



Living Life to the Full: Life After a Urological Cancer Diagnosis 11 - 13.30pm

- 11.00 - 11.05 Welcome **Gemma Crane**
- 11.05 - 11.15 Holistic care and living with a cancer diagnosis – delivering an effective cancer survivorship programme - **Specialist Nurse Team from The Churchill Hospital**
- 11.25 - 11.35 A cancer survivors' perspective **Mr Trevelyan Hopkins**
- 11.35 – 11.40 A cancer partners' perspective **Mrs Jean Simmonds**
- BREAK 20 minutes ---
- 12.00 - 12.10 The benefits of psychological support for patients with cancer. **Luke Solomon**
- 12.10 - 12.20 Diet, nutrition and the changing face of cancer survivorship – Why food matters! – **TBC**
- 12.20 - 12.30 The Maggie's Centre. An introduction to the programme of support – **TBC**
- BREAK 15 minutes ---
- 12.45 - 12.55 Healthwise - referral and physical activity programme **Polly Wright**
- 12.55 - 13.05 Keeping active – benefits of physiotherapy **Naomi Ekers**
- 13.05 - 13.15 Mindfulness- Meeting practical and emotional needs **Hummingbird Centre**
- 13.15 - 13.20 Round up

We hope you have enjoyed the event. Your feedback is important to us. Please complete the form. Thank you!