



Staying Well Personalised Cancer Support can help with:

- Support during treatment
- Feeling less lonely or isolated
- Finding local wellbeing groups and activities
- Making new friends
- Referrals to specialist support services
- Living with and after cancer
- General advice & help

Case Study: Personalised Cancer Support – Staying Well Project

Summary

- **Delivery Area:** Community & Wellbeing
- **Project:** Staying Well Personalised Cancer Support
- **Values:** We Care

EC was referred to the Staying Well services in May 2025 by the Calderdale Macmillan Unit. She works part-time as a primary school teacher, a role she is deeply passionate about, and is also a dedicated single mother to her 10-year-old son, who she describes as her greatest motivation throughout her cancer journey.

In late 2023, EC was diagnosed with Multiple Myeloma. In early 2024, she experienced severe back pain and was found to have several spinal fractures, which were managed without surgery. She has since undergone a bone marrow transplant, continues with tablet-based chemotherapy, and is participating in the RADAR trial while receiving regular care at the Macmillan Unit. Although her cancer is incurable, it has responded well to treatment.

 Staying Well

**MACMILLAN
CANCER SUPPORT**

Connection and Wellbeing

When first visited by the Central Staying Well team, EC shared that the strong side effects of her treatment had caused significant physical and emotional challenges. She described feeling overwhelmed, anxious, and distressed, with fluctuating pain and fatigue affecting her mobility, sometimes relying on a walking stick or crutches. While she is managing her symptoms with pain relief and treatment, she expressed a strong wish to improve her mental well-being, not only for herself but also for her son. EC found it difficult to open up to friends and family and wanted a safe, supportive environment where she could share her feelings without fear of burdening others. She expressed interest in attending face-to-face groups to build confidence, connect with others, and improve her emotional well-being.

In response, the Staying Well worker introduced EC to activities at the Apna Staying Well Hub, including the Arts & Crafts group and the Chat & Chai sessions—warm, welcoming community groups designed to promote connection and wellbeing.



Engaging in groups and activities

Initially, EC struggled to attend due to her mobility and health challenges, but consistent reassurance and encouragement helped her build trust and confidence with the service. Over time, she began attending regularly and engaged very positively with both groups. She was also signposted to financial support through Macmillan's Welfare Rights team, which helped to reduce her worries about the future, and to the Ella Dawson Foundation for additional online emotional wellbeing support with people who have shared experiences.

A Greater Sense of Belonging

Through these opportunities, EC has developed stronger emotional resilience, improved her confidence, and felt a greater sense of belonging within her community. Recently she attended an outdoor yoga session at the Outback, after several weeks of feeling too unwell to participate. She described feeling relaxed, refreshed, and able to “switch off,” enjoying both the activity and the welcoming community atmosphere. She particularly appreciated exploring the garden and its organic produce.

EC also joined a wellbeing trip to Scarborough with the Staying Well team, where she connected with others, shared lunch, and enjoyed a walk along the promenade. She described it as her first proper day out since starting treatment and valued the opportunity to feel “like herself again.”

Despite the challenges of living with Multiple Myeloma, EC has shown great strength and determination in rebuilding her life. She has been open about her struggles, responded positively to the personalised support offered, and continues to make steady progress. Through Staying Well, she has gained social connections, improved her emotional wellbeing, and built confidence in engaging with her community. EC’s journey highlights the importance of personalised, consistent, and compassionate support in helping people affected by cancer to live well, stay connected, and feel hopeful about the future.



community & wellbeing