

**To find out more about the event or if you are unable to join and need information or support please contact:**

**Julie Bliss**

Macmillan Cancer Information and Support Manager  
Office Location: Main entrance  
UHCW  
Opening Times: 8.00am - 4.00pm  
Monday-Friday  
Phone: 02476 966052

**Julie Hunt**

Macmillan Cancer Information and Support Manager  
Office Location: Main entrance,  
George Eliot Hospital  
Opening Times: 9.00am - 4.00pm  
Monday-Friday  
Phone: 02476 153201

**Deborah Smith**

Macmillan Cancer Information and Support Manager  
Stratford and Warwick Hospital  
Opening Times: 8.00am - 4.00pm  
Monday-Friday  
Phone: 01926 495321 x5871

The Trust operates a smoke free policy.

[www.uhcw.nhs.uk](http://www.uhcw.nhs.uk)

# Newly diagnosed with cancer?

For help, support and information you are invited to join us for a Health and Wellbeing event

For information on how to take part please read this leaflet

# Introduction

A cancer diagnosis can be a confusing and frightening experience. A health and wellbeing event helps people with cancer, their family or close friend, to understand what to expect, what local support is available and the opportunity to ask questions.

With Covid-19 a continuing threat our events are now online so that patients and their families can still benefit from this opportunity.

## Attending a health and wellbeing event:

To book on to an event see contact details over the page.

We will send you an invite with a link a few days before so that you can join the event.

You will need a good internet connection and access to Microsoft teams

The event will last approximately an hour

There will be an opportunity to ask questions throughout the session.

### Handy Tips

- Log on 10 minutes before the event
- Have pen and paper handy to make notes

## Our specialist presenters will offer advice about

- Nutrition
- Fatigue
- Physical activity
- Emotional wellbeing
- Chemotherapy
- Radiotherapy
- Finance and benefits
- Other courses available locally
- Answer questions

## Choose your event date

Health and Wellbeing session	
2022	
January 27 <sup>th</sup>	February 24 <sup>th</sup>
March 24 <sup>th</sup>	April 28 <sup>th</sup>
May 26 <sup>th</sup>	June 23 <sup>rd</sup>
July 28 <sup>th</sup>	August - No Session
September 22 <sup>nd</sup>	October 27 <sup>th</sup>
November 24 <sup>th</sup>	December - No Session
10:15 to 11:15 virtual sessions	