

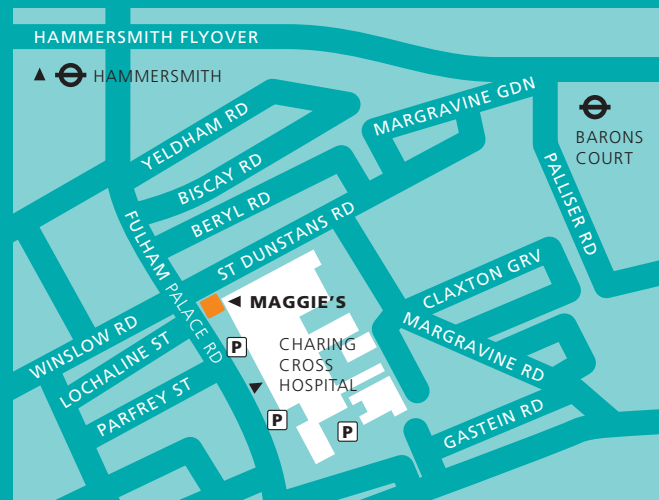
Our primary aim is to help people discover and develop the strength of their own resources in coping and living with cancer.

Laura Lee, Maggie's Chief Executive

Please send your registration form to
Bernie Byrne, Maggie's, Charing Cross Hospital
Fulham Palace Road, London W6 8RF

Or if you have any questions
Telephone: 020 7386 1750
Email: london@maggiescentres.org
www.maggiescentres.org

Maggie's is open Monday to Friday 9am – 5pm



Maggie Keswick Jencks Cancer Caring Centres Trust (Maggie's)
is a registered charity, No. SC024414

CARING FOR SOMEONE WITH CANCER

maggie's

Caring for Someone with Cancer

This is a six week course for people caring for someone with cancer.

This course is designed to give you an opportunity to find out more about cancer and its effect on you or your partner. We will help you to understand the impact of cancer on your life. You will be able to learn more about the disease, its management and your role as a carer. The sessions will look at how to find out information – what questions to ask and how to ask them. It is an opportunity to explore the emotional impact of the disease for you and others and to find ways of dealing with those feelings. There is also a chance to learn more about relaxation therapies and the importance of nutrition. Each session will have a short presentation and then time for questions and discussion.

Light refreshments will be provided for each meeting. The aim of the course is to give you the chance to find out more about a diagnosis of cancer, its treatment and side effects. The course will be general to all cancers but will be flexible enough to answer specific questions about your own situation. We also hope that the course will allow you to discuss the impact cancer has had on you and give you the chance to explore ways of dealing with those emotions.

Week 1

Diagnosis and treatment: an introduction to the types of cancer and forms of treatment.

Week 2

Managing side effects and symptoms: an introduction to how you can manage symptoms of cancer and the side effects of treatment and how to get the best out of the NHS.

Week 3

The impact of cancer: an overview of how a diagnosis of cancer can affect the way you feel and techniques for managing psychological distress.

Week 4

Dealing with the emotional impact of cancer: a discussion about various strategies that can help in dealing with your diagnosis.

Week 5

Food, eating and cancer: a session to explore issues to do with cancer food and nutrition as well as problems that can occur for cancer patients and their carers in relation to food and eating. The impact of diet on health and how to care for yourself as well as those you care for.

Week 6

Relaxation and stress management: an opportunity to learn some relaxation strategies to help you and those you care for.

I would like to register for Caring for Someone with Cancer

I would like someone from Maggie's to get in touch

I would like to register but cannot because:

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Name

Address

.....

.....

Postcode

Telephone

Email

Date