

Meet the Macmillan Next Steps Cancer Rehabilitation Team

Nikola Hawkins – Consultant Cancer Practitioner, Next Steps Cancer Rehabilitation Lead



After spending six years as a Bank Manager, Nikki changed career, retrained and qualified with a degree in Radiotherapy and Oncology. For the last 17 years, Nikki has worked in the NHS supporting people affected by cancer across a number of clinical, research and management roles.

Nikki's role within the team covers four elements:

1. **Holistically supporting people affected by cancer** to feel they have the knowledge, skills and confidence to regain their health and wellbeing after diagnosis of cancer
2. **Leading and managing** the multi-disciplinary Macmillan Next Steps Cancer Rehabilitation team
3. **Research and Development.** Developing, implementing and evaluating new services based on the needs of people affected by cancer, research and gaps in cancer services in Gloucestershire. Nikki is also undertaking her own research around prostate cancer and is currently finishing her Doctorate
4. **Education.** Nikki delivers education and training to health and social care practitioners in Gloucestershire on cancer rehabilitation

Nikki is very proud of the Macmillan Next Steps Cancer Rehabilitation team and the innovative work that they do each day to support people affected by cancer. If you would like to find out more about the service please telephone Nikki on: 0300 421 6586 or email Nikola.hawkins@glos-care.nhs.uk

Clare Lait – Specialist Cancer Community Physiotherapist



Clare is a Specialist Cancer Physiotherapist who has worked within and outside of the NHS for over 17 years. She has practiced physiotherapy for a number of years supporting and enabling people affected by cancer, and is passionate about improving the lives of these individuals where she can. The role of the physiotherapist in this field is to facilitate management of pain, fatigue, general deterioration of muscle

strength, balance and confidence. This is done in a holistic manner taking into account not just the physical, but the emotional and spiritual aspects of an individual. Clare enables people to live well beyond a cancer diagnosis through management of the consequences of treatment as well as leading on the physical activity component of the programme. Physical activity is an essential part of treatment for both the cancer and the individual and encouraging people to be more active directly or indirectly through educating staff members is vital. Clare can also advise on return to work and hobbies. Outside of work Clare is a keen triathlete.

Jo Pain – Dietician



Jo is a registered Dietitian qualifying in 2005 with a BSc (Hons) degree in Nutrition & Dietetics from the University of Wales Cardiff Institute. Jo has had numerous roles as a dietitian but has spent the last six years within the field of oncology, specialising in Head & Neck Cancer. Jo is now working with Macmillan Next Steps Rehabilitation, alongside her Head & Neck role, promoting healthier lifestyle choices for those affected by Breast, Colorectal & Prostate cancer. Many people experience eating concerns either before, during and/or after their treatment for cancer. Some of these concerns may include unintentional weight loss or weight gain, cancer related fatigue, gastrointestinal problems following surgery or radiotherapy and swallowing difficulties. Dietitians play a key role in supporting people living with and beyond cancer by assessing and managing the effects of cancer treatment and reducing the risk of malnutrition or secondary cancers (and other conditions like diabetes, cardiovascular disease etc.) through appropriate nutritional counselling and support.

Mat Beach – Project Manager



Mat supports the Macmillan Next Steps Cancer Rehabilitation team to develop, promote, deliver and evaluate a wide range of education. The long-term aim is to test projects in Gloucester City and the North Cotswolds, and use outcomes of each project to inform longer term commissioning discussions on future cancer community support services. Mat has many years' experience of transformational change, marketing, logistics and sales within the private and public sector. Outside

of work Mat is a keen motorcyclist

Katie Clive- Macmillan Therapies Assistant Practitioner



Katie joined the Macmillan Next Steps Team in February 2016. As the Therapies Assistant Practitioner, Katie is involved in delivering Macmillan Next Steps educational courses to patients, which teaches patients techniques on how to self-manage some of the side effects of having a cancer diagnosis or from the treatments they may have had. Katie also helps to organise and deliver the physical activity elements of other Next Steps courses like "Active Everyday" and "Recipe for Health".

Prior to joining the Next Steps Team, Katie worked in the Oncology Unit, Cheltenham General Hospital in the Therapy Department as a Senior Therapy Support Worker for 16 years. Her role was to support the Physiotherapists and Occupational Therapists on the Oncology wards. She would assess patients' needs for discharge and help them maintain independence during admission to hospital so that on discharge they could manage independently.

Outside of work, Katie likes to meet up with friends - these days she is more of an afternoon tea lady than a going out and partying girl. She also likes being outside in the fresh air and particularly enjoys walks which involve being by water. Katie has an allotment and likes nothing more than putting the world to rights over a flask of tea and a good old dig.

Frances Thomas – Senior Health Trainer



Frances is a Senior Health Trainer who has a degree in psychology and specialises in behaviour change. She has worked with many people in the community, motivating individuals to adopt healthier lifestyles to improve their health and wellbeing. She has a particular interest in Mindfulness and its benefits for relieving stress and associated anxieties. She delivers the Take Control and HOPE courses and also does 1 to 1 mindful sessions. Outside of work she loves the theatre and has been known to tread the boards herself on occasion.

Felice Marchetti – Senior Health Trainer



Felice is a Senior Health Trainer (personal trainer) trained at Level 3 personal training from the Register of Exercise Professionals (REPS) and Level 4 Canrehab which is a specific course that trains exercise specialists in understanding cancer, its treatments and its effects on the individual. He has worked with many different populations within the community from, Great Britain athletes, professional boxers, disabled, blind, elderly and people affected by cancer. He has a particular interest in Olympic weightlifting, strength and conditioning, boxing, and getting people to achieve what they thought was not possible.

Brenda Daymond-King – Co-ordinator



Brenda is the Macmillan Next Steps Co-ordinator. She came to the team following 17 years of valuable senior administrative experience from within several Gloucestershire NHS trusts. Brenda supports the team mainly from the office base at Edward Jenner Court, Brockworth and works closely with the MNS clinical team, the project manager and team lead. She arranges clinic appointments for people affected by cancer and provides administrative services and support to the team by assisting with the coordination of the Next Steps Cancer Education Programme.

Brenda acts as a first point of contact into Next Steps and will action and follow up on all enquiries. In her spare time Brenda is interested in theatre going, camping, walking and spending time with her two lively grandchildren!