

You are invited to the Macmillan Wellbeing Support Group for patients and carers

When? The first Thursday of the month **Time?** 10am til 12midday

Where? Well-being meeting room in the Cancer Centre at MKUH

No booking necessary. The first part of the morning is an information/support session, and the second part is for refreshments and peer support. All welcome 😊

2024	Speaker/s	Topic
December 5th	Carrie Havard - Reception Team Leader	A day in the life of the reception team
2025		
January 2nd	Fay Grech - Macmillan Wellbeing CNS	Smarter goal setting
February 6th	Zak Rajamani – Macmillan Physiotherapist	Fatigue management
March 6th	Anna Merritt – Senior Sister – ward 25	Advanced Care Planning
April 3rd	Mitch Sharman-Else Macmillan Consultant Late Effects Therapeutic Radiographer	Late effects, body image/sexual care, bowel/bladder problems.
May 1st	Suzanne Brown - CEO of Als' Pals	Als Pals – hospital and home
June 5th	Michelle Ncube – Lead Cancer Nurse	Emotional Wellbeing
July 3rd	Tea/Coffee morn	N/A
August	No meeting	N/A

Please stay home if you have symptoms of a cough, cold, virus or bug. Thank you 😊