

# Specialist Oncology, Palliative & Bereavement Service

## News Letter. Summer 2014. Issue 2.

United Lincolnshire Hospitals **NHS**  
NHS Trust

### Family Day Spring 2014

The most recent Family Bereavement Day was held and at St Barnabas Hospice, Grantham on March 23rd 2014. The day was very well attended and the theme of the day was "Journeys". Families used craft activities to look at their worries and how the journey of bereavement changes over time. During lunch entertainment was provided by a magician, with was evaluated as a positive interlude.

**Contact Details** Tracy Wilson Specialist Family Practitioner  
Team Lead. Grantham & District Hospital 101 Manthorpe Road.  
Grantham NG31 8DG

### Picnic for all Bereaved Families

Wed 30th July 2014. Hartsholme Park. Time 10:30-2:00.pm  
Off Skellingthorpe Road, Postcode LN6 0EY. Meet near the  
visitor centre. Don't forget your picnic. **All Welcome.**



**P.A.C.T.** The PACT (parents and Carers Together) meet monthly. The group is aimed for any parent with a child who has a complex medical illness or progressive disease and attends main stream school. The group support each other with the issues that often arise from multiple hospital appointments, dealing with siblings and a wide range of other matters. They meet in Sleaford. This Easter the group met for a walk and a picnic at Woodall spa, where the sun shone and all had fun. The Easter bunny had even been and laid some chocolate eggs in the woods for the group to find. If you would like more information please contact the team.



### Check out our website -

[http://www.ulh.nhs.uk/about\\_us/patient\\_services/specialist\\_family\\_practitioner/resources.asp](http://www.ulh.nhs.uk/about_us/patient_services/specialist_family_practitioner/resources.asp)  
Or type specialist family practitioner lincs into a search engine.

### A Child's Perspective on Bereavement.

It is hard when you have lost someone important in your life who you love. I sometimes felt out of control and couldn't cope. When I first went back to school I couldn't do my work properly or keep my temper. Every time I felt like this I had a tiny ball I would squeeze to help.

One of the bereavement team helped me and my sister and my mummy. She helped when we were sad and would come round and we would make things.

If you are feeling worried, tell someone you trust because it really helps... Izzy aged 7 years. Service user.

### "Team Day"

Once a year the team spend a day sharing therapeutic activity ideas and resources which involves a hands on or 'experiential' approach. This year the team were fortunate that the venue was the newly launched Foxdale Equine Assisted Learning Centre, in Oasby near Grantham, which is managed by our Team Lead Tracy Wilson. Tracy is also a qualified Equine Assisted Learning Facilitator. The theme for our day was organised around team building, communication skills and self awareness. Understandably crucially all important components of our role.

The team building exercise included decision making, working in pairs and carrying out instructions in order to complete equine related tasks whilst offering support and encouragement to team members. This was followed by constructive feedback on our observations and actions. We shared our thoughts and feelings about the exercises and reflected upon how we as individuals responded to new and challenging situations and in particular, how this could influence the way in which we work. We went on to share how in recognition of our individual responses we can adapt our therapeutic approach for the benefit of our families.

Obviously, I can only speak from my own experience. But the day at FEAL for me reinforced the fact that I work with a committed, loyal and caring team. Also, on a personal note, that I gain job satisfaction from challenging situations provided I feel that I have succeeded as much as it is possible to do, which means doing the best that I can for every family that I have the privilege of meeting.

Specialist Family Practitioner Team Member.



## Spotlight on



## Children's Specialist Palliative Care Team (PATCH TEAM)

The Palliative Care team is a countywide service consisting of a Specialist Palliative Care Nurse and Health Care/ Family Support Workers (HCSW). The team is part of the wider Children's Community Service consisting of the Community Children's Nurses, Children's Macmillan Nurse, Play Specialist and the Specialist Family Practitioner Team.

The PATCH team provides, nursing care and short breaks in the child's own home or community setting for children with end of life/palliative care and/or life limiting illnesses with complex care needs, in addition to this respite the team can also provide symptom control, specialist and supportive care during end of life care and end of life care planning.

The Play Specialist will plan therapeutic programmes and activities for individual children in collaboration with the Family Support Specialists and Palliative Care Nurse.

The team works closely with other members of the multidisciplinary team and other agencies e.g: Children's services, Lincolnshire Safeguarding Children Board and Continuing Health Care. The care provided is child-centred and flexible service to the child and family, to allow them to use their allocated time as they would wish. The aim of the service is to provide high quality short break care/palliative care to children whilst enhancing the quality of life for the whole family.

The Children's Specialist Palliative Care Nurse facilitates individualised competency based training and assesses the care team until they are familiar with each child's needs and their specific nursing needs.

Once carers have got to know the child and family, are competent and parents feel happy for their child to be left in their care, the service can be initiated. To make a referral contact the team coordinator to establish whether the service is appropriate for the child on : **01476 464786**.

Each child is assessed against the criteria and according to their individual care needs, medical status and depending on other services already being accessed. Priority is always given to a child requiring End of Life Care at home when additional support is given in accordance with family wishes.

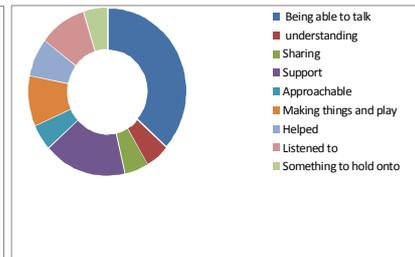
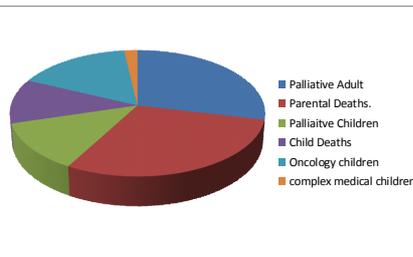
### Date for your Diary.

Sibling Family support day, for all those families bereaved of a child with siblings. 28th Sept 2014 Venue St Barnabas day Hospice, Grantham. Invites will be sent out nearer the time.

### Feedback from our 2013 Questionnaires.

Breakdown off all Accepted referrals into the service.

What families said worked well for them using the service.



### Parents perspective—Beach Walk in Skegness January 2014

Recently, my children aged 9 and 13 and I took part in a beach walk in Skegness for bereaved families and found it was a way of meeting up with others in similar situations. Although my son was initially anxious, he was surprised that he did not need to discuss the loss of his dad but spent time playing on the beach and having fun. He told me that he felt comfort in being around people in similar situations and that would know what he had gone through but he didn't have to talk about it. I felt inspired by other families that attended the day and didn't feel so alone with what we had been through. Both myself and my children are now looking forward to the next family day.

Bereaved parent—Claire from South Holland

100 % surveyed said they would recommend the service to others.



### Charitable Trust Fund

Our charitable fund provides finance to purchase valuable resources i.e.; books for children about bereavement and illness, therapeutic play toys and art materials, memory boxes, bereavement family days, support groups and sibling days.

Charitable donations make a real difference to our families and are very much appreciated.

Please make cheques payable to our Charitable Trust Fund:-

Children Bereavement Fund LO24

FAO ( For the Attention of) Tracy Wilson at above address.



If you require this information in another language, large print, audio (CD or tape) or braille, please email the Public Involvement team at [patient.involvement@ulh.nhs.uk](mailto:patient.involvement@ulh.nhs.uk)