

# Wellbeing programme for people affected by cancer

March to June 2017

Macmillan Support and Information Service

Support when you need it

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# Health and wellbeing event

Health and wellbeing events are designed for those who have finished or are close to finishing their cancer treatment. The workshops aim to help you manage the effects of treatment and you may find it helpful to attend these workshops even if you haven't finished treatment. You are welcome to book onto a workshop without attending the whole event.

Following the event, you may find it useful to book an appointment with a support and information specialist to help you put into practice any advice you've received during the day.

## The day includes:

- a range of workshops (please see the timings below)
- a chance to talk to others who have had cancer and share experiences
- a chance to speak to a support and information specialist and clinical nurse specialist.

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

**When:** 12 April and 14 June, 10.30am — 4.30pm

### **Diet talk**

A talk about managing weight after cancer treatment.

12pm — 12.55pm

### **Feel fitter**

A practical advice session about how you can start to be more active.

12pm — 12.55pm

### **Fighting fatigue**

A workshop to help you learn how to improve and better manage energy levels.

11am — 11.55am

### **Sleep better**

A workshop providing practical tips on how to manage sleep problems.

11am — 11.55am

### **Relaxation workshop**

A chair-based session using guided breath awareness, mindfulness and visualisation.

3.30pm — 4.30pm

### **Work and cancer workshop**

Practical advice and information about work and work-related benefits.

3.30pm — 4.30pm

# Other groups and courses

## **HOPE (Helping to Overcome Problems Effectively)**

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

- Every Wednesday (19 April to 24 May), 1pm — 3.30pm

## **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.

- Friday 17 March, Monday 10 April, Friday 21 April, Friday 19 May, Friday 16 June, 1.45pm — 4pm

## **Managing anxiety**

An eight-week course for UCLH patients only, to help identify and manage anxiety. Also offers problem-solving tips and advice to improve communication and relationships.

- Every Wednesday (17 May to 5 July), 10.30am — 12pm

## **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.

- Every Monday, 12.30pm — 1.30pm

## **Creative word**

A creative writing drop-in group. Join us for 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.

- Every Tuesday (7 March to 11 April), 4.30pm — 6.30pm

## **Enjoy yoga**

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

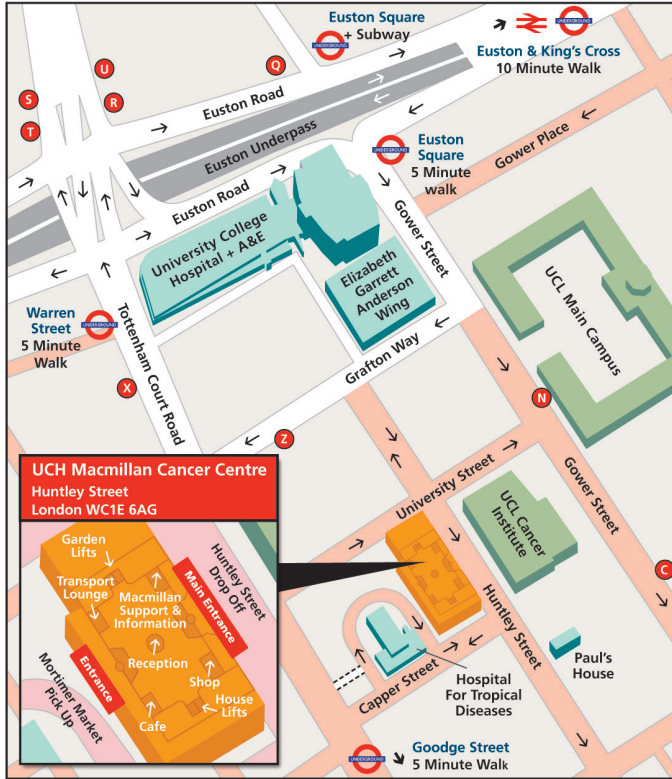
- Every Monday, 10.30am — 12pm
- First and third Wednesday of each month, 4.30pm — 6pm

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 FoundationTrust



uclh

- 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](http://www.uclh.nhs.uk/MSIS)

[supportandinformation@uclh.nhs.uk](mailto:supportandinformation@uclh.nhs.uk)

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

If you need a large print, audio or translated copy of this document, please contact us and we'll try our best to meet your needs.

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**

