday 3rd October 2023</u>	1.30pm – 2.15pm 2.25pm – 3pm	Managing Uncertainty – Psychology session Diet and Appetite
<u>Session 5:</u>		
<u>Tuesday 4th April</u> and	1.30pm – 2.30pm	Decisions & Care in the last months and weeks of life

<u>Tuesday 10th</u> <u>October 2023</u>	2.40 – 3pm	Mindfulness part 2
Session 6:		
(NB break over Easter) <u>Tuesday 18th April</u> and <u>Tuesday 17th</u> <u>October 2023</u>	1.30pm - 2.05pm Area break out rooms 2.15 – 3pm	Managing Fatigue Hospice Services/ Day Hospice
Session 7:		
<u>Tuesday 25th April</u> and <u>Tuesday 24th</u> <u>October 2023</u>	1.30 til 2pm 2pm til 2.30pm 2.40pm – 3pm	Faith and spirituality Using inspiring and relaxing music Summary, questions, feedback and close

How do I book a place?

Please contact the course facilitators for your area to book a place on the collaborative Thinking Ahead Programme:

Calderdale and Huddersfield patients – contact the Macmillan Information & Support Service on 01484 343614, 01422 222709 or email cancer.information@nhs.net

Harrogate patients – contact the palliative care team administrator on 01423 553464 or email: palliativecareteam@nhs.net

Leeds Patients – contact the Leeds Community Cancer Service on 0113 843 3735

If you do not have the technology to join our virtual/online course, please still contact us on the numbers above and we can arrange to send some information in the post, speak to you over the phone and support you however we can. We will also let you know when the next face to face Thinking Ahead course will take place.

We understand it may be difficult to sign up to join this course but please be assured that our aim is to support and help you. Some of our previous patients and a family member have been involved in making some films talking about the course and how it has helped them. Please click on <https://www.youtube.com/watch?v=YZsQf3jMNZg> or search for 'CHFT Thinking Ahead' on You Tube and you will find a five minutes video and three short videos. Patients and staff from Harrogate Hospital have also made a video to talk about the benefits they found in attending: <https://www.youtube.com/watch?v=98SkKe5tC9o>.

It is up to you to decide whether or not to take part in the Thinking Ahead Programme. If you do decide to join, you are free to withdraw at any time and you won't have to give any specific reason for withdrawing. If you decide not to take part or change your mind and withdraw, it will not affect the standard of care you receive.

Please contact us if you would like any further information or if you have any queries.

Sending our best wishes

Helen, Mandy, Kate and Charlotte

Helen Jones, Mandy Davies and Kate Stott
Macmillan Information & Support Service
Calderdale and Huddersfield NHS Foundation Trust
01484 343614 or 01422 222709

Charlotte Rock
Macmillan Palliative Lead
Harrogate and District NHS Foundation Trust
01423 553464

Leeds Community Cancer Support Service
community.cancersupport@nhs.net
0113 8433735