

CANCER AND YOUR WELLBEING WORKSHOP

Join **Macmillan Information and Support Service** and **Barts Cancer Psychological Service** for a Free workshop, to understand your worries with cancer and helpful strategies to look after your wellbeing. The workshop is a great opportunity to connect with other people.

WHO CAN ATTEND?

Open to anyone with a cancer diagnosis or has experience living with cancer. Welcome to bring along a friend or family member!

To register a place or for more information, please call or email the Macmillan team on:
T: **020 7363 8758**
E: **bartshealth.macmillannuh@nhs.net**

It was helpful coming together and sharing ideas and motivating us to stay positive, active and more knowledgeable

the session was very good, helpful, it is nicer to talk in person, meet other people, listen to their stories and experiences, learn what helped others. Also, to have some laughs and positive thoughts

MACMILLAN
CANCER SUPPORT

WHEN?

Tuesday **9th July** 2024
11am - 1pm

Tuesday **24th September**
10am - 12pm

Tuesday **26th November**
11am - 1pm

WHERE?

Newham University
Hospital, Education centre,
Zone 2, E13 8SL



Barts Health
NHS Trust