** **

**Treatment has come to an end…. What now?**

Finishing cancer treatment can be a positive experience; however it is common for people to struggle to return to normal, often due to difficulties such as fatigue, sleep, pain, relationships, emotions, body image and other worries.

Our ‘living well with and beyond cancer’ day offers a chance to meet others and find ways to manage some of these difficulties in an informal and relaxed atmosphere. The topics we cover will be decided by you on the day. We know that friends and family can find the treatment process difficult too, so they are welcome to come along. We will be able to give them some advice and information as well.

The event is run by NHS health professionals and is part of your recovery and rehabilitation programme. It is focussed on providing you with some tools and information that may be helpful in moving forward following treatment, in a supportive environment.

We would like to invite you to attend a Living Well day. These are the 2017 events to choose from;

* **19th January**– Wetheral Village Hall, Carlisle. (CA4 8HE)
* **16th February** –Enterprise House, Kendal. (LA9 6NY)
* **16th March**– Barrow (Venue to be confirmed)

The course will run from 10am-2pm and lunch will be provided. Please let us know which day you would like to attend using the slip below or contact Sarah Howard using the details given.

Yours sincerely,

Catherine Cooper, Hilary Cave and Sarah Howard (Physical Health Psychology Service)

Contact Details:

Sarah Howard, Macmillan Assistant Psychologist,

Physical Health and Rehabilitation Psychology, Room -1446, Rehabilitation Department,

Lower Ground Floor, Cumberland Infirmary, Carlisle, Cumbria, CA2 7HY

Mob: 07747 790463

Email: sarah.howard@cumbria.nhs.uk

I……………………………………………………………..

would like to attend a ‘Living Well After Cancer’ course

On ……………………………………………….. .………( please specify date / venue)

Address:

Number of guests:

Dietary Requirements:

Email:

Telephone number:

How did you hear about this event?………………………………..

Please complete this form and return via post, email or phone to:

Sarah Howard,

Macmillan Assistant Psychologist,

Physical Health and Rehabilitation Psychology, Room – 1446,

Rehabilitation Department,

Lower Ground Floor,

Cumberland Infirmary,

Carlisle,

Cumbria, CA2 7HY

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