

E-zine

Welcome everyone to the eighth edition of the Macmillan Cruse Project E-zine.

We are now in the final 6 months of the 3 year project. We have had the pleasure of working with many Statutory and Third sector professionals across NI to develop networks and improve understanding of the bereavement support delivered by Cruse.



Claire Phillips,
Macmillan Cruse
Project Manager

Cruse and Macmillan continue to provide support to the public using telephone and online tools. For support dealing with a bereavement or grief at this time please visit: <https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>

If you would like more information about the project or please don't hesitate to get in touch with me on 07852304056 or by email at claire.phillips@cruse.org.uk

WHAT WE HAVE ACHIEVED

Thank you to everyone who has supported the work of the Macmillan Cruse project, in particular members of the Project Steering Group and Cruse staff and volunteers.

1124 people bereaved by cancer have been supported through Cruse 1:1 services delivered face to face or via telephone support.

60 Cruse Bereavement Support Volunteers have attended Cancer and Its Treatments Training delivered by Macmillan.

48 Men were supported through bereavement awareness sessions at groups they attended and many more through men's health events.

9 points reduction on average in Core 10 scores for clients accessing Cruse 1:1 support, indicating improved mental well-being.

4% decrease in clients waiting more than 2 years to access bereavement support.

(Statistics from Oct 2018—Dec 2020)

UNDERSTANDING YOUR CANCER BEREAVEMENT VIRTUAL SESSIONS

The next virtual Understanding Your Bereavement session will take place on **9th March at 6.30pm**. These sessions are for people (over 18) bereaved by cancer. We hope to help support you in:

- ♦ accessing information about what to expect in grief
- ♦ understanding the feelings you may be experiencing
- ♦ receiving reassurance about how you are feeling

For more information please email claire.phillips@cruse.org.uk

PRE-BEREAVEMENT PODCAST

Through the Literature Review carried out by Ulster University and feedback we collected from people living with cancer and people who have been bereaved we have identified the need for a resource that is easily accessible to people at their time of need, which can provide support regarding emotional and practical preparations for bereavement.

We are aiming currently recording several sessions to deliver as podcasts. These will address some of the issues that may be faced by people supporting a person with an incurable diagnosis.

Each podcast will feature discussion with a topic expert and will include 'Preparing for Bereavement' and 'Emotional Loneliness'

Expected launch April 2021. You will find these podcasts through the Macmillan Cruse webpage [here](#).

CRUSE NATIONAL HELPLINE

0808 808 1677

MONDAY: 09:30 - 17:00
TUESDAY: 09:30 - 20:00
WEDNESDAY: 09:30 - 20:00
THURSDAY: 09:30 - 20:00
FRIDAY: 09:30 - 17:00





**WE'RE
HERE TO
LISTEN**

**MACMILLAN
CANCER SUPPORT**

Macmillan Support Line

0808 808 00 00

**7 days a week
8am-8pm**

We understand that people are worried about coronavirus (COVID-19) impacting diagnosis and treatment. The latest guidance for people affected by cancer, Macmillan supporters and our volunteers can be found at <https://www.macmillan.org.uk/>

Local Support and Information

Your local Macmillan Information and Support Services are continuing to help people living with cancer by email and telephone .

Belfast HSC Trust: 028 9063 8980
cancer.info@belfasttrust.hscni.net

Northern HSC Trust: 028 9442 4000 Ext 333079 / 334046
CancerInformation@northerntrust.hscni.net

Southern HSC Trust: 02837561001
macmillaninfo&support@southerntrust.hscni.net

South Eastern HSC Trust: 028 9055 3246
Macmillan.Informationandsupport@setrust.hscni.net

Western HSC Trust: 028 7132 0105 or 073 4207 5636
Macmillan.information@westerntrust.hscni.net

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CANCER SUPPORT**