

Wellbeing programme for people affected by cancer

October – December 2017

Macmillan Support and Information Service

Support when you need it



Workshops and classes for patients at any stage of their treatment, and their families and friends

Creative word (a creative writing drop-in group)

A friendly session that will get your words and thoughts flowing. You don't need to book, but please call ahead to make sure the session is taking place.

When: Every Tuesday until 17 Oct, and from 31 Oct to 12 Dec
4.30pm – 6.30pm

Fighting fatigue

A workshop that focuses on improving and managing your energy levels.

When: Wednesday 22 Nov, 2pm – 4pm

Look Good Feel Better

Expert advice on skin care and make-up. Following the session, a My New Hair specialist is available for individual advice on hair care and colour.

When: Mon 9 Oct, Friday 20 Oct, Friday 17 Nov, Friday 15 Dec
1.45pm – 4pm

Sleep better

A workshop that addresses issues around sleep and provides practical tips on how to manage them.

When: Wednesday 29 Nov, 2pm – 4pm

Walking group

A weekly walk to Russell Square and back to the Support and Information Service. Everyone is welcome and will be assessed before the first walk.

When: Every Monday, 12.30pm – 1.30pm

Enjoy yoga

Classes focus on breath awareness, gentle classical yoga movements, relaxation and meditation. Our yoga sessions are open to UCLH patients only.

When: Every Monday, 10.30am – 12pm
First and third Wednesday of each month, 4.30pm – 6pm

Courses, classes and events for patients who have completed their treatment, and their families and friends

Health and wellbeing event

One-day event to help you manage the effects of cancer treatment. The day includes:

- a range of workshops
- a chance to speak to others and share experiences.

You can attend the whole event or the parts most useful to you.

When: 15 November

Please see a separate flyer for more information and timings.

HOPE (Helping to Overcome Problems Effectively)

A six-week course to help you focus on your personal strengths and manage the emotional and practical impact of cancer.

When: Every Monday 6 Nov to 11 Dec, 12.30pm – 3pm

Managing anxiety

An eight-week course to help you identify and manage your anxiety. It offers problem-solving tips and advice to improve communication and relationships.

When: Every Wednesday 18 Oct to 6 Dec, 10.30am – 12pm

Moving Forward (please book your place by calling Breast Cancer Care on 0345 077 1893)

A four-week course for patients who have completed treatment for breast cancer. It includes practical sessions to help you manage the effects of treatment.

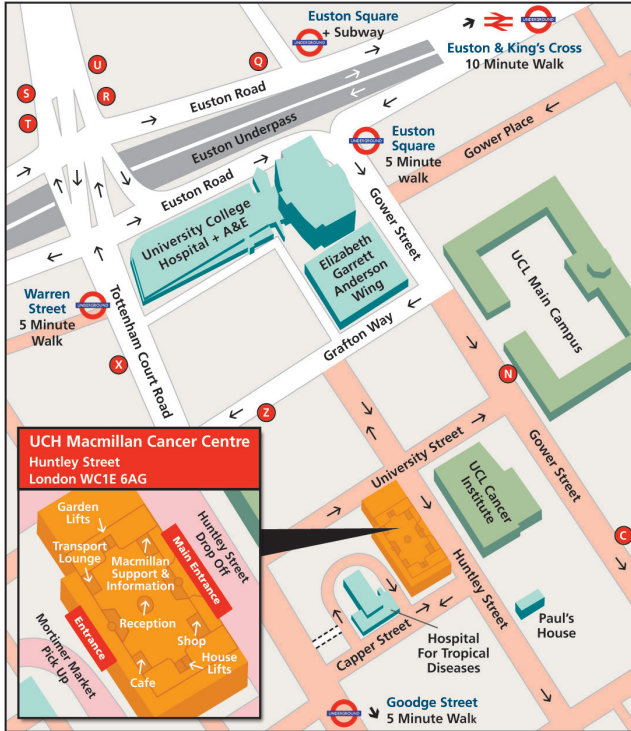
When: Every Tuesday 14 Nov to 5 Dec, 1pm – 4.30pm

Please contact us to book a place on one of our events, workshops or courses. **Please note that you cannot reclaim travel costs for attending any of the groups and courses listed here.**

How to find us

Map of University College Hospital
Macmillan Cancer Centre

University College London Hospitals **NHS**
NHS Foundation Trust



uch

- UCH Macmillan Cancer Centre building
- Other UCLH buildings
- UCL buildings
- Congestion Charge Zone

- Main entrance
- Traffic direction
- Bus stop
- Pedestrian walkway



University College Hospital
Macmillan Cancer Centre
Huntley Street
London WC1E 6AG

020 3447 8663

www.uclh.nhs.uk/MSIS

supportandinformation@uclh.nhs.uk

Follow us on Twitter @supportandinfo

The Macmillan Support and Information Service receives most of its charitable funding through generous donations to the UCH Cancer Fund. UCLH continues to work in partnership with Macmillan and is grateful for their support.



University College Hospital
CANCER FUND

If you need a large print, braille, easy read, audio or translated copy of this programme, please contact us on 020 3447 8663.

We will do our best to meet your needs.