



LACES

This is a patient Education Workshop which has been jointly created by the National Cancer Control Programme (NCCP) and the Irish Cancer Society (ICS). The intention, is to bridge the gap in services between the end of active treatment and potentially, suitable longer term support.

The Life and Cancer – Enhancing Survivorship (LACES) workshop is for adult patients who have finished their active cancer treatment and are beginning their long-term follow up. This includes patients who are post-surgery, radiation therapy, the acute phase of their chemotherapy treatment and patients with advanced cancer, who have discontinued treatment or who are on ongoing treatment. The workshop allows patients to access appropriate information and signposting to improve their quality of life after cancer. The focus is on health and well-being, enhancing the use of community supports and survivorship programmes. Delivering workshops using online platforms, commenced in June 2021.

The need for the workshop was informed by the National Cancer Survivorship Needs Assessment¹, which was carried out as one of the recommendations from the National Cancer Strategy². The content and format was shaped at a focus group in March 2019. The modules covered on the workshop include Healthy Eating, Physical Activity, Return to Work, Coping, Finances, Sexuality, Self-Care and using community supports. The ICS Daffodil Centres already successfully deliver a workshop for patients about to begin chemotherapy. The new workshop has a similar approach in that the Daffodil Centre Cancer Nurses will use their expertise and experience to facilitate the sessions. The workshops will be interactive allowing knowledge sharing within the group. Discussions will be punctuated with video elements where various healthcare professionals discuss topics relevant to those living with cancer.

Phase 1 of the roll out commences with staff in Galway, Letterkenny and Beaumont facilitating the session every Tuesday. We plan to run the sessions on-line, during 2021, and to expand to other hospitals.

If you are a patient and wish to join any such session, or a health care professional wishing to refer a patient, please contact daffodilcentreinfo@irishcancer.ie

To get more information please contact
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(1) Mullen, L. Hanan, T. (2019) National Cancer Survivorship Needs Assessment: Living with and beyond cancer in Ireland. National Cancer Control Programme: Dublin.

(2) National Cancer Strategy 2017-2026 Department of health