

# Kent Oncology Centre Cancer Health and Well- being Day

## Information Leaflet

**28/3/17**

The aim of the Cancer Health and Well-Being day is to support you in managing the transition from active treatment (chemotherapy, radiotherapy, surgery) to 'normal' life.

The programme will include talks on topics including diet, exercise, financial support, emotional well-being, and health awareness.

There will be a number of information stalls from local support services/charities who can offer advice, support and information. There will also be breakout sessions in the morning/ afternoon.

Please see the outline of the day for details of talks and breakout sessions.

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## Outline of Health & Wellbeing Day

9.00 – 9.30	Arrival and refreshments
9.30 – 10.00	Welcome and overview of day Patient's perspective
10.00 – 10.30	Physical activity – Medway Macmillan Exercise referral programme
10.30 – 11.00	Relationships & body image – Lucy Love, KCHT & Mountain Healthcare.
11.00 – 11.15	Morning Break and Market place
11.15 – 11.45	Workshops  1. What is Mindfulness? – Beverley Tannett, Oncology Counsellor, Kent Oncology Centre.  2. Carers session – Involve Carers Natalie Emerick (morning only)  3. Body image and relationships – Vickie Gadd, Macmillan Gynae Oncology Clinical Nurse Specialist, Kent Oncology Centre.  4. Complementary therapy tasters – Harmony Therapy Trust
11.45 – 12.15	Healthy eating and weight management – Lucy Reed, Macmillan Oncology Dietitian, Kent Oncology Centre.

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## Lunch and Market place 12.15 – 13.30

<p>Zone 1 - Healthy living</p> <ol style="list-style-type: none"> <li>1.Tonbridge &amp; Malling Borough Council – health improvement team</li> <li>2.Nutritional advice</li> <li>3.Smoking cessation</li> <li>4. Physical activity – Medway exercise referral scheme.</li> <li>5.Kent Community Health NHS Foundation Trust</li> </ol>	<p>Zone 2 – Support organisation</p> <ol style="list-style-type: none"> <li>1.Look Good Feel Better</li> <li>2.Harmony therapy Trust</li> <li>3.YOU CAN</li> <li>4. Macmillan Cancer Support</li> </ol>
<p>Zone 3 - Clinical and Nursing teams</p> <ol style="list-style-type: none"> <li>1..Research &amp; Trials team</li> <li>2.Clinical Nurse Specialists</li> <li>3.Specialist Radiographers</li> </ol>	<p>Zone 4 - Financial and practical support</p> <ol style="list-style-type: none"> <li>1.Kent &amp; Medway – Cancer Action Partnership</li> <li>2.Involve Carers</li> <li>3.West Kent Volunteer Scheme</li> <li>4.Macmillan Benefits Advice Team</li> <li>5.British Red Cross</li> </ol>

## Afternoon programme

<p>1.30 – 2.00</p>	<p>Health awareness and moving forward – Dr Rema Jyothirmayi, Kent Oncology Centre</p>
<p>2.00 – 2.30</p>	<p>Workshops</p> <ol style="list-style-type: none"> <li>1. What is Mindfulness – Bev Tannett, Oncology Counsellor, Kent Oncology Centre</li> <li>2.. 3. Body image and relationships –Vickie Gadd, Macmillan Gynae Oncology Clinical Nurse Specialist, Kent Oncology Centre.</li> <li>3.Complementary therapies taster sessions – Harmony Therapy Trust</li> </ol>
<p>2..30 – 3.00</p>	<p>Closing and evaluation &amp; refreshments</p>

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For further information or to book a place please contact Sue Wilkins on 01622 227051 or Hayley Corke on 01622-224978 or email [susan.wilkins@nhs.net](mailto:susan.wilkins@nhs.net). There is no cost involved. You are welcome to bring one guest with you. Lunch and refreshments will be provided. Please let us know if you have any dietary requirements.

Venue: Ditton Community Centre, Kilbarn Road, Ditton, Aylesford, Kent ME20 6AH.

Date: 28/3/17

This event is being supported by

