

C:Evolve

Avatar counselling



Start chat

Avatar creator

Log out

The C:EVOLVE Team

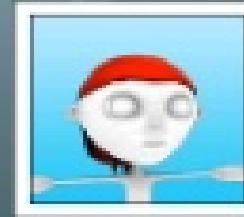
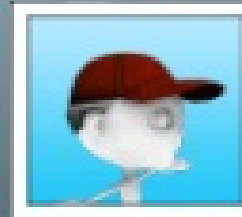
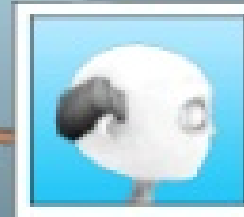


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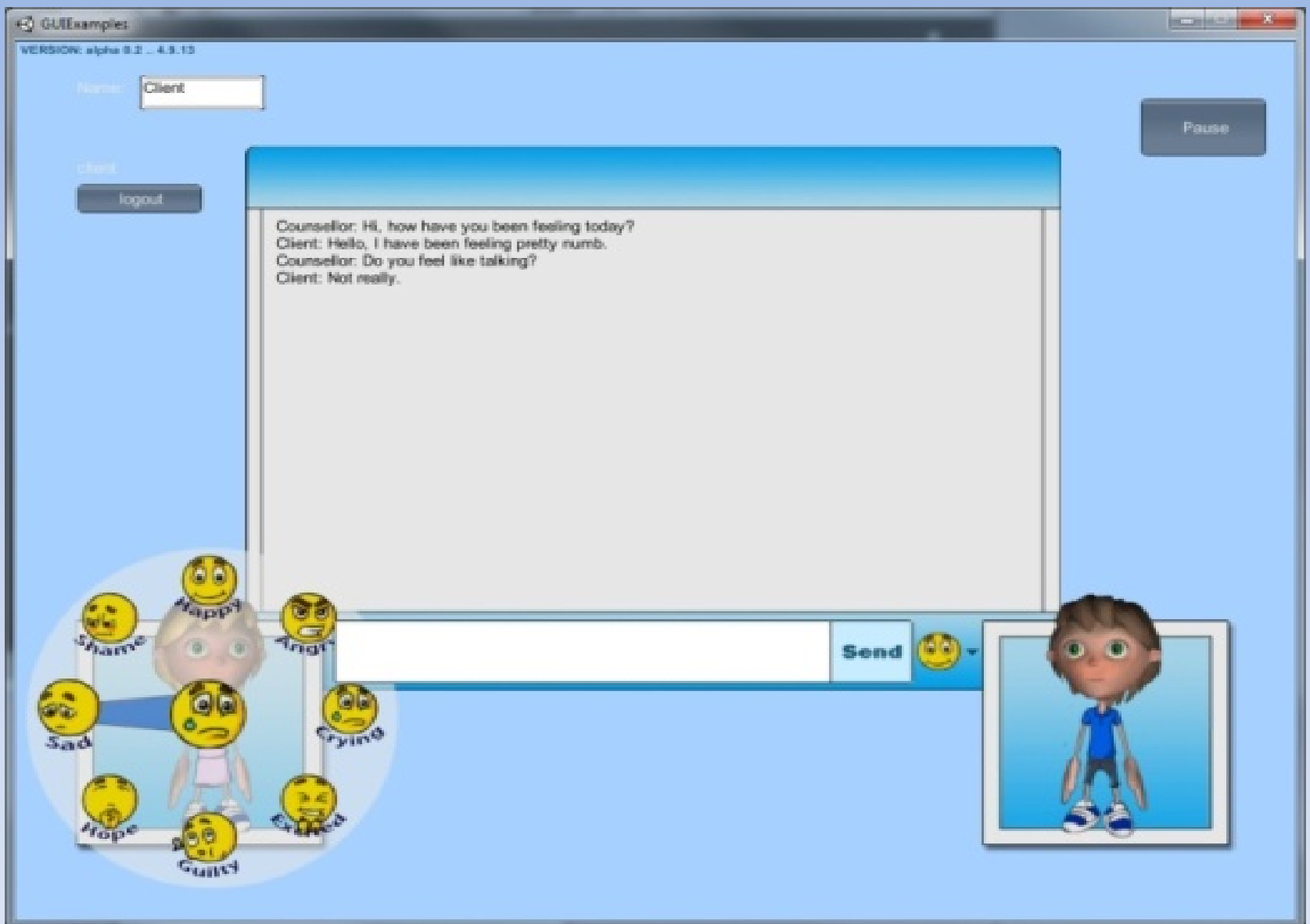


Hat:



EXIT





Are you a young person helping to look after someone with cancer?

Are you a young person affected by cancer yourself?

Would you be interested in having online counselling to talk about your feelings and worries??

The C:EVOLVE project is seeking young volunteers to take part in a pilot study of a new avatar-based online counselling world.

- ☐ Are you aged between 13 and 25 years?
- ☐ Do you have access to the internet and are you familiar with using online games and social media?
- ☐ Would you be interested in taking part in a six week study of a new online counselling service?

If you have answered yes or *maybe* to the above questions and would like to find out more about the study, please email the study team at the School of Psychology and Counselling, UWTSD Swansea on c.evolve@sm.uwtsd.ac.uk or phone 01792 482084 for a study information pack.

The C:EVOLVE Young Persons Panel... the “Keyboard Counsellors”

We are the real
heroes of
counselling
#undercoverheroes

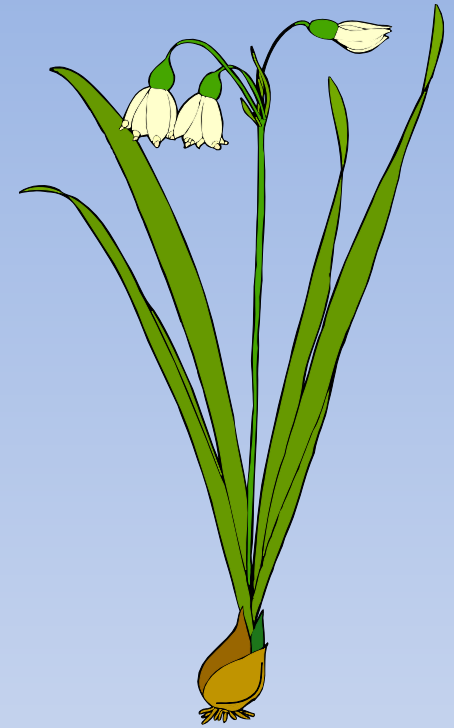
Changing
the face of
counselling
#Cthisevolve

The keyboard is
your innervoice
screaming to be
heard#Silent

Let the keyboard Do the
talking#OnlineCounselling

the avatar one virtual
world at a time
#sitdowntypeout



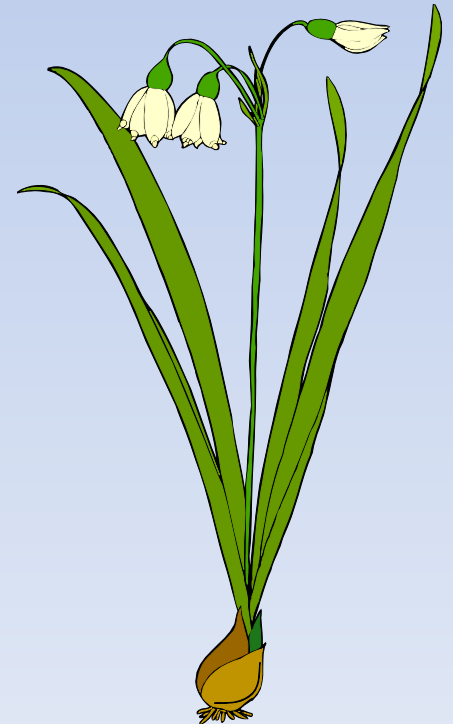


Nature and Wellbeing

Ceri Phelps & Carole Butler

The Biophilia hypothesis

The biophilia hypothesis (Wilson, 1984) states that humans have an innate attraction to nature



Chalquist (2009, p.7) states that a variety of psychological symptoms such as anxiety, frustration, and depression are created by a '*disconnection from the natural world in which we evolved*' and suggests that;

'reconnection to the natural world –whether through gardens , animals, nature walks outside, or nature brought indoors-not only alleviates these symptoms, but also brings a larger capacity for health, self-esteem, self-relatedness, social connection, and joy'.

Research regarding humans and nature shows positive physical and psychological effects from being in, as well as viewing, natural environments

These effects include :

Faster recovery from surgery

Enhanced mood

Lowered stress

Increased ability to concentrate.









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University Health Board

**“I almost feel like a bit of a second class citizen”: A
focus group study of the experiences of women
diagnosed with secondary breast cancer and their
support needs**

Margaret Ann Baker,
Secondary Breast Oncology Clinical Nurse Specialist, ABMU
Dr Ceri Phelps, Registered Health Psychologist, University of
Wales Trinity Saint David

Background

- ❑ Women with a diagnosis of secondary breast cancer have complex and often unmet needs
- ❑ higher level of psychological distress compared to that at receiving a primary diagnosis (Breast Cancer Care, 2009; Reed et al. 2010; Mahon et al. 1990; Parle et al., 2001)
- ❑ high levels of psychosocial morbidity (Cohen, 2002; Coristine et al 2003).
- ❑ Feelings of uncertainty, lack of control, stigma, abandonment, anger and isolation (Hanson-Frost et al. 2000; Krigal et al, 2014; Pollin; 1995; Mosher et al., 2013).

Methods

- ❑ Qualitative focus group methodology
 - ❑ ideal way of obtaining rich narrative information about shared experiences of health and illness (Wilkinson, 1988; McLeod, 2011)
 - ❑ previously used as an aid to exploring and planning future needs of women with a diagnosis of secondary breast cancer (Breast Cancer Care 2008) and other cancer patient groups (e.g., Hughes & Phelps, 2010).

Findings: Thematic Analysis

Table of superordinate and sub-ordinate themes

Superordinate theme 1: A loss of support	Superordinate theme 2: A changing identity	Superordinate theme 3: Living with no cure
Sense of abandonment	Self stigma	An uncertain future
Needing time to reflect	Walking in their shoes	Resilience
Perceived reluctance to explore the death question	A common identity through shared experience	Reluctance to seek psychosocial support
A missing link		

Impact....



"We feel forgotten and feel like we represent the lack of hope. When we are remembered, we are recognized as losing the battle"
A focus group study of the experiences of women diagnosed with secondary breast cancer and their psychosocial support needs.

GIG CYMRU
Bendith ydyd Pylgog
Ardur tan Bwllwgannu



The British
Psychological Society
Division of Health Psychology

DIVISION OF HEALTH PSYCHOLOGY Annual Conference 2015 Health Psychology in Action Poster Prize Winner

Thursday 17 September 2015

This is to certify that

A focus group study of the experiences of
women diagnosed with secondary breast cancer
and their psychosocial support needs
by Ann Baker of the Breast Care Centre,
Singleton Hospital, Swansea, and Ceri Phelps of
the University of Wales Trinity Saint David,
was judged to be one of the
best at conference.

Radisson Blu Portman Hotel, London
16-18 September 2015

Karen Rodham

Karen Rodham
Chair, Division of Health Psychology

Incorporated by Royal Charter

"We feel forgotten and feel like we represent the lack of hope. When we are remembered, we are recognized as losing the battle"

A focus group study of the experiences of women diagnosed with secondary breast cancer and their psychosocial support needs.

Ann Baker (1) & Ceri Phelps (2)

(1) Breast Care Centre, Singleton Hospital, Swansea.

Email: Magpaw@swansea.ac.uk

(2) School of Psychology, University of Wales Trinity Saint David, Swansea



Y Prifysgol Cymru
Y Driodod Dewi Sant
UNIVERSITY OF WALES
Trinity Saint David
SWANSEA - ABERYSTWYTH

Women are living with secondary breast cancer in the United Kingdom with 12,000 of in the last year of their life (Maher & McConnell, 2011). It is now acknowledged that breast cancer have a chronic condition and yet in some health boards there are no Specialists (CNS) to support those women (Reed et al 2003), and little is known needs during their experience of secondary breast cancer.

Participants

out to explore how such their experience of being y breast cancer and to air needs for psychosocial Data was analysed using tative Phenomenological (7). Ethical approval was West Wales NHS REC.

A purposive sample of women with a diagnosis of secondary breast cancer was used. 16 women were approached through the Breast Care Centre at Singleton Hospital, Swansea. Of the 14 women who returned consent forms, 12 women then participated in one of two focus groups (6 women in each group). The women had secondaries in bone, brain, liver and lung. Ages ranged between 29 & 70 years.

Findings

Analysis of the two focus groups revealed themes that indicated the women felt unsupported by the care system in comparison to the levels of support received as primary breast cancer patients. Participants talked about the lack of formal support, the stigma of being diagnosed with secondary breast cancer, the impact of being informed that their cancer was not curable and the need for humour and resilience as part of their coping.

The lack of formal support

"I feel totally abandoned by you know any support what so ever since I got referred to oncology".

Humour & Resilience

"I just say yes I'm positive, positively pissed off".

"So I feel that nobody is treating me holistically because you can't separate parts of my body".

Stigma

"I had loads of support and everything but when we were given to oncology I feel I was treated like a statistic not as a person, and you do feel lost."

Conclusions

ons for the oncology/breast multidisciplinary team regarding the need to bridge the secondary breast cancer feel exists between themselves and their oncologist. There is state education training programmes to develop higher level communication skills to experience when patients with secondary breast cancer attend for their oncology he value of support groups has also been demonstrated through this project.

Thank you to all the ladies who took part in this focus group study, to Maggie's Caring Centre, Swansea for hosting the groups, and to the Breast Care Centre, Swansea and Mr MIB Chare Consultant Breast Surgeon for supporting this project. This project formed Ann Baker's Master's Dissertation in Counselling Practice at UWTSO Swansea.

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Pioneering conference sharing advice about life after secondary cancer diagnosis

Tuesday, 10 October 2017

Health professionals and cancer patients will be uniting in Swansea at a special conference to raise awareness of secondary breast cancer.

The event is being held on the same day as national Secondary Breast Cancer Awareness Day on Friday.

It is the first event of its kind to be held in Wales and features a packed agenda of expert speakers who will be sharing information about living with a secondary cancer diagnosis.

The conference, at the Village Hotel, has been organised by ABMU's Ann Baker (*right*) who has been supporting women with primary breast cancer for 26 years in her role as breast care specialist nurse.



However, she has since changed duties to take up her current post as Wales's first secondary breast oncology specialist nurse.

"The aim of the event is to increase awareness regarding secondary breast cancer, to educate and inform practice," said Ann, who is based at the South West Wales Cancer Centre, Singleton Hospital.



Prepared for submission to the journal *Cancer Nursing Practice* under the *Evidence & Practice: Research* stream

"I almost feel like a bit of a second class citizen": A focus group study of the experiences of women diagnosed with secondary breast cancer and their support needs

Margaret Ann Baker

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Singleton Hospital
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Tel: 01792 285376 ext 35567

Ceri Phelps

Registered Health Psychologist
University of Wales Trinity Saint David
Townhill Campus

An ongoing journey...

Seeking funding from Macmillan:

- Involving patients in co-design of evolving secondary breast cancer services
- Outline application invited for full submission
- Reviewers comments received back – 10 days to respond!

An ongoing journey...

- Exploring how to support the needs of the secondary breast cancer nurse

“Its been a crappy few weeks , ladies passing away.. I know its what I do now but it hurts”

(Ann Baker, 2018)



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A psychosocial evaluation of the impact of the Tenovus Cancer Care “ManVan for Wales”

Dr Ceri Phelps, University of Wales Trinity Saint David

Dr Rachel Iredale, University of South Wales

Rhiannon Skilton, Tenovus Cancer Care



The ManVan Project

- The Tenovus ManVan was launched in March 2014 in partnership with the Movember Foundation and Prostate Cancer UK
- The UK's first dedicated mobile support service for men affected by prostate, testicular and penile cancer.
- Provides nursing advice, counselling for individuals and couples, group support and welfare rights advice directly to men in their communities across Wales.
- Travelled to more than 100 different locations across all seven Welsh Local Health Board areas.





Research reflections... a moveable (literally) feast....

- Evaluation of a completely unique “intervention”
 - Pragmatic, avoid burden
- Complex, difficult to control
 - Multiple services received
- Awareness-raising V engagement with services
- Buy-in from the ManVan team crucial

Conclusions II

- Clear potential value of the provision of mobile cancer service delivery in the provision of psychosocial support and care to men at different stages of their cancer journey and with different demographic, psychological and clinical profiles.
- Men still reluctant to engage with counselling services (V “tea and a chat”)
- Potentially important role in awareness-raising
 - E.g. Bridgend Ford Occupational Health day

Acknowledgements

