

Dear patient,

As part of your treatment and support following a cancer diagnosis, we think you may benefit from attending a specialised Health and Wellbeing event. These are sessions which aim to get people back 'on track' after a cancer diagnosis, providing support, information and ways to maximise recovery.

Are you struggling to adjust to living with a cancer diagnosis and if so, would you like some help with this?

Do you feel you'd like to take back some control over your health and your life?

Would you like a better understanding of things you can do to maximise your recovery and stay well?

Would you like to know more about local services available to support you and help you with your recovery?

Do you think a family member or friend would like to know more about these things?

If so, a Health and Wellbeing Event may be just the thing for you...

People who have attended report feeling more supported and have a better understanding of available services and how to access them. They report feeling more 'in control' and more able to manage their illness and recovery.

You are welcome to attend any of the events below- please telephone the Self-Care Hub on 0300 303 2600 to reserve your place.

**The Nottingham Cancer Partnership**  
Nottingham and surrounding areas  
Nottingham City Region

**better+together**  
Working together to make a difference

**self help uk**

## 'LIVING WELL WITH AND AFTER A CANCER DIAGNOSIS'

A roadshow of events across Mid-Notts to provide support, advice and information for people and carers living with and after a cancer diagnosis

**Be Active**

**April '17** Thursday 27<sup>th</sup> 9am- Midday or 1-4pm: Nottingham Community & Voluntary Service, 7 Mansfield Rd, Nottingham NG1 3FB - **Conference**

**May '17** Wednesday 17<sup>th</sup> 1-4 pm: Ollerton Scout & Guide Activity Centre, Back Lane, Ollerton, NG22 9AQ - **Information & Taster sessions**

**July '17** Tuesday July 11<sup>th</sup> 1-4 pm: Ashfield Health & Wellbeing Centre, Kirkby-in-Ashfield, NG17 7AE - **Information & Taster sessions**

**September '17** Tuesday 12<sup>th</sup> 1-4 pm: Southwell Leisure Centre, Nottingham Rd, Southwell NG25 0LG - **Information & Taster sessions**

**November '17** Tuesday 14<sup>th</sup> 1-4 pm: The Towers, Lower Floor Function Room Botany Ave, Mansfield NG18 5NG - **Conference**

**January '18** Wednesday 17<sup>th</sup> 1-4 pm: Rainworth Village Hall, Kirklington Rd, Rainworth, NG21 0JY - **Information & Taster sessions**

**Be Supported**

**Be informed**

**Survival toolkits**

**Eat Well**

**Think well**  
Counselling  
Mindfulness  
Relaxation  
Stress Management  
Support Groups

For bookings and further information contact the Self Care Hub on 0300 303 2600 or [selfcarehub@selfhelp.org.uk](mailto:selfcarehub@selfhelp.org.uk)

Limited spaces available, so booking is essential

Light refreshments provided

**TOOLS**  
Manage late effects  
Manage risks of second cancers  
Recognise Alert Symptoms