

Information and Support Folder After your cancer treatment finishes

Chesterfield Royal Hospital NHS Foundation Trust

Looking after your emotional health if you are affected by cancer

“How to get support when you need it”

Patient information leaflet

Looking after your emotional health if you are affected by cancer

HELP MOVING ON AFTER TREATMENT

MOVING ON after treatment

MACMILLAN CANCER SUPPORT

The 3 week course will run on Fridays or Saturdays in the Macmillan Information and Support Centre.

To find out more about the course or to book a place just ring the centre on 01246 516406.

Over 3 weeks we will discuss managing stress, improving sleep and getting back to a healthy lifestyle with your diet and activity, plus time to talk!

Moving On After Treatment

Health Psychology Information Session

“Managing thinking and memory difficulties after cancer”

Do you have... memory difficulties? Difficulties concentrating? Problems planning? Would you like to learn some simple tips for dealing with these difficulties?

Who is the session for? Anyone who has been affected by cancer (18 years and over)

Who will deliver the session? Registered Clinical Psychologist, Dr Jo Hall

When will the session be held? On a Friday morning in the Macmillan Information and Support Centre

How do I book a place? To find out more about the session or to book a place ring the Health Psychology Service on 01246 515 520

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Thinking and Memory Difficulties Information Sessions

Family and Friends Information and Support Sessions

Does someone you care about have cancer?

What can we do to support you?

Short presentations from guest speakers
Time to talk and ask questions
Tea and biscuits

Topics will include information on local support services, getting financial/legal support, and tips on looking after yourself

Sessions will be on Friday mornings at the NGS Macmillan Information and Support Centre, Chesterfield Royal Hospital

To book your place or for more information please contact Health Psychology Service on 01246 515 520

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Friends and Family Support Sessions

A practical guide to living with and after cancer

WHAT TO DO AFTER CANCER TREATMENT ENDS: 10 TOP TIPS

What to do after cancer treatment ends: 10 top tips

QUESTIONS ABOUT CANCER? WE CAN HELP

WE ARE MACMILLAN CANCER SUPPORT

Chesterfield Royal Hospital NHS Foundation Trust

Chesterfield Royal Hospital's Macmillan and Information Support

MONEY WORRIES? HOW WE CAN HELP

WE ARE MACMILLAN CANCER SUPPORT

Money Worries