22 year old Arsenal fan Ollie Bibby decided he was going to do something positive whilst having treatment for AML – and the result is his successful charity JustGiving page which so far has reached an incredible £8,200! With support from parents Penny and Simon, Ollie continues to fundraise to say thank you for wonderful treatment and care he is receiving on T13.

'HCC is a community for patients, families and staff raising funds to help our Haematology Unit deliver exemplary patient treatment and care at UCLH.

Beautiful September weather set the scene for another wonderful London Bridgathon. Lovely, leafy Vauxhall Park, with great facilities conveniently located near Vauxhall Station and the Thames, was a perfect starting point for our 2016 new route. And of course, we were delighted to welcome an incredible 400 walkers! Each year we watch the Bridgathon grow as new patients and families join the huge numbers of regulars and nurses at our flagship event. The Bridgathon is a friendly, fun and inclusive event, a ideal platform for supporters and staff to make a positive difference to HCC, making it a winner! We hope you had a great day being part of Haematology Cancer Care! Our Bridgathon walkers have already raised over £20,000, and hopefully this amount will grow in the next few weeks! More at: facebook.com/HaematologyCancerCare

'I wanted to say thank you for saving my life, and coming on the Bridgathon is my way of doing this!' Francesca Lewis
Welcome to the autumn edition of Wardlines. Your support of our calendar of events makes everything we do possible. Even better, we enjoy knowing you have fun while raising funds and being part of our community – at Cyclotopia, the London Bridgathon, the HCC British 10K London Run and Prudential Ride London-Surrey 100! A special thanks to our nurses as a large number ran in the B10K London Run and raised a fantastic £2,000. Another group is preparing to jump from a plane! If you would like to sponsor the Skydivers please visit www.justgiving.com/teamhaemsupreme.

And then there’s Christmas. Please support our Christmas Raffle, which as usual has some great prizes, our Christmas cards and our brand new HCC card, based on our new logo, which can be used for any occasion. We would love it you to join us on Friday 9th December at the Christmas party, where we draw the Raffle. If you have undertaken a challenge this year please mention this when you RSVP, to be included in our Individual Awards, presented by Professor Linch.

A huge thank you to our HCC artist in residence, Simon Tolhurst, who celebrates three years of drawing portraits of patients in daycare which is such a popular project and continues to give great pleasure to patients and families.

As Haematology Cancer Care, we are committed to improving the patient experience in the Haematology Unit and we hope you enjoy reading about our current projects in Wardlines. Our Wish List contains many projects that we’d like to fund, please request a copy if you are interested.

We would love to hear from you if you are inspired by any activities in Wardlines and we look forward to seeing you on the 9th December. If you would prefer to receive Wardlines electronically or without Raffle tickets please let us know. Lastly, if receiving Wardlines has inconvenienced you in any way, please contact us.

Sara Goldman

Welcome back.

Our Education Fund

Nursing staff are finding it increasingly difficult to develop their professional potential as clinical educational funding continues to reduce nationally. But here in Haematology we have a unique relationship with a group of generous patrons – our patients and their families. It is a relationship that continues to provide assistance for nurses hoping to improve their clinical skill sets and develop their professional experience. By the end of the 2016/2017 academic year, the Haematology Cancer Care charitable funding will, in real terms, have funded an average of 69% of all university courses requested by staff (75% Haem. / Onc., and 63% mentorship). This is a staggering achievement and an unbelievably generous commitment to quality specialist nurse education. All of our supported staff are extremely grateful, of course, but we have been able to ask just a few to say what this financial support has meant for them and offer their profound thanks to all those involved in donating, organising and promoting the fund.

‘HCC helped me to enrol on the whole MSc pathway for Advanced Nursing Practice. I now only have my dissertation year to complete. (Aahh!) The course provided me with rounded knowledge and skills that I have been able to apply to my new role as a Haematology sister on a satellite unit for haematology patients with infections. This is a new post and an exciting opportunity.’

Jocelyn Habens, Sister T8

During the summer there often appears to be a slight lull, with the trains being a little emptier and my unread emails list just a little less demanding. One thing that hasn’t taken a break is the demand on our UCLH haematology service. Activity is continuing to rise and it feels like we may be bursting at the seams by the time we move into the new Haematology Building in 2019! Despite almost doubling the number of inpatient beds we have the demand on them is a particularly challenging daily pressure. What all this means is that we are all continuing to be grateful for the support and expertise provided by Marinella, our dedicated specialist nurse for patient admission and discharge - funded by the Haematology Cancer Care Charity. It’s making a huge difference - so thank you again!

Our staff have been busy supporting fund raising initiatives and joining HCC events recently with the British 10K, the London Bridgathon and the Sky Dive in particular catching my eye. I have to confess I was asked by the staff to join them but chickened out and I wasn’t altogether sure they were also offering me a parachute. But well done for them for helping us to keep supporting the service in ways that are becoming increasingly important.

As well as fundraising, the patient community style support that the HCC represents is reflected in our staff base too with a feeling of team and family at it’s core. So lastly, it’s been great to see our Ward Sister Kerry White return to work this month after a serious illness in January. Welcome back.

By Stephen Rowley,
Senior Matron Haematology

HaematologyLife

Photo ©Daniela Sbrisny
Haematology Trials

By Janet Lyons-Lewis, Clinical Trials Practitioner

We often like to sing from the rooftops when we have exciting results that come from the trials we run at UCLH, or when we have access to novel, game-changing treatments. And sing we will! Because we have had an interesting few months in the Haematology Trials team.

There have been some good results published over the last few months for studies that we have actively participated in. One such trial was the Pollux study in multiple myeloma, for which we were joint top UK recruiter. It shows that the trial drug Daratumumab (a monoclonal antibody) reduces the risk of disease progression by 63% when used with lenalidomide and dexamethasone (RD), compared to RD alone in patients whose disease has relapsed. Because of this clear benefit, our patients who didn’t receive Daratumumab on trial will now be able to access the drug. Another commercial study we participated in is ACE-WM-001. It uses BTKi inhibitor ACP-196 in adults with Waldenström Macroglobulinemia (WM). Due to the preliminary results showing a clear benefit to patients receiving this drug, AstraZeneca will now be offering our trial patients maintenance treatment with the drug.

We continue to expand our portfolio of studies, and have 2 commercial MDS (multidisciplinary studies) due to open soon, with our very own Dr Beth Payne as national Chief Investigator (CI) on one of these trials. The named CI takes overall responsibility for the conduct of the proposed research in the UK … so this is a big undertaking! We are about to treat our very first DLBCL (Diffused Large B-cell Lymphoma) patient on the COBALT study, a CAR T trial. Hailed as the ultimate weapon in the field of immunotherapy, genetically engineered autologous T-cells – or chimeric antigen receptor (CAR) T-cell therapy – has been on everyone’s radar for the last few months due to some promising results published in the national and international press. Watch this space!

Small and Mighty

By Dr Mike Watts, Director Wolfson Cellular Therapy Unit (WCTU)

A new dedicated flow cytometer, the ‘MACSQuant’ for the Wolfson Cellular Therapy Unit – thanks once more to the Haematology Cancer Care charity! A busy life ahead for the WCTU new flow cytometer friend! UCLH is one of the largest transplantation centres in Europe and collects cells for therapeutic use from approximately 500 donors each year. These cells are used to treat patients at UCLH and other transplant centres around the world. Flow cytometers are highly specialised (and highly expensive!) devices used to analyse cells and many laboratories have to rely on the shared use of a machine which may be some distance away. A dedicated machine means much more rapid cell analysis and improved management of transplantation patients and the scientists in the cell processing facility use this to measure the rising number of stem cells in the blood during the ‘mobilisation’ process to guide collection. After collection, the flow cytometer is essential to ensure that all products meet the required quality and safety standards for therapy.

Haematology Cancer Care charity sponsored our first dedicated flow cytometer in 2002 which has proved invaluable for our work. This has been in daily use ever since but replacement is overdue. The WCTU scientists were therefore delighted that the HCC has come to the rescue once again and supported a new MACSQuant flow cytometer. This instrument incorporates the latest in laser technology and is capable of a much wider range of specialised (and highly expensive!) devices used to analyse cells and many laboratories have to rely on the shared use of a machine which may be some distance away. A dedicated machine means much more rapid cell analysis and improved management of transplantation patients and the scientists in the cell processing facility use this to measure the rising number of stem cells in the blood during the ‘mobilisation’ process to guide collection. After collection, the flow cytometer is essential to ensure that all products meet the required quality and safety standards for therapy.

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Behind the Scenes …

Many people won’t know Stuart but he is an integral part of the Haematology service at UCLH co-ordinating many patients’ care for a very long time! He started as a clinical scientist in a dark basement at UCLH developing the then ‘new’ peripheral blood stem cell service and now manages the lab where everyone’s stem cells are stored for bone marrow transplantation. He has been key to increasing ever higher safety standards and providing a brilliant service. He will know a lot of you by name and will even know your hospital number! He celebrates 20 years at UCLH this year and we wanted to say thank you.
Achievements and Plans

Since I was appointed haematology patient coordinator seven months ago I have enjoyed developing the role and becoming a point of reference for both patients and medical & nursing staff. The main achievement has been the improvement of early discharges, helping avoid delays in admissions, especially for those patients that require vital treatments. Other achievements include better communication between the medical team, the MDT (physiotherapist, dietician, occupational therapist, pain team, discharge team etc) and nurses, accomplished by setting up a permanent weekly meeting in which every single inpatient is discussed by the teams. During these months three haematology wards have been divided into four and we now have eight permanent haematology beds on the infectious diseases ward (T8), staffed by our own nursing staff. Smaller units are easier to manage from the bed management perspective and more beds mean reduced waiting times. This increment of the beds ensures our patients receive appropriate care in the appropriate ward and haematology patient numbers on non-haematology wards (outliers) have drastically reduced.

In the next few months I am planning to set up a haematology patient database in order to analyse admission/discharge times, delays in treatments and length of stay. This will help me improve patient satisfaction, which is the main goal! This post is sponsored by HCC.

Blood works!

Our nurse-led Apheresis Unit is the biggest in the country and performed more than 1700 procedures in 2015. Apheresis refers to the removal of blood components and is applied in certain blood conditions, such as sickle cell disease or increased thickness of the blood – hyperviscosity – in myeloma patients. It is also used to collect stem cells from patients undergoing stem cell transplant or donors donating their stem cells to someone else.

How does it work? Simultaneously, the machine takes blood out of one arm, separates the blood cells via centrifugal force, collects or replaces the cells wanted and returns the blood via the other arm. One of the main challenges is to establish vascular access, and two cannulas, one in each arm, are needed. However, sometimes patients lack good arm veins and a central line will be placed in either the neck or groin.

Our ultrasound device helps us to find deeper arm veins and has already meant avoiding 130 central lines. The apheresis experience is now less stressful and we’re helping UCLH to save some money. Haematology Cancer care provided three Apheresis machines and an Ultrasound device for the Apheresis Unit. Thank you Haematology Cancer Care, as usual, for providing key equipment that makes such a difference!

Haematology support group

Join us for a monthly two-hour support group for any adult affected by haematological conditions. The support group provides a safe, relaxed space where you can meet and share information, ask questions of specialist staff and be supportive to each other at any stage – the group welcomes patients, family and friends. The first hour begins with a welcome from the facilitators followed by a talk from a guest speaker on an issue or topic of interest to the group. The second hour allows for members to update each other and share anything they may wish to with the group or just listen. The group is jointly facilitated by Sheila Hegarty, Haematology Counsellor, and Daphne Earl, Patient and Volunteer and supported by Living Room staff.

The Christmas Raffle 2016

1st Prize £1,000 Cash prize
2nd prize Cycle donated by Cycle Republic*
3rd prize Mulberry coin pouch and card wallet
4th prize Champagne Afternoon Tea for Two at Athenaeum Hotel
5th prize Luxury Hamper

Plus many more prizes! Conditions apply

Tickets are £1 each and in books of five. The raffle draw is Friday, 9th December 2016 at 6.00PM at the 52 Club, 52 Gower Street, London WC1E 6EB. If you can’t make the Christmas party please send raffle stubs and cheques (payable to: UCLH Charity 0099) to us, or drop them off at HCC at the Cancer Centre by 12 noon on Friday 9th December.

For further information please call 020 3447 8663.
Therapy is more than touch

By Chris Gibbs, Complementary Therapist
Bank Staff

With haematology patients, touch therapy is about a lot more than just touch. My inspiration to work as a haematology complementary therapist began on a night shift as a nursing assistant in neuroscience. A patient waiting for results for suspected cancer began to emotionally break down in front of me. I spent three very awkward hours completely lost with what to say. That month I applied and began my journey as a volunteer complementary therapist at UCLH. Three years on, I am pleased to say that as well acquiring great satisfaction providing touch therapies for haematology patients, I feel comfortable in providing supportive dialogue reassuring patients about frequent concerns that they have not caused their illness, there is no text book response or guarantee for experiencing all the side effects of chemotherapy, and that I work with a lot of cancer survivors - which is true - and this inspires leukaemia patients who always fear the worst. I have also discovered haematology patients can experience information overload, so my experience building strong links and directing them to the appropriate member of the multidisciplinary team often brings relief. There is also a great deal of reassurance explaining in plain and simple language that our therapy service is designed to support the effects of blood disorders and their treatment, which includes stress, anxiety, sleep issues, digestive issues, aches and pains and to provide general relaxation and wellbeing. The final and most vital communication pearl I have discovered is knowing when to talk and when to be silent, when to enter a dialogue about a patient’s illness and when to talk about anything but the Illness. There is nothing more satisfying than generating a ‘normal’ and fun everyday conversation with a patient who is weighed down with constant thoughts and feelings about their condition.

HCC funds the complementary therapy service for haematology patients and their families.

How you helped us

Through your support of HCC, we have provided all this for the Haematology Unit in the past six months. Thank you!

- HCC Patient Co-ordinator
- Complete funding for haematology nursing educational courses.
- Complete funding for the haematology Complementary Therapy service
- Red Cell Meetings and Volunteer Resources
- World Sickle Cell Day & Thalassaemia Days at UCLH
- Keep Moving’ Physio Project
- HCC Snack Service
- Monthly Cancer Centre staff Excellence Awards
- Magazines in the waiting areas, Cancer Centre
- Flow Cytometer for advanced cell analysis in research and treatment
- Fridges for the wards

Linda Hill's story at the UCLH cancer collaborative

Linda Hill shared her story with 200 people at the launch of the UCLH cancer collaborative. London Cancer connects a system of hospitals, academic partners and community services in north and east London to share expertise and resources to improve local services and outcomes for patients. The UCLH cancer collaborative is part of the national cancer vanguard, which aims to set a gold standard for cancer care which can be replicated across the NHS. Linda was diagnosed with Acute Myeloid Leukemia (AML) following a routine blood test. “After two rounds of chemotherapy my care transferred from the Royal Free Hospital to the UCH Cancer Centre seamlessly. I am treated on an ambulatory basis, which feels so much more relaxed. There seems to be smooth cohesion between all departments at the Cancer Centre and UCH, giving patients complete confidence at a very difficult time. My treatment at both the Royal Free and UCLH showcase the NHS at its best and I am indebted to both hospitals and their staff for their amazing care.”

Our longstanding Sickle Cell patient Diana Olu-Williams recently celebrated her 70th birthday. ‘I am a happy person and I talk to everybody. Even when I’m in pain on the ward, nurses coming in to give me pain relief ask me why I’m laughing!’

Happy 70th Birthday, Diana Olu-Williams!

A new name for Wardlines

Building on our recent transition from the Leukaemia & Lymphoma Unit to Haematology Cancer Care, Wardlines would now benefit from an updated name to reflect that our haematology service includes the wards, day care and ambulatory care. If this inspires you please send us in your idea. The new name will appear on the Spring 2017 edition.
British 10K London Run

Congratulations and a huge thank you to our team of 24 nurses and supporters who ran the Vitality British 10K London Run in July. We’re delighted to let you know that between them they raised over £5,000 for HCC! If you still wish to sponsor the nurses please visit www.justgiving.com/HCCnurses - they will be delighted.

Building on the amazing success and enthusiasm generated this year we’re now recruiting for 9th July 2017! Please get in touch if you’re interested. It’s a unique opportunity to run on closed roads in central London, passing iconic landmarks, and a very enjoyable event. Thanks again to this year’s participants and everyone who supported them.

Go Short!

Laura Hanson went for an extremely short haircut to support HCC. Her father David was treated on the Unit many years ago and the family have always kept in touch. Thanks so much to Laura – whose short hair looks amazing – for raising nearly £400.

Jules Mountain (Take 2)

Jules headed back to Nepal to climb Everest, this time reaching the top! He has raised an incredible £20,000 for HCC. Please check out his blog and JG page: www.justgiving.com/Jules-Mountain and www.challengeeverest.co.uk. Thanks Jules!

Cycle at Cyclotopia!

Cyclovia is a great event for cyclists of all levels. Over 250 cyclists, families and friends enjoyed the road circuit, mountain bike trails, Velodrome, kids BMX session, static bike competition and the ‘Tour de France’ in the cycle studio at the wonderful Lee Valley VeloPark in June! Paralympic Champion and international speaker Mark Colbourne joined our Velodrome cyclists and made the experience extra-special. Thanks to all those who participated this year.

Check out our 2017 Cyclovia on 11 June at www.eventbrite.co.uk (search Cyclovia 2017). Our early-bird prices are available until 1 January 2017.

HCC Stars: Katherine Allman, Jimmy Bedford, Stephen Betts, Ollie Bibby, Elaine and Peter Butters, Terry Butters, Ian Campfield, Samantha Campfield, Antonia Disney, Michael Durham, Maxine Edwards, Callum Forster, Oliver Forster, Megan Forster, Michael Jordan, Laura Hanson, Aaron Hinton, Tony Inchbald, Jan Jacobs, Mark Masson, Jeff and Elaine Moles, Joshua Petters, Nicola Ragavelas, Tim Ruddick, Julie Smith, Nicola Snook, Eloise Swain and family. Thank you all for organising and taking part in your own events for HCC!
Pru Ride
London- Surrey 100
HCC cyclists who rode in this exciting 100 mile cycle from the Olympic Park to the Surrey Hills had a great experience and raised over £5000!
Our thanks go to our fantastic team of David Cheek, Lewis Clark, Michael Okarimia, Katherine Prendergast, Ken Watalog, Chris Weber, David Winston and Laurence Winston. Cyclists interested in riding for HCC on 30 July 2017 please contact us as soon as possible. HCC participants must raise a minimum sponsorship of £500.

GT Fan Club
Members of the loosely named GT Fan Club have definitely earned their stripes. Julie Smith jumped from a plane, Ian Benson ran the London Marathon, and Tony Inchbald ran the JLL Dorney Triathlon together raising over £8,000 for HCC. The GT Fan Club was created by friends and family of Graham Threader who recently celebrated a year as an outpatient, to support HCC and raise awareness of the importance of platelet donations. Richard, Julie’s husband, motivated by Graham’s journey, is now a platelet donor.

Summer Slog
2016
By Aaron Hinton
When my mum was diagnosed with leukaemia in April 2015, the Santander annual Cricket match was born! Haematology Cancer Care was chosen as this year’s charity as mum was under the care of UCLH’s haematology fantastic doctors and nurses who got her into remission, and a successful bone marrow transplant, which gave us an extra year to realise how much she meant to us and enjoy the time we spent together. I wanted to say thanks by raising money to help the staff, current and future patients with items which the NHS may not be able to fund. The cricket match raised £500 and Sally’s friends and family donated £1,500 from the funeral, so all in all a total of £2,000!

Christmas Crochets
By Rosemary Laughton
‘It’s always a pleasure to make the decorations throughout the year and my husband Humphrey does a grand job selling them to raise funds for HCC. They are a constant reminder of our gratitude for the wonderful care that Will received at UCLH and we are delighted to be able to report that he is going from strength to strength, including two silver medals for Great Britain at the World Transplant Games in Argentina last August!’

Andrew Mason
London Bridges Walk
By Eloise Swain
On Sunday 26th June, 60 friends and family descended on London to take part in the Andy Mason London Bridges Walk in aid of Haematology Cancer Care and the Lymphoma Association. The walk started at Tower Bridge and criss-crossed London’s bridges, finishing at Westminster Bridge. Walkers were greeted by the much welcome sight of cake, drinks and finishers’ goody bags in St James’ Park. The sun shone and everyone had a wonderful day, wearing their HCC t-shirts with pride and walking in memory of Andy Mason, who was treated at UCLH for the past few years. We even managed to get a mention from Clare Balding on her Sunday morning BBC Radio 2 show! Thank you to the staff at UCLH for all of the help and kindness that they give to the patients and their families; you make a very difficult time a little more bearable.

Thank you, Team Sally!
We hope you’ll support our HCC 2016 Christmas card. As usual, all proceeds come back to the Unit.

To order cards please complete and return the Order Form or pick yours up in the Cancer Centre or T13 & T16. If you have trouble locating cards please email us or call Sara.

HCC Collection boxes
We have HCC collection boxes and buckets. If you would like one for a shop or business or for an event please get in touch.

We gratefully acknowledge donations from friends and family in memory of: Sally Abajddi, Neal Axford, Denise Blyther, Collie Brooks-Burke, Ramesses Gryendoh, Chris Hannan, Carlene Hutchinson, John Miller and Sola Olayi.

SPECIAL DONATIONS

Foreign Currency
If you come across any foreign currency, please hand it in to raise funds for the Unit. We accept all currency – notes and coins - including pre-Euro currency and old UK coins. Thanks to those who regularly drop off currency, it’s a big help!

Why I am leaving Haematology Cancer Care a Legacy
My son Andrew had Leukaemia several years ago at UCH, receiving a stem cell from his brother. It was an extremely difficult time for us but thankfully we came out the other side with a positive outcome and I wished to make some donations to chosen charities including Haematology Cancer Care. – Barbara S.

Donations made simple
Please send all donations to HCC to the address below. Gift aiding your donations, as a UK taxpayer, means we claim an additional 25%. Please request a gift aid form or enclose a note gift aiding your donation, with your full address. For online donations please visit www.justgiving.com/hcc or www.virginmoneygiving.com (search for HCC) and let us know if you donate this way. We recommend you create your own JustGiving or Virgin Money Giving page if you are participating in your own event or in one of ours as it’s such a simple way to let people know you’re raising funds for us! Cheques to be made payable to UCLH Charity 0099.

To set up a fund in someone’s name, to request our current Wish List for items from £25, to let us know you would like to include a gift for HCC in your will or to find out more about how to support the Unit please visit our website or contact Sara. Many thanks for all your support.

HCC out and about: Visit our HCC stands in the UCH Atrium on 20 October promoting the nurses Skydive, and 23 November and 1 December in the Cancer Centre, with our Christmas Raffle and gifts for sale!