

Your newsletter for all things Macmillan.



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## May Mac Mail

Dear Dan,

Welcome to May's Mac Mail. We would like to take this opportunity to **thank you!** We know that you're giving everything you've got to continue supporting people living with cancer and their families right now.

Some highlights that we've chosen especially for you as a Macmillan GP Cancer Lead include:

- [Is coronavirus causing your patients added anxiety?](#)
- [New Telephone Befriending service](#)
- [National Garden Scheme: Virtual Garden Tours and Gardening Tips](#)
- [Macmillan Competency Framework for Nurses: now available](#)

Remember, if you have any feedback or comments to share, please [email us](#).

## Latest news



### Is coronavirus causing your patients added anxiety?

We are living in unprecedented times right now, but we want your patients to know that we are here for them for whatever they need. The [Coronavirus Information Hub](#) on our website is kept up to date with the latest guidance.

The [Macmillan Support Line](#) is available 7 days a week and can help with questions about anything they're worried about. If your patients are feeling isolated our [Online Community](#) is open 24/7 and is a safe space where they can share experiences and vent their emotions.

Macmillan Support Line – freephone **0808 808 00 00**, 7 days a week, **8am-8pm**. Opening times may vary by service.

[Get support for your patients >](#)



## Support for you during the coronavirus crisis

We recognise the amazing work you are doing, and have created a 'one stop shop' of key resources on [Learnzone](#) to help you look after yourself and people living with cancer during the COVID-19 crisis.

There are tons of free resources to be found such as the Be.Mindful course, and access to our Employee Assistance Programme, which has been opened up to Macmillan professionals and offers a wide range of confidential services 24/7.

To access support, call **0800 030 5182** or download the [Health Assured app](#) and enter:

**Username: Macmillan**

**Password: Support**

Resources for patients and carers relating to cancer and coronavirus can be found on our [Coronavirus Information hub](#), and we have created a [section dedicated to supporting you](#).

[Find out more >](#)



## **[New Telephone Befriending service](#)**

We are pleased to have launched a new UK-wide [Telephone Buddying](#) service for people living with cancer. The service will provide regular emotional support, via ongoing befriending from the same volunteer over a period of up to 12 weeks.

We know cancer can be an isolating experience at any time, more so during these times of shielding and social distancing. One of our volunteer Buddies can provide a listening ear to help ensure your patients

don't have to face cancer alone.

In order to help you determine whether you think this type of service is suitable for the people living with cancer that you support we have developed a [toolkit](#) to help you talk about it and be able to signpost individuals to it.

[Access the toolkit >](#)



**MACMILLAN PROFESSIONALS  
EXCELLENCE AWARDS**

**MACMILLAN  
CANCER SUPPORT**

## **Macmillan Professional Conference and Excellence Awards update**

Especially through these challenging times, we know how important it is to continue to recognise the outstanding work of Macmillan professionals.

However, we have made the decision to **pause nominations and postpone** the Macmillan

Professionals Excellence Awards until 2021. All face-to-face events involving Macmillan professionals for 2020 have now been cancelled.

We fully understand and appreciate the enormous pressure that Macmillan professionals and teams are under at the moment, and we want to thank you again for the incredible support you are giving to people at this particularly challenging time.



## **National Garden Scheme: Virtual Garden Tours and Gardening Tips**

Our unique partnership with the National Garden Scheme helps raise awareness of the [impact of gardens on health](#). For patients finding lockdown difficult, gardens can be a place of solace and relief to help improve their mental and physical wellbeing. And

for those patients without outdoor space, [virtual garden tours](#) of some of the finest gardens in England and Wales can provide a glorious escape.

From how to deal with lawn weeds to what to plant in window boxes, the National Garden Scheme's [weekly newsletter](#) can provide patients with seasonal gardening tips, stories and virtual tours straight to their inbox.

Please encourage your patients to get outside, start gardening and explore the beautiful virtual garden tours.

[Take a virtual garden tour >](#)

## Learning and Development

# LEARNZONE UPDATE

### Cancer and coronavirus related content will be moving

As of **Monday 18 May** we are moving much of the content related specifically to cancer and coronavirus

for professionals to a dedicated section on our [Coronavirus Information hub](#).

We hope that this will mean that the fantastic resources are more accessible, and can be found more easily, quickly and with no enrolment keys needed.

We will continue to keep you updated with future changes to online learning.



### **Be.Mindful online course**

Although face-to-face learning has been postponed for now, you can still access virtual courses online, including [Be.Mindful](#).

This [course aims](#) to teach techniques and practices that you can use in daily life, including all the elements of mindfulness-based cognitive therapy. It explains what mindfulness is, enables you to develop



mindfulness practice as part of daily life, and helps to reduce levels of stress in challenging situations.

It is suitable for any professional and is four weeks long, although it can be done at your own pace and there is no time limit.

[Enrol on Be.Mindful >](#)

## New and updated resources



### **Macmillan Competency Framework for Nurses: now available**

We are pleased to announce the Competency Framework for all UK nurses involved in the care of adults living with and beyond cancer has been updated.

The Macmillan Competency Framework for Nurses (MCFN) builds upon the 2014 framework, which was the first to identify core domains of care that are relevant to the needs of people after cancer treatment, and who might experience consequences of cancer and its treatment.

It now includes a helpful toolkit that uses case vignettes so that the framework implementation is relevant and easy to use for all nurses working in frontline clinical practice, education, management or commissioning.

[View the toolkit >](#)



## Update on Mac Voice

Due to the impact of coronavirus, we won't be

publishing a December issue of Mac Voice this year, but you can still look out for upcoming issues in June and October.

In the June issue, you can read about how Macmillan can support you and your patients during the coronavirus pandemic. We also meet Macmillan End of Life Care Facilitator, Justin Trewren (pictured above), who discusses his award-winning work to help speed up discharge processes for people at the end of life.

You can also [view and download](#) past issues of Mac Voice online.

To update your contact details or if you have not received your copy, [please get in touch](#). If you have an idea for an article, please [email our editor](#).

[Read the latest Mac Voice >](#)

## Areas of interest

### Have your details changed?

If you'd like to update your contact details or if you haven't received your copy of Mac Voice, please [send us an email](#).

### Share with your colleagues

If you think your colleagues would be interested in the updates in this issue of Mac Mail, forward it to them. As

well as keeping them informed, you'll be helping to raise awareness of our services for people affected by cancer.



### Follow us



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### Get in touch

If you have any questions about Macmillan, or would like to talk to someone about cancer, we have a team of experts who can help.

Visit [macmillan.org.uk](https://www.macmillan.org.uk) or call **0808 808 00 00** (7 days a week, 8am-8pm)

If you would like to leave feedback about this communication or the work Macmillan does, [please do so](#).

If you would like to update your contact preferences, please call our Supporter Care Hub on 0300 1000 200 or email [contact@macmillan.org.uk](mailto:contact@macmillan.org.uk).

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