

# WEST LANC'S MACMILLAN SERVICE



## NEWSLETTER

Hello readers

Lovely to see Spring is here and although I'm still scraping ice of my windscreen in the mornings, I think we are well on the way to some better weather.

Question...how many of our readers have been onto the Macmillan National website and really had a good look at all the amazing services offered? Here is a snap shot of what's currently available:

### **SPRING BUDGET**

The Chancellor, Jeremy Hunt, has presented his Spring Budget for 2023. You can find the key announcements for people living with cancer, including updates on energy bills support, childcare and fuel duty.

### **MAY DOG WALKING CHALLENGE**

Get active and conquer 62 miles with your furry friend this May. With every step you both take, you'll be making a difference in the lives of people with cancer.

### **RISING HOUSEHOLD BILLS ADVICE AND SUPPORT**

We know that cancer can be tough on your finances.  
Get in touch for more information and advice.

### **FREE SPECIALIST COUNSELLING**

Through Bupa, Macmillan are offering up to six free counselling sessions for people struggling emotionally because of cancer. Within days, people who are eligible can receive specialist help and support.

Enjoy having a look around and in the meantime our Spring newsletter has some local information for you, enjoy !

Gaynor x



# MACMILLAN. CANCER SUPPORT



Macmillan Support West Lancs	Macmillan Centre Concourse Shopping Centre	01695 402164 vcl.macmillanwestlan cs@nhs.net
Macmillan National Help-line	Emotional support and advice on benefits, insurance, pensions, debts	0808 808 0000
Macmillan Grant	Macmillan Grants are small, one-off payments up to £350 to help people with the extra costs that cancer can cause. Ring the team for more info.	01695 402164
Macmillan Community	Online community	<a href="http://www.community.macmillan.org.uk">www.community.macmillan.org.uk</a>
Macmillan Buddies	Weekly call from someone who knows what you are going through. They'll give you a weekly call, will be a listening ear, ready to talk about how you're feeling and your support needs during this difficult time.	<a href="https://www.macmillan.org.uk/telephonebuddies">https://www.macmillan.org.uk/telephonebuddies</a>
<b>Help with Finances, Benefits, Debts</b>		
Citizens Advice Concourse Shopping Centre Skelmersdale		0344 245 1294 National helpline
SWILICAN Ecumenical Centre Skelmersdale	Free Independent Advice, Tribunal appeals, Attendance Allowance, PIP, ESA, IT Support,	01695 726269
Vehicles & Transport		<a href="https://www.gov.uk/financial-help-disabled/vehicles-and-transport">https://www.gov.uk/financial-help-disabled/vehicles-and-transport</a>
Blue Badge	You can apply on line for a Blue Badge. If you have been given a DS1500 the Macmillan team can apply for you.	<a href="https://www.lancashire.gov.uk/roads-parking-and-travel/parking/blue-badges/">https://www.lancashire.gov.uk/roads-parking-and-travel/parking/blue-badges/</a>
<b>Help with travel costs</b> <a href="https://www.nhs.uk/nhs-services/help-with-health-costs/healthcare-travel-costs-scheme-htcs/">https://www.nhs.uk/nhs-services/help-with-health-costs/healthcare-travel-costs-scheme-htcs/</a>		
<b>Free prescriptions</b>	If you have a cancer diagnosis it doesn't matter how old you are, you will be eligible for free prescriptions for 5 years. If relevant you can reapply after 5 years.	Ask your GP to complete a prescription exemption form. Keep your receipts until your exemption card comes through and claim back any prescriptions you have paid for.
<b>Attendance Allowance</b>	If you are over state pension age you may be eligible for Attendance Allowance	<a href="https://www.gov.uk/attendance-allowance">https://www.gov.uk/attendance-allowance</a>
<b>Personal Independence Payment</b>	If you are under state pension age you may be eligible for PIP	<a href="https://www.gov.uk/pip">https://www.gov.uk/pip</a>

<b>Carers Allowance</b>	If someone helps to look after you even if they don't live with you they may be eligible for Carers Allowance.	<a href="https://www.gov.uk/carers-allowance">https://www.gov.uk/carers-allowance</a>
Financial help if you are disabled and on low income		<a href="https://www.gov.uk/financial-help-disabled">https://www.gov.uk/financial-help-disabled</a>
Help to fill in forms	Contact I-Cann Preston	<a href="https://ourlancashire.org.uk/groups/icann-benefit-form-filling-support-service-preston/">https://ourlancashire.org.uk/groups/icann-benefit-form-filling-support-service-preston/</a> 01772 746061

### Counselling Service

Many of us go through difficult times in our lives, which can leave us feeling worried, anxious or depressed and feeling unable to cope. Mindsmatter offer a range of brief therapeutic interventions. Giving people the right information and help to develop skills and gain tools to overcome stress, anxiety and depression is at the heart of this service.

You can self-refer to **Mindsmatter** either via the website by completing a registration form or telephoning your local Mindsmatter team.

<https://www.lscft.nhs.uk/about-mindsmatter2> 01695 684177

<b>N-Compass Support for your loved ones</b>	Support to access community and Health & Well-being services. A 24/7 Volunteer manned Carers Help and Talk (CHAT) Line. Volunteer befriending and sitting-in service. Your carer may be eligible for a grant.	<a href="https://www.n-compass.org.uk/our-services/carers/the-lancashire-carers-service">https://www.n-compass.org.uk/our-services/carers/the-lancashire-carers-service</a> <b>03450 138 208</b>
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## WEST LANCS CVS

Supporting voluntary action, empowering local communities



**West Lancs CVS is in the process of developing new Volunteer Roles to help our community come together and work together for everyone's safety in the COVID-19 pandemic.**

**If you are interested please contact [enquiries@wlcvs.org](mailto:enquiries@wlcvs.org)**

**Mobile 07598 552962 | [www.wlcvs.org](http://www.wlcvs.org)**

# ECO-THEATRE CALLOUT

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**Are you somebody affected by cancer who has found solace and revitalization in connecting with the natural world?**

**Would you like to contribute to an innovative new theatre project exploring the wellbeing benefits of this connection?**

My name is Chris Fittock, a professional writer and theatre-maker in West Lancashire. I'm a two-time cancer survivor, and know how connecting with nature was a powerful tool for my recovery.



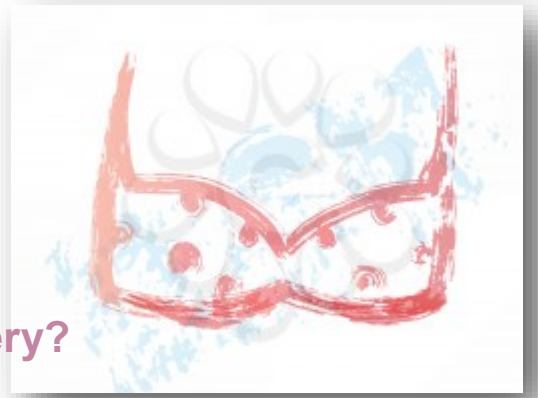
That's why I'm developing a new theatre project to explore the wellbeing benefits of nature inspired by my own story.

I'm seeking small groups of individuals with similar stories to take part in **free creative, therapeutic outdoor workshops**, including activities such as creative writing, forest bathing, and discussions. These sessions will help contribute towards the development of the eventual piece of theatre piece.

The project is being developed in collaboration with a local wildlife trust, and would take place at a safe outdoor site in West Lancashire in the summer.

We're currently putting together a funding bid to make this a reality, and would love to hear from you. If you're interested in taking part or have any questions, please visit my website at [chrisfittock.co.uk/callout](http://chrisfittock.co.uk/callout) to express your interest. Let's come together and explore the healing power of nature through art!

# POST SURGERY BRA INFORMATION



## Do I need to wear a bra after breast surgery?

Breast cancer surgery, and sometimes radiotherapy, may make your chest area feel particularly sensitive. Wearing a bra may make you feel more comfortable, but this isn't always the case.

Your surgeon or breast care nurse may advise you on what bra to wear depending on the type of surgery you have had. You don't need to wear a specific post-surgery or mastectomy bra unless you are advised to.

If you are not given any advice about bras following surgery, check with your surgeon or breast care nurse what is best to wear.

In the first few weeks after surgery, most women wear a soft, non-wired bra that isn't too restrictive.

You may find a front-fastening bra easier to put on as your shoulder may be stiff at first. Our leaflet Exercises after breast cancer surgery has exercises to help ease stiffness.

Men who have had breast cancer surgery will be advised by their treatment team on how they can make the area treated by surgery more comfortable.

## Wearing a bra shortly after breast reconstruction

If you have had breast reconstruction you may be advised to wear a bra initially during the day and night after your surgery.

Many women are concerned about finding comfortable and well-fitting bras following breast reconstruction. Your surgeon will advise what bra to wear depending on your type of reconstruction.

## Choosing a bra while you are healing

For up to a year after surgery your shape and size may alter due to weight and treatment-related changes. During this time the type of bra you need may also change.

While the area recovers from surgery, the nerves repair and any skin changes from radiotherapy settle down, you may want to choose a bra that has:

- Soft seams
- A wide underband (the band that goes under the cups and round your back)
- Deep front and side panels
- Full cups
- Cup separation (the centre of the bra between the cups should sit flat on your chest)
- Fully adjustable straps
- A simple design (details on the bra, like lace, may make it less comfortable)
- No underwires (the wires sewn in under each cup)

Don't wear an underwired bra while the area is recovering from surgery because the underwires can be uncomfortable. However, underwire bras can be worn when the area has healed.

Initially after breast surgery you may have some swelling. Try to find a bra that is a chest size bigger. For example, if you are a 34B, choose a 36B.

If possible, choose bras that have a high cotton content. These will be gentler on your skin while it heals and will help you stay cooler if you're experiencing hot flushes.

Bra strap cushions can make the straps more comfortable on your shoulder and help the bra stay in place. You can buy these from lingerie shops or online.

Once the skin in the chest area has healed and settled down, which may take up to a year, you can wear any bra.

However, if you're planning to wear a prosthesis (an artificial breast form that replaces the shape or all or part of the breast), your bra will need to fit well and have enough support for your prosthesis.

## POST SURGERY BRA INFO, ....CONTINUED

### Where can I buy a bra after breast cancer surgery?

Most lingerie shops, and some high-street shops or department stores, have experienced bra fitters who'll fit you and advise you on your size and a suitable bra.

As your shape and size may change during and after treatment, it's a good idea to have your bra size checked before you buy any new bras.

An experienced bra fitter will often have specialist training and experience in helping women who have had or are going to have breast surgery. It might be useful to call ahead and make an appointment to ensure you can be seen by a trained fitter.

You can buy post-surgery or mastectomy bras from specialist suppliers, in person or online, that are designed for women who have had their breast(s) removed. Post-surgery bras are also available from high-street shops, which can often be a cheaper option.

### Pocketed bras

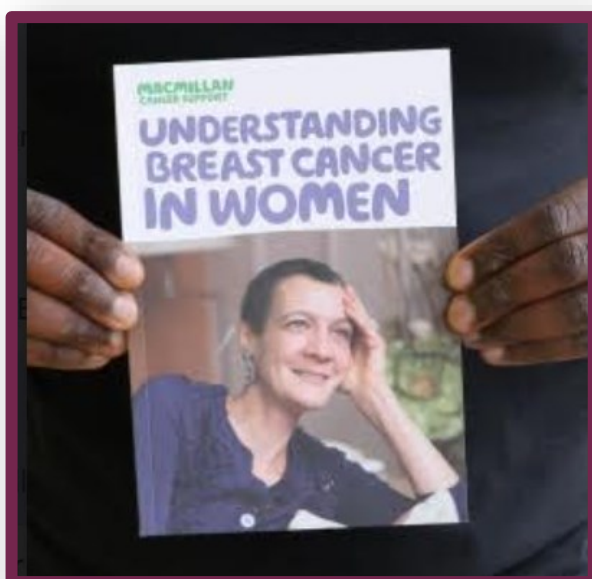
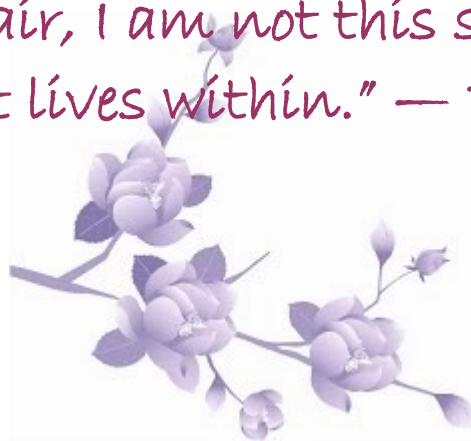
If you are going to wear a prosthesis, a well-fitting bra with a full cup is often all that's needed to hold your prosthesis in place. Many women find this creates a natural appearance and is secure enough.

However, some women prefer to have a bra with a pocket designed to help the prosthesis sit more securely in their bra.

Post-surgery bras come with bra pockets, or you can adapt an ordinary bra by sewing a piece of stretchy material across the back of the bra cup to act as a pocket.

Pockets are also available to sew in yourself. These are available online from most post-surgery bra stockists.

*"I am not this hair, I am not this skin, I am the soul that lives within." — Rumi*



# Welfare rights advice



**Open today**

**We are open from 8am to 8pm.**

**0808 808 00 00**

**Provide your phone number and subject details and one of our helpline staff will call you back.**

## **Who can call our Welfare Rights Advisers?**

If you are living with cancer or caring for someone with cancer, you might need extra help with money.

You can contact our Welfare Rights Advisers to find about the benefits and support you might be entitled to. Learn more about the different ways our advisers can you help you.

You can call us free on 0808 808 00 00 (8am-8pm Monday to Friday and 8am -5pm Saturday to Sunday).

Read on to find out what happens when you call us and what you need to have ready.

## **When you call us, here is what will happen:**

You talk, we listen

If you phone us, we will listen to what you are going through to fully understand your situation.

We ask you questions about your situation

We will ask you questions about your finances and any related medical conditions to find out what you need.

We let you know which benefits you can apply for

We can advise you on any benefits you are eligible to claim, based to your situation and needs.

We tell you how to apply

If you are eligible to receive benefits or support, we will tell you how to apply. You can also call us back if you need help to fill in a form or need any advice to apply.

Sefton Art Group

# ART FAIR & sale

Lydiate Parish Hall - L31 4EQ

Saturday 29th . Sunday 30th April  
& Monday 1st May

10.00am ~ 4.30pm

**Sale of Work** ●

**Prize Draw** ●

**Refreshments** ●

**Free Parking** ●

[www.seftonartgroup.co.uk](http://www.seftonartgroup.co.uk)

