

## Cancer Health and Wellbeing Event Programme

Free bus travel is available courtesy of Brighton and Hove buses. **Registration is required. Find out more and book your free place by calling Angie or Siobhan on 01273 668591 or sign up at the link online at [www.brighteroutlook.org.uk](http://www.brighteroutlook.org.uk)**

The Cancer Health and Wellbeing Event is open to all people living locally who are living with or after cancer. It's a chance to find out about the wide range of support and services available to you, your family, friends and carers. It's suitable for people at all stages throughout cancer treatment.

<b>From 09.30</b>	<b>Registration, arrival, tea and coffee</b>
<b>10-12.00</b>	<b>Take a browse around the marketplace.</b> Find out about local services and charities on hand to help in our friendly marketplace. Stalls include Clinical Nurse Specialists, the Macmillan Horizon Centre, welfare support, local charities and Brighton and Hove council's healthy lifestyle teams. There is plenty of seating and a quiet room available.

**Speaker Programme** – over the afternoon we have a series of talks and sessions across two rooms. *Please note, talks and speakers are subject to change*

**Main Room Programme – Mayo Wynne Baxter Lounge.** This main event programme covers broader topics which many people living with and after cancer request information on.

<b>12.00 – 12.45</b>	Lunch
<b>12.45 – 1.00</b>	<i>Event Welcome / Housekeeping</i>
<b>1.00 – 1.30</b>	<i>Event aims and cancer care – from lead CNS Sarah Randall</i>
<b>1.30 – 2.00</b>	<i>Eating Well – with Macmillan dietitian Mhairi Donald</i>
<b>2.00– 2.30</b>	<i>Looking After You – introduction to psychological support available from Laura Pritchard</i>
<b>2.30 – 2.50</b>	<i>Break</i>
<b>2.50 – 3.20</b>	<i>Macmillan Horizon Centre – Introduction to the support available</i>
<b>3.20 – 3.50</b>	<i>Physical Activity through and after cancer – the Brighter Outlook team</i>
<b>Close</b>	

### **Secondary Speaker Programme - BMW Chandlers Lounge**

These talks cover more specific themes. You are most welcome to mix and match between programmes.

<b>1.30 – 2.00</b>	<i>Gynaecological cancers – CNS team</i>
<b>2.00– 2.30</b>	<i>Family History in breast and bowel cancers – CNS team</i>
<b>2.30 – 2.50</b>	<i>Break</i>
<b>2.50 – 3.20</b>	<i>Hormone therapy for men – Urology nurse specialist team</i>
<b>3.20 – 3.50</b>	<i>Managing Fatigue - Martlets Hospice Rehab Team</i>