

Alternatively, you can speak to your Cancer Nurse Specialist/Key worker for more information or just please come to the session.

This project is generously supported by Macmillan Cancer Support.

Counselling provided independently of the Trust by:

**Christine Everley, MBACP**

Person-centred Counsellor

[ckeeverley@hotmail.com](mailto:ckeeverley@hotmail.com)

**Telephone: 07792676358**

### Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Consultant Lead Nurse Cancer and Palliative Care, Matron, Senior Nurse or Manger on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email [pals@asph.nhs.uk](mailto:pals@asph.nhs.uk). If you remain concerned, PALS can also advise upon how to make a formal complaint.

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We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.



To use the text relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید.  
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# Cancer Support Group



## INTRODUCTION

At Ashford & St Peter's Hospitals NHS Foundation Trust, we strive to ensure that everyone receives the highest standards of care and support. In keeping with this commitment to patient care we are pleased to announce the creation of a new cancer support programme. The support programme is free of charge and open to all cancer patients and carers. Each programme will run for 6 weeks and each meeting will begin with a short informational session given by an expert speaker.

## PROGRAMME

### TOPICS WILL INCLUDE:

- **WEEK 1:** May 16<sup>th</sup> Help with Managing Symptoms/Side Effects of Treatment - Regina Santos, Lead Cancer Nurse Specialist.
- **WEEK 2:** May 23<sup>rd</sup> Living with Cancer - Dr. Barry Quinn, Macmillan Consultant Lead Nurse Cancer and Palliative Care.

- **WEEK 3:** May 30<sup>th</sup> A Positive Look at Coping With Your Emotions - Christine Everley, Counsellor.
- **WEEK 4:** June 6<sup>th</sup> Exercises to Motivate Your Recovery - Stephanie Harlow, Respiratory Clinical Specialist Physiotherapist / Julie Alderman, Occupational Therapist.
- **WEEK 5:** June 13<sup>th</sup> Eating to Keep Well - Dietitian.
- **WEEK 6:** June 20<sup>th</sup> Practical Support- Deepa Doshi, Macmillan Development Manager.

The second part of the session is less structured and allows discussion around the topic, or simply a place for you to share experiences with other people.

All meetings will be held at Aspen Ward Day Room at St. Peter's Hospital from 12:30pm - 2:00 pm.

Tea/coffee and biscuits will be provided and there are free passes for the car park.

## ABOUT THE GROUP

The group will provide a space to discuss and share experiences on living with cancer. The experiences you face will not be unique to you and sharing these is one of the great things about the programme. The meeting will be led by a Cancer Clinical Nurse Specialist (CNS) and a Counsellor.

We would encourage people to try to attend all 6 sessions but understand that you may have to miss one occasionally.

The programme will run 3 times a year.

## HOW TO REGISTER YOUR INTEREST

For more information or If you are interested in attending please contact:

**Regina Santos**, Lead Cancer Nurse Specialist: **01932 722771**

**Emma Bond**, Specialist Nurse For Cancer: **01932 723697**