

Talking About Cancer Together



What a year it has been! The Talking About Cancer Together project has been on a mission to find as many organisations within the Voluntary, Community, Faith & Social Enterprise sector as possible to understand what they do and signpost to these services wherever possible.

It has been a real privilege to meet so many different organisations. I have been attending networking and community events, support group meetings, breakfast hubs meetings, top up shops and even gone for walks in the park - as many events and groups as possible to make some real connections. The goal from the beginning was to make the connections and to bring the organisations together at a networking event which involved the NHS. The work of the NHS and the VCFSE sector is intertwined, one sector cannot exist without the other- the NHS sees patients when they are unwell and at their recovery stage, a lot of organisations in our community help on that journey.

Here are some of the highlights of what has been an eventful year.



1 - Meeting with the Men's Breakfast Hub (ActivLives)



2 - Enjoying the Community Gardens.



3 - At the Community Gardens with the International Women's Group- Suffolk Refugee Support.



4 - More Than Mums workshop, Future Female Society



5 - Ways to Wellness -Sutton Hall, Woodbridge.



6 - The International Women's Group preparing for lunch.



7 - At Suffolk Sound with Deb Gibson, Volunteer Development Manager- Community Action Suffolk.



8 - Wednesdays with Wellbeing, Burlington Baptist



9 - Talking About Cancer Together Norfolk networking event.



10 - Cultural Community Event- Christchurch Park, Ipswich



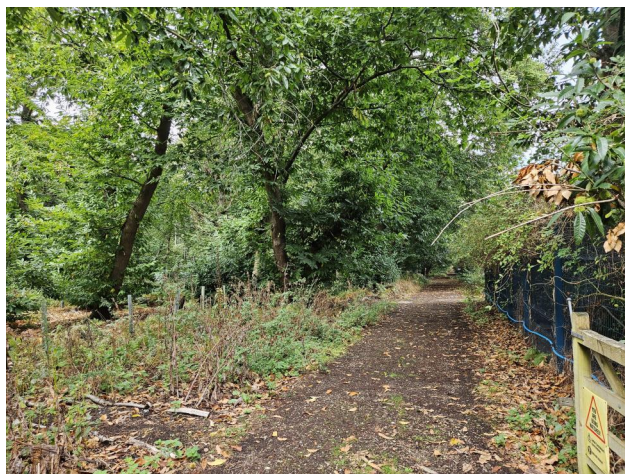
11 - Ways to Wellness -Sutton Hall, Woodbridge.



12 - Expo 24- Colchester



13 - Castan Wood, run by Green Light Trust



14 - Castan Wood, run by Green Light Trust



15 - Castan Wood, run by Green Light Trust



16 - Launch of Wellbeing Hub by Emmaus and Communities Together in Felixstowe.



Like Comment Share



17 - Launch of Women's Health Hope, Ipswich Hospital



18 - Cultural Community Event- Christchurch Park, Ipswich



19 - Cultural Community Event- Christchurch Park, Ipswich



20 - Top-up Shop- St Peter's Church, Stoke Park, Ipswich



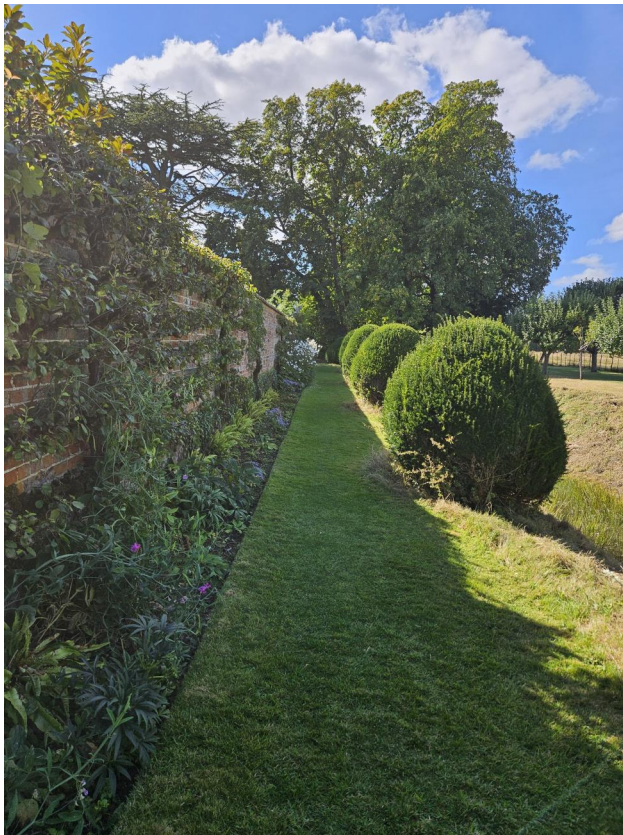
21 - Top-up Shop- St Peter's Church, Stoke Park, Ipswich



22 - Visiting Helmingham Hall with SWAGS



23 - Visiting Helmingham Hall with SWAGS



24 - Visiting Helmingham Hall with SWAGS



25 - Visiting Helmingham Hall with SWAGS



26 - Visiting Helmingham Hall with SWAGS



27 - Visiting Helmingham Hall with SWAGS



28 - Visiting Helmingham Hall with SWAGS



29 - Visiting Helmingham Hall with SWAGS

The Be Well Bus- First Impressions



As I was getting to grips with the Talking About Cancer Together project, going out and about and getting to know the different organisations within Ipswich and beyond, the Be Well Bus was launched. From the very first time I spoke to Ellie Cracknell about the Be Well Bus project and the concept of a bus that was working to bridge the health inequality gap by going into the communities, I had an affinity with the project. I have tried to follow the project's development over the course of the months and have used it as a case study for my project.

The thing is, the Bus has been doing what I have been doing (making a physical appearance in communities), but on 4 wheels and with a capacity to invite people on board to promote their services to the various communities. With the presence of the SISU system on board for checking blood pressure etc, there's more reason to hop on board, even if, you are not in need of the other services represented.

The Be Well Bus, is a partnership between the NHS Suffolk and North East Essex, Integrated Care Board and the NHS Ipswich and East Suffolk Alliance with voluntary and community sector partners.

"The county's first-ever Be Well Bus was officially launched yesterday, and over the coming months will be journeying across east Suffolk offering support and advice to those who need some extra help with their health and wellbeing."

Healthwatch Suffolk-November 20, 2023

What an inspiring idea! As a Wellbeing hub on wheels, the bus will be travelling around the villages of East Suffolk to promote health and wellbeing facilities and organisations.

Since its launch, the Be Well Bus has been on a mission to reach as many of our rural communities as possible as well as the deprived communities such as the homeless, Gypsy & Roma travellers, migrants and those living financially challenged lives with the mission of taking the services to where they are needed most, to bridge the health inequality gap.

From Community Cultural events to Health and Wellbeing awareness events, to the opening of Wellbeing Hubs, the bus has been a visible presence allowing people to hop on and off for health checks and to engage with the professionals on board.

Where has the Bus been?

The Be Well Bus has been to so many places and personally within the last 8 months, I have been able to capture these moments at:

- The ICM Health & Wellbeing Awareness event at Burlington Baptist Hall, Ipswich
- The Co-operative at Hadleigh
- The Launch of the Emmaus Wellbeing Hub in Felixstowe
- Community Cultural Event, Christchurch Park, Ipswich
- Expo 24 Colchester
- Ways to Wellness Event, Sutton Hall, Woodbridge



30 - Sutton Hall, Woodbridge - Ways to Wellness event.



31 - Burlington Baptist, Ipswich- Networking event by ICM



32 - Felixstowe-Opening of Wellbeing Hub by Emmaus



33 - Christchurch, Ipswich- Cultural Community Event



34 - The bus at the Co-op in Hadleigh



35 - The bus at the Co-op in Hadleigh



36 - Burlington Baptist, Ipswich- Networking event by ICM



37 - Expo 24, Colchester

Joint Cancer Networking Event by the Talking About Cancer Together Project and the Suffolk & North East Essex Cancer Programme.



The Joint Networking event was held at the Kesgrave War Memorial Community Centre on the 25th of September and was a great success. The event brought together organisations like BME Suffolk, Alzheimer's Society, Finnbar's Force, Karibu and many, many more. There were 28 stallholders at the event and just under 100 people in attendance. It was a collaboration, co production, between Karen Dowsing who heads the Integration of Personalised Care for Cancer Patients project and Community Action Suffolk's Talking About Cancer Together project.

Stallholders got the chance to be interviewed by Mark Murphy (CEO Cancer Support Suffolk) and attendees had a taster of the Let's Talk card game workshop developed as part of the project and an insight into the Quality of Life (cancer patients) data, gathered by Alan Bateman and its relevance to the services provided by the different organisations.

There was a real buzz in the room as attendees made connections over bacon and sausage buns, cakes, muffins, teas and coffees.

The event was a fitting end to what has been an eventful and remarkable year!













WHAT'S IN THE PIPELINE?!



Let's Talk Card Workshop-

The cards are conversation starters that look at different family scenarios, different types of cancers and the impact that cancer can have. The aim is to help organisations that ordinarily would not be talking about cancer in their day to day, engage their service users, staff and volunteers in the conversation around cancer to help bridge the health inequality gap.

The workshops are offered free of charge and it's £15 to purchase your own set of the cards to use with your groups.

There are 4 packs in the set and 168 cards altogether. Within the packs are 40 organisations that offer support to our communities in Suffolk. The 40 cards have QR codes that take people directly to the organisations' websites where more information can be obtained.

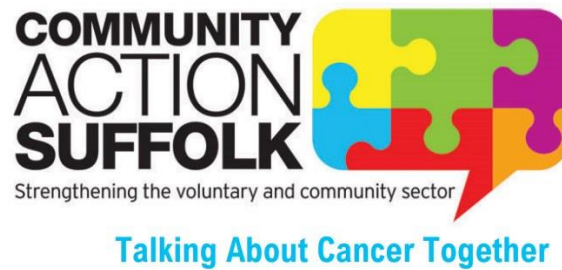
What's Next?

The first 2 workshops were bookable workshops through the Community Action Suffolk website and were well-attended. The project is now looking to involve staff and volunteers directly in their places of

work. If you have a staff meeting coming up, this will be a perfect opportunity to engage your staff in the workshop. Reach out to me for a free 2-hour workshop at your premises.

The statistics say that one in two will be diagnosed with cancer in their life time, let's come together to help remove the taboo from the subject and let's keep Talking About Cancer Together.

**MACMILLAN
CANCER SUPPORT**



Nellie Kuma (Talking About Cancer Together)

T: 01473 345373

E: nellie.kuma@communityactionsuffolk.org.uk