

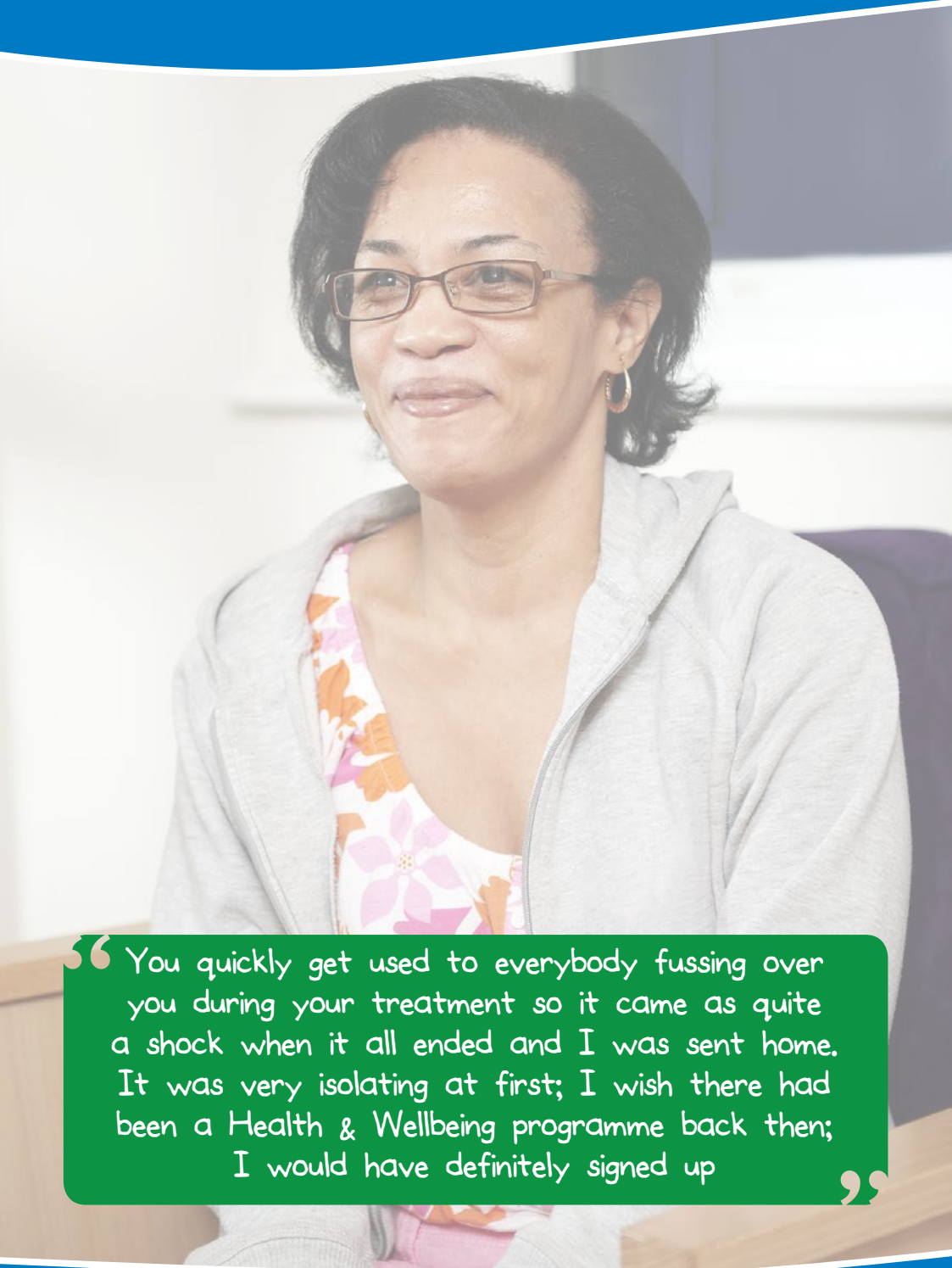
# Cancer Health & Wellbeing Programme

*Practical advice,  
information  
and support to  
help you move  
forward with  
your life after  
treatment*



**0161 206 0931**

**Saving lives,  
Improving lives**



“ You quickly get used to everybody fussing over you during your treatment so it came as quite a shock when it all ended and I was sent home. It was very isolating at first; I wish there had been a Health & Wellbeing programme back then; I would have definitely signed up ”

## Introduction

We understand that the journey you have been on is as unique as you are, however, we also know from speaking to patients who have undergone treatment for cancer that often they feel isolated and unsupported once their treatment has ended.

We understand the impact that cancer and its treatment has on a person so we want to provide a helping hand to enable you to adjust to life after this, and equip you with the skills and knowledge to successfully manage your condition and the effects of its treatment, so that you can move forward and live a fulfilled life.

The programme will provide you with the opportunity to meet with others who have experienced cancer treatment and if you wish to, share your own experiences, which for some has proven to be a beneficial part of their recovery process.

## Aim of the programme

The programme aims to address health and wellbeing needs following treatment and offers both practical and psychological support, covering a broad range of topics such as;

- Money
- Work
- Housing
- Relationships
- Diet
- Exercise *and*
- Mental health

It also aims to equip you with a better understanding of how to recognise the signs and symptoms of your cancer, and provide you with practical information and advice to support you with the management of the effects of your treatment.

By the end of the programme you will know about the local support groups, resources and services available to you in the community and how to access them.

## Programme details

The programme is delivered over four weekly workshops which last approximately 4 hours, and include a 15 minute comfort break, refreshments throughout and a 30 minute lunch break.

Workshops will feature the following topics:

- Getting to know you and understanding your needs
- Recognising and managing signs and symptoms
- Maintaining a healthy lifestyle and wellbeing
- Relaxation and managing stress
- The impact cancer has on finances

Each workshop is delivered in a relaxed and informal environment, and is facilitated by key health professionals and subject experts.

You will have the opportunity to ask any questions or discuss any concerns you may have, in a safe and confidential space.

The programme takes place at Salford Royal and runs over four consecutive weeks.

**Please note that you will be required to attend all four sessions**

## General information

We ask that mobile phones are turned off or placed on silent during the workshops and would be grateful if you let us know in advance if you have any specific requirements which will support you to attend.

Carers are always welcome; please inform us if you will be accompanied by a relative or carer so we can accommodate them.

Refreshments and lunch are provided free of charge therefore please inform us of any special dietary requirements you have.

Car Parking is free. If you are travelling by car it is advisable to use the North Car Park which is accessed via Stott Lane.

## To book a place

Contact your **Clinical Nurse Specialist** who can refer you onto the programme or alternatively you can contact the **Cancer Health & Wellbeing Coordinator** directly on:

 **0161 206 0931**



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safe • clean • personal

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Interpreters are available for both verbal and non-verbal (e.g. British Sign Language) languages, on request. Please contact the service/clinic you are visiting to request this.

If you need this information leaflet translated, please telephone:

Polish

Jeżeli potrzebne jest Państwu to tłumaczenie, proszę zadzwonić pod numer.

Urdu

اگر آپ کو اس ترجمانی کی ضرورت ہے تو مہربانی کر کے فون کریں۔

Arabic

إذا كنتم بحاجة الى تفسير او ترجمة هذا الرجاء الاتصال

Chinese

如果需要翻译，请拨打电话

Farsi

اگر به ترجمه این نیاز دارید ، لطفاً تلفن کنید

**0161 206 0224**

or Email:

**InterpretationandTrans@srft.nhs.uk**

**Salford Royal operates a smoke-free policy.**

For advice on stopping smoking contact the Hospital Specialist Stop Smoking Service on 0161 206 1779

This is a teaching hospital which plays an important role in the training of future doctors. The part patients play in this process is essential to make sure that we produce the right quality doctors for all of our futures. If at any time you would prefer not to have students present please inform the doctor or nurses and this will not affect your care in anyway.

Salford Royal NHS Foundation Trust  
Stott Lane, Salford,  
Manchester, M6 8HD

**Telephone 0161 789 7373**  
[www.srft.nhs.uk](http://www.srft.nhs.uk)

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