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Potential Maggie's Centre Development at Dumfries and Galloway Health Board April 2018

1.0 Purpose and Introduction:

The purpose of this paper is to provide information to D&G Health Board regarding the potential development of a Maggie's Centre at the newly built Dumfries and Galloway Royal Infirmary.

2.0 Background:

Over the last three years there has been growing interest from groups and individuals from within and outside the Healthcare community for the development for a Maggie's Centre at Dumfries. An Interest group, chaired by Prof David Clark has been established to support the proposed development.

In 2015/16 D&G Health Board generously pledged £250k towards a Maggie's Centre capital development and an £80k per annum revenue commitment. A Maggie's development could not be taken forward if this commitment (particularly the revenue funds) is not formally confirmed. D&G Health Board are planning to ratify this commitment at Performance Committee in May 2018.

2.1 Dumfries and Galloway – Geographic challenges

It well known and accepted that Dumfries and Galloway is a challenging region for the delivery of equitably accessed health care services. D&G is a rural area with a dispersed population of just over 150,000. The main town and centre of population is Dumfries (pop 31,000). The region stretches over 100 miles from Stranraer in the west to Langholm in the east. It has an ageing population and the proportion of those people age 65 and over will make up 27% of those living in the region by 2020. The over 75s will grow by 77% from less than 15,000 in 2010 to 26,000 in 2035.

2.2 Cancer diagnosis and treatment

Across Dumfries and Galloway there are people with a variety of health and social problems of a kind that can be ameliorated by person-centered care organised through services where the main goals are to reduce the burden of illness, improve quality of life and promote resilience. These goals assume particular salience in the face of life-threatening and progressive disease, and are especially relevant in the context of cancer care. Each year there is c.1,400 new cases of cancer in the region, including skin cancers. These figures could rise in line with national forecasts by 28% over the next 20 years. In the years 2005-10 malignant neoplasms accounted for 3124 deaths in Dumfries and Galloway.

2.3 Strategic Fit for Maggie's

Maggie's now operates at all major cancer centres in Scotland. Furthermore, we have successfully established Maggie's Centres at three Cancer Units; Lanarkshire, Fife and Forth Valley. Establishing a Maggie's Centre at Dumfries would enable Maggie's to meet the cancer support needs of those living in the Borders of Scotland, and would make a significant impact in our organisational coverage across Scotland.

Dumfries, Maggie Keswick Jencks' home town, also has significance in our organisation's history.

2.4 Strategic Fit for Dumfries and Galloway

Over the last few years D&G Health Board have been driving to improve the quality, delivery and experience of cancer services. Local cancer strategies have been aimed at two key goals: improving overall cancer detection and survival rates; and enabling positive experiences of care and improved quality in service delivery.

Key ambitions within the strategies include: optimising individual choice and decision making as well as partnership working across NHS Dumfries & Galloway, Dumfries & Galloway Council and the Third Sector to maximise the benefits to those with cancer and their carers; developing services that deliver improvements in quality of life, increasing self-reliance and resilience; improved access to services, and better long term outcomes for people diagnosed with cancer.

These goals and ambitions are clearly relevant to the development of a Maggie's Centre in Dumfries and Galloway and provide a strong supporting framework for such a proposal. At the moment people with cancer in Dumfries and Galloway can only access Maggie's services by visiting Centres in Edinburgh and Glasgow – at least two hours away by car.

2.4.1 Existing support services

There are cancer information centres in both Dumfries and Galloway Royal Infirmary (Dumfries) and the Galloway Community Hospital (Stranraer) with a part time centre based in Newton Stewart, all are supported by Macmillan. These centres offer information on treatment and support, Cognitive Behavioural Therapy and psychological support input and benefits advice as well as facilitating support groups and running classes for people who have completed treatment. They are managed by salaried staff and supported by volunteers.

3.0 Current position:

Maggie's are keen to work with D&G Health Board to create a Centre that will be sustainable over the long term and will be regarded as a valuable community asset.

Maggie's requires the following commitment from D&G Health Board:

1. Land at a peppercorn rent at the new D&G Royal Infirmary
2. Confirmation of a financial contribution (the revenue contribution is particularly important)
3. Formal Support from the Health Board Execs and senior clinicians for a Maggie's Centre at Dumfries
4. Confirmation of numbers of new cancer diagnosed per annum (1,400 p/a)

In return, Maggie's pledges to provide:

5. A high quality cancer support facility that is free of charge to all that wish to use it
6. Centre of significant architectural merit
7. A commitment to consider evolving the availability and accessibility of our support service to groups and individuals beyond those with a cancer diagnosis – once the centre is fully operational (3-5 years)

As soon as this project is formalised by D&G Health Board (Maggie's Board have already approved the project in principle, subject to confirmation of financial support from D&G Health Board) the project can begin. It's likely to take 4 years for Maggie's to complete the project and open the Centre, albeit, our timescales are fundraising dependent.

3.1 Projected activity with Maggie's Dumfries

It's acknowledged that the population of Dumfries and Galloway is small and dispersed and the number of new cancer diagnosed each year is smaller (at 1,400 p/a) than any of the other cancer units Maggie's currently supports. However, based on our Programme Framework and informed by the activity levels of Maggie's Centres located at Cancer Units we would expect to see 4,000-7,000 visits per annum in years 1-3 of operation. We would expect this figure to rise to 7,000–9,000 visits per annum in subsequent years.

The Centre team would be made up of a Centre Head (usually an oncology nurse by background), a Clinical psychologist and Benefits and Welfare Advisor. This team would also be supported by paid sessional staff who would deliver specific programme elements such as nutritional workshops, yoga, Tai Chi, relaxation and art therapy (for Kids days) See Appendix one for an example timetable.

3.2 Potential future developments

Maggie's would be committed to ensuring a Centre at Dumfries is successful. Our focus across Scotland is to ensure that our Centres support at least 40% of the new cancer population. We are committed to ensuring activity levels at each of our Centres continues to grow – which is currently being achieved in the majority of centres (see appendix two).

Maggie's would be committed to establishing a high quality cancer information and support service at Dumfries and Maggie's would work collaboratively with D&G Health Board to improve access to support services and improved patient experience across the region.

A Maggie's Centre usually takes 3 years to become fully utilised and embedded within the local community; at which point Maggie's would formally review the Centres' effectiveness and identify opportunities for further grow and development. Maggie's would be open to other 'group's using the Centre as a venue for wellbeing activities and would potentially considering widening the population the Centre supports.

4.0 Fundraising and Financial Sustainability

Maggie's has commissioned an external fundraising feasibility and competitor analysis to confirm that a Maggie's Centre in Dumfries is financially viable.

The exercise is not yet complete but early indications suggest that Maggie's Dumfries is a viable project and will be sustainable over the long term. We are also confident that a Centre in Dumfries will also contribute positively to our reach, access and organisational awareness across Scotland.

Maggie's in-house prospect research and major giving team have also begun to identify a number of potential major donors, Trusts and Individuals capable of multi-million pound donations. Following the formal outcome of the fundraising feasibility, a robust and comprehensive campaign plan will be created to support the successful delivery of the campaign.

D & G Health Board have generously pledged £250k towards the capital development and an £80k per annum revenue commitment. A Maggie's development will not be taken forward if this commitment (particularly the revenue funds) is not formally confirmed. D&G Health Board are planning to ratify this commitment at the May 2018 Performance Committee.

It's likely that Maggie's would establish a £3-4m fundraising campaign to support the development of Maggie's in Dumfries.

4.0 Consideration of Site Options

D&G Health Board have allocated a potential site for Maggie's at the new Royal Infirmary Hospital (see appendix three) Formal confirmation that this site is still available for Maggie's is required.

Once this project has been formally approved by D&G Health Board, Maggie's will look to appoint an architect to delivery the scheme.

5.0 Conclusion:

Maggie's is keen to work with D&G Health Board to establish a Maggie's Centre in the grounds of the new Royal Infirmary. As soon as D&G Health Board are able to formalise their commitment to the project, through the allocation of land and financial resources the project will begin.

Maggie's is ambitious to make a positive contribution to the quality of care and experience of those affected by cancer in Dumfries and Galloway.

Appendix One

Example Timetables

09.00 – 17.00:	Cancer support drop-in
10.00 – 11.00:	Yoga (drop in)
11.15 – 12.30:	Support Group for people with secondary cancer
13.00 – 15.00:	Brain tumour support group (monthly)
13.00 – 15.00:	Look Good Feel Better
14.00 – 15.00:	Drop in Relaxation group
13.15 – 16.15:	Managing Sleep Difficulties
14.00 – 15.30:	Bereavement Group

Today 4 April	09.00 - 17.00 Cancer support – drop-in	Individual	Daily	Drop in
	10.30 - 13.00 Mindfulness 8-week Course	Group session	Weekly	Pre book
	10.30 - 12.00 Young Women's Support Group	Group session	Fortnightly	Pre book
	15.30 - 16.30 Finding your voice - Choir group	Group session	Weekly	Drop in
	18.00 - 20.00 Young women with ovarian cancer	Group session	Monthly	Drop in

Appendix Two

Activity throughout all Maggie's Centres in Scotland

Maggie's (No. of cancer diagnosis p/a)		2015	2016	2017
Aberdeen (2,700)	All visits	9,332	10,253	9,958
	PWC	4,696	5,400	4,983
	Carers	3,172	3,749	3,880
Dundee (2,100)	All visits	10,762	12,067	13,535
	PWC	6,088	6,839	7,523
	Carers	3,973	4,401	4,721
Edinburgh (4,400)	All visits	20,152	20,792	20,130
	PWC	12,469	12,976	12,323
	Carers	7,091	7,169	7,186
Fife (1,700)	All visits	7,755	6,984	6,978
	PWC	4,368	4,410	3,692
	Carers	2,634	2,175	2,666
Forth Valley (1,600)	All visits			5,619
	PWC			2,796
	Carers			1,524
Glasgow (8,000)	All visits	20,218	17,699	16,336
	PWC	11,819	10,856	9,588
	Carers	6,827	5,520	5,168
Highlands (1,900)	All visits	7,620	7,993	9,747
	PWC	4,367	4,298	5,670
	Carers	2,367	2,197	3,169
Lanarkshire (3,500)	All visits	4,775	6,247	6,824
	PWC	2,141	3,066	3,295
	Carers	1,792	2,396	2,655

PWC – People with cancer

Appendix Three

Potential location for Maggie's at the new Dumfries Royal Infirmary

