

Affected by Cancer?

Find support at a Living well with and beyond cancer event

- Information about cancer and its side effects
- Emotional support
- Managing stress
- Healthy Eating tips
- Meet people from organisations that provide support locally

This event is for you, the person living with cancer, as well as your family, friends and carers, to meet others with similar experiences and get support in a friendly and informal environment.

Please turn over for more information.



UHNM Trust are working with Penny Brohn UK and Macmillan Cancer Support to offer free monthly Living well with and beyond cancer events.

As part of your pathway we'd like to invite you to join us at any of the events listed below.

Events take place at bet365 Stadium, Stanley Matthews Way, Stoke on Trent ST4 4EG on the following dates:

- 13 June 2019
- 8 August 2019
- 10 October 2019
- 12 December 2019

Please arrive 9.45am for 10.00am start. The event finishes at 1.00pm.

Events take place at The Northfield Centre, Co-operative Street, Stafford ST16 3DA on the following dates:

- 9 May 2019
- 11 July 2019
- 12 September 2019
- 14 November 2019

Please arrive 9.45am for 10.00am start. The event finishes at 1.00pm.

Please feel free to just come along on the day. If you want more information or you want to let us know you're planning to attend, please speak to your cancer nurse specialist or contact the Macmillan Information Centre on 01782 676333 or email macmillancentre@uhn timer.nhs.uk

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Penny Brohn UK is the trading name of Penny Brohn Cancer Care, a registered charity (no. 284881) and company registered in England (no. 1635916).



Penny Brohn UK
Living Well with Cancer