

You are invited!

The Personalised Care Team are looking forward to welcoming you to a Living Well Session.

The Living Well Sessions are:

- Free to attend
- For anybody affected by cancer: the person living with cancer, family, friends or anybody else supporting someone living with and beyond cancer
- Available for you to attend as many times as you wish pre, during and post treatment
- Designed to offer support, advice and tips as to how to safely self-manage four topics away from the hospital setting
- Learn about local and national services that you may benefit from
- Provide an opportunity for you to share your experiences and hear from others
- Ask non-clinical questions around the four topics

The Face-to-Face sessions are an all-day event with plenty of breaks and a light lunch that is included as part of the session.

Online sessions are available using Microsoft Teams. Contact the team directly to find out more and book a session.

To take part you will need:

- An email address
- A device with a camera and microphone: ideally a computer, laptop or tablet however, you are able to join using a smartphone.

For more information or to book on to a Living Well Session, please contact the Personalised Care Team:

Tel: 01743 492424 or **Email:** sath.lwbc@nhs.net

Date/Day	Venue
21st Feb 2024: Wed	Telford: Park Lane Centre, Park Lane, Telford , TF7 5QZ
22nd Mar 2024: Fri	Church Stretton: Mayfair Community Centre, Easthope Road, Church Stretton , SY6 6BL
18th Apr 2024: Thu	Shrewsbury: University Centre Shrewsbury, Guildhall, Shrewsbury , SY3 8HQ
10th May 2024: Fri	Oswestry: Eastern Oswestry Community Centre, Cabin Lane, Oswestry , SY11 2LQ
24th Jun 2024: Mon	Telford: The Wakes, Theatre Square, Telford , TF2 6EP
9th Jul 2024: Tue	Shrewsbury: University Centre Shrewsbury, Guildhall, Shrewsbury , SY3 8HQ
11th Sep 2024: Wed	Shrewsbury: University Centre Shrewsbury, Guildhall, Shrewsbury , SY3 8HQ
3rd Oct 2024: Thu	Oswestry: Eastern Oswestry Community Centre, Cabin Lane, Oswestry , SY11 2LQ
21st Nov 2024: Thu	Shrewsbury: University Centre Shrewsbury, Guildhall, Shrewsbury , SY3 8HQ
10th Dec 2024: Tue	Telford: Park Lane Centre, Park Lane, Telford , TF7 5QZ

All sessions start at 10am and finish at 3pm.
There are plenty of breaks and a light lunch provided on the day.

Further information will be sent about the venue and parking once a place has been booked and confirmed.

If you have booked a place and are unable to make it, please let The Personalised Care Team known as soon as possible. This means that we can offer the place to someone else and book you on to another date that is more suitable for you.



For more information, visit the SaTH website:

www.sath.nhs.uk/wards-services/az-services/cancer-services/livingwithandbeyond/

Scan the QR code to download the Cancer Support, Information and Wellbeing App



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