



al's pals

Supporting cancer patients
and families at home.



Who are we?

Als Pals is a service offered to all cancer patients in Milton Keynes. Als pals was named after one of Milton Keynes Cancer patients Alan Dumbell who received ongoing cancer treatment at Milton Keynes Hospital. Alan noticed that throughout his treatment as much as he was surrounded by his loving family he still felt very lonely and lost at times and he often discussed having a 'buddy' to support him and help him where he felt things were missing. It is his legacy to have a Cancer buddy scheme like this and with the passion driven by his daughter Als pals was born. We have been supporting patients in Milton Keynes University Hospital since March 2020 and we are proud to be able to continue with this support to patients and their families at home.

How we can help

Our amazing volunteers understand the needs of someone that has cancer and how this can affect their own lives as well as their families. We can offer support, companionship, empathy and a listening ear to any cancer patient from the start of their cancer journey through to the end. We are the support network that you may need and we are always here for you no matter what challenges you may face. Allow Al's Pals to help and support you as much as we can.

- Sit with you and have a chat as often as you would like.
- Sit with you enabling a family member to have some time to themselves or to run errands.
- Signpost you to relevant services that could help you and your family.
- Talk to you about everyday things and treat you as an individual and not just focus on your condition.
- Supporting and navigating through information you receive.
- Chat on the phone in between home visits.
- Help and support for the patient and their family at end of life.
- Pick up some light bits of shopping for you and/or prescriptions (with authorisation)



In 2018, over 1200 people were diagnosed with cancer in Milton Keynes. 50% of Cancer patients survive for 10 years or more.



Things we can't do

Our Volunteers love to help and support you as much as they can, however there are things that they would be unable to assist you with. Such as:

- Any personal care
- Administering medication
- Offering medical advice
- Driving you places.

How to receive our support

To start receiving our support please get in touch on the number/email below. We will then arrange an initial visit to discuss how we can support you and your family, and an appointment will be made.

- The initial appointment will be to set up the visits and discuss a plan going forward of how we can support and help you. We will discuss our volunteer/s and go through relevant paperwork, and we will then be in touch to start the service with your designated volunteer/s. We will always endeavour to always provide you with the same volunteer if/when we can.
- Our volunteer will then meet with you and arrange visits thereafter regarding your support.
- The service can continue for as long as you like, and you can pick up the service whenever you like and for as long as you need it.

To find out more about al's pals please get in touch:

www.alpalsmk.co.uk

e: info@alpalsmk.co.uk

t: 07745 601 047

Charity no. 1184001



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Supporting Cancer Patients
in Milton Keynes