

# On Target: Physical Wellbeing Interventions

## Summary

Information from patients highlighted that insufficient information was routinely provided on all aspects of physical wellbeing, particularly on physical activity, nutrition, fatigue & brain fog. Two interventions were implemented to address this: 2 whole day pilot Wellbeing Events were collaboratively designed with patients. The content covered the key topics but also included sessions on work & education support and on health promotion. The programmes offered opportunities for peer support, included a range of social activities and were both held off site. A separate programme of ward based wellbeing sessions, led by a physiotherapist, occupational therapist & dietician, was designed and delivered to patients on the TYA Inpatient Unit (Area 61) in Bristol.

The logo for 'ON TARGET' features the word 'ON' in blue with a green target symbol, followed by 'TARGET' in blue.The logo for 'WE ARE MACMILLAN. CANCER SUPPORT' features the text in green and yellow.

## Young people's involvement

Both interventions were co-created with patients based on the strategy used for other On Target interventions and in line the programme's core principles. This shifts the focus from professionals designing and delivering care to one in which patients are fully engaged.

Specific co-creation sessions were held to design all aspects of the well being days (content, site, format etc.). One young person became a 'Patient Ambassador' for the first event. As she was studying Events Management at college, this also offered her the opportunity to gain further skills related to her course.

Feedback from both interventions was sought from patients in the form of questionnaires and in 1:1 telephone interviews.

This experience gained, and feedback obtained, was used to create a framework for the future delivery of wellbeing interventions.

## Tackling inequalities

Both interventions create opportunities for all TYA patients to receive wellbeing advice – a concern highlighted by patients themselves. Previously there was little or no access to support specifically focused on needs of this type.

## Promoting early intervention

Patients will be able to access the ward programme soon after diagnosis and patients at any stage of their cancer treatment will be eligible for attendance at future Wellbeing events. The focus will be to ensure that patients receive early advice to promote self-management, enhance recovery and, hopefully, prevent or minimise future health related consequences of cancer.

## Successful implementation of learning

Learning from these pilot experiences has enabled detailed planning which can be shared with other stakeholders and to ensure these interventions continue to be offered to TYA in the future.