

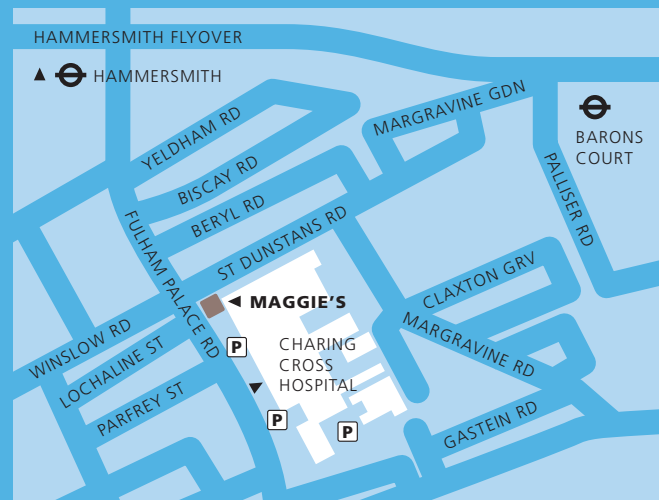
Our primary aim is to help people discover and develop the strength of their own resources in coping and living with cancer.

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

LIVING WITH CANCER

maggie's

Living with Cancer

This is a six week course designed to help you find out more about cancer and its effect on you or your partner.

This six week course is designed to help you understand more about the diagnosis and treatment of cancer and managing symptoms and side effects. The sessions will look at how to find out information – what questions to ask and how to ask them. It is also 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.

Lunch and/or light refreshments will be provided for each meeting. The aims of the course are to give you an opportunity to find out more about your diagnosis, 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 improve 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 the effect it can have on relationships.

Week 4

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

Week 5

Nutrition and cancer: what impact diet has on health and what you can do to help yourself.

Week 6

Relaxation and stress management: an introduction to relaxation and visualisation and an opportunity to discuss other therapies.

- I would like to register for Living with Cancer
- I would like someone from Maggie's to get in touch
- I would like to register but cannot because:

.....

.....

.....

Name

Address

.....

.....

Postcode

Telephone

Email

Date