

Wellbeing programme for people affected by cancer

January – March 2018

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: Second Tuesday of each month:
9 Jan, 13 Feb and 13 March, 4.30pm – 6.30pm

Feeling fitter

A workshop where you can learn about benefits of being physically active and set your personal fitness goals.

When: Wednesday 14 February, 11.30am – 1.30pm

Walking group

A weekly guided walk open to everyone, regardless of your fitness levels. If it's your first walk, you will have a short fitness assessment.

When: Every Wednesday starting 21 February, 12pm – 1pm

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

Please contact us to book a place on one of our events, workshops or courses – you can find our contact details on the back page.

Please note that you cannot reclaim travel costs for attending any of the groups and courses listed here.

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: Fri 19 Jan, Mon 5 Feb, Fri 16 Feb and Fri 23 March
1.45pm – 4pm

Cancer Support Group

A monthly support group for anyone affected by cancer. Relatives and carers are welcome too.

When: Wednesday 24 Jan, 28 Feb and 28 March, 4pm – 5pm

Haematology Support Group

A monthly support group for anyone affected by a haematological condition. Everyone is welcome, including cancer and red cell patients, relatives and friends.

When: Second Wednesday of each month, 5.30pm – 7.30pm

Health and wellbeing event (for patients who have completed their treatment)

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.

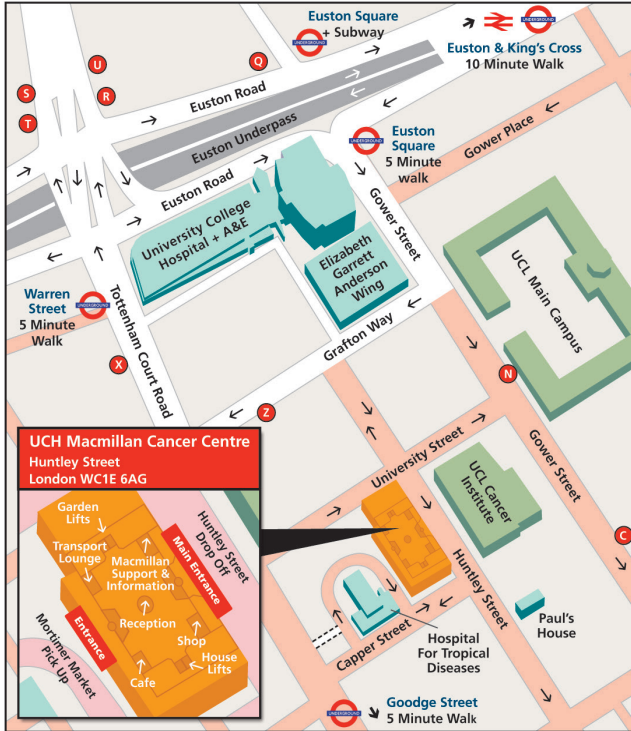
When: 7 February

Please see a separate flyer for more information and timings.





How to find us





Map of University College Hospital
Macmillan Cancer Centre

University College London Hospitals 
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**
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www.uclh.nhs.uk/MSIS

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Follow us on Twitter [@supportandinfo](https://twitter.com/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.