



Mustard Tree services during COVID19 restrictions

The Mustard Tree is continuing to support those affected by a cancer diagnosis during this time. Most contact is via the telephone and Attend Anywhere. We can see people face to face in urgent situations; however, advance booking is necessary. We have amended our delivery of support services, have updated our website <http://www.plymouthhospitals.nhs.uk/mustard-tree> and launched the App MySunrise www.mysunrise.co.uk.

Support Specialist

Support Specialists are offering 1 to 1 appointments by video call or telephone. We work with patients and/or carers to provide a supportive and informative discussion regarding concerns in connection with a cancer diagnosis. We are available to assist with Holistic Needs Assessments and can discuss them with the patients.

Exercise Sessions

We are working with Marjon to run the 4 week Macmillan Move More programme and are welcoming more referrals. Free to cancer patients.

Virtual Coffee and Chat

To help ease the feeling of isolation we are hosting this weekly on a Thursday 10:30-11:15 Via Zoom – ask your patients to ring the Mustard Tree on **01752 430060** for more in details

Look Good, Feel Better

LGFB are offering virtual sessions for patients. Skin fitness workshops and tutorials for men and women. Learn how to look after the skin, combating some of the changes being experienced and lessons in applying make-up for ladies. To book a virtual session give these details to your patient e-mail: info@lgfb.co.uk or call **07545 551531**

Counselling

This service is available via telephone or video call. There is currently an 8 week waiting list, we are welcoming more referrals.

Benefits Advice

Offering advice on the benefits available; help with the application process, Macmillan grants and signposting to further support. Our benefits adviser works Tuesday, Wednesday and Thursday.

Mindfulness

Weekly group introductory sessions starting in November. Six week course starting January 2021. Mindfulness can help with managing stress, anxiety and pain. Improvements in resilience, sleep, concentration and self-esteem. For more information please see website or contact the Mustard Tree.

Wig Referrals

Referring a patient for wig advice and fitting? Please send completed referral form to the Mustard Tree or directly to Browns admin@morehairnow.com who will then contact the patient.

Complementary Therapies

Our therapists are offering a range of techniques to help with creating a sense of wellbeing. These include; breathing exercises, relaxation, gentle movement, guided hand reflexology and visualisation. The sessions are currently via telephone and video call. plh-tr.mtreferrals@nhs.net

*We are currently offering staff the opportunity to enjoy a face to face complementary therapy while we are unable to see patients. Ring **30060** to book.*

**To make a referral for any of our services please see website,
E- mail: plh-tr.mtreferrals@nhs.net or ring the Mustard Tree 01752 430060.**