



**Worcestershire  
Acute Hospitals**  
NHS Trust

## Health and Wellbeing Session Living with and Beyond Cancer

**Supporting self-management for people  
and their families affected by cancer**

**Thursday 26th June 10am-12:30pm**

**Board Room, Arafa Education Centre, Alexandra Hospital B98 7SB**  
(map and parking on reverse)

This session is to provide those affected by cancer, their families and carers with advice and information on how to feel as well as possible before, during and after treatment.

We aim to promote positive lifestyle changes and confidence following cancer diagnosis. There will also be opportunity to speak to others attending and share experiences away from the hospital setting.

You will have the opportunity to hear from – Macmillan Team, Patients, Clinical Psychological Specialist, Diet Nutrition and Keeping Active Professional.

If you would like to join one this free events please contact your Living with and Beyond Cancer Team to book your place : Call **07742 506008**



**Have you seen our Cancer Services App?**

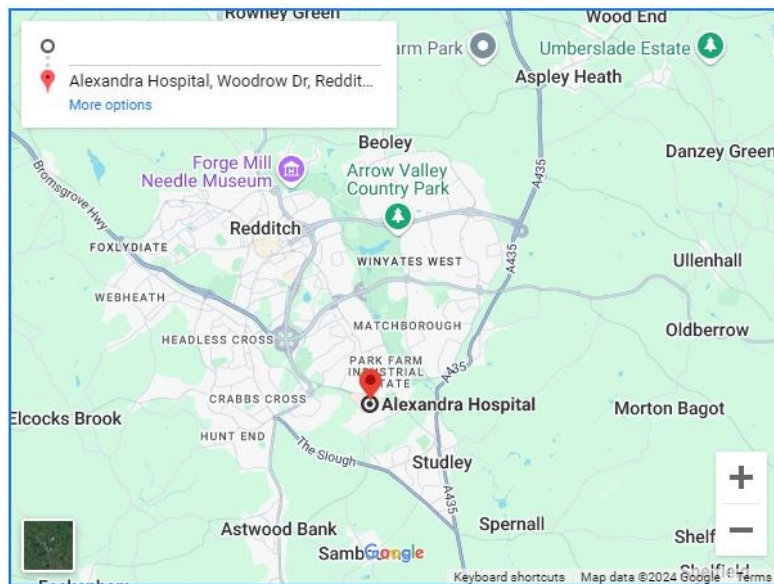
Scan QR code for more  
information

Any questions please contact

[ben.furlow@nhs.net](mailto:ben.furlow@nhs.net)



## Directions



### FROM M42

Leave the M42 and join the A435 south bound towards Redditch. At the roundabout take the third exit. At the next roundabout take the first exit onto Claybrook Drive. Continue to the end of the road and at the roundabout take the second exit along Washford Drive, and follow the signs to the hospital

### Our address:

Alexandra Hospital, Woodrow Drive, Redditch, B98 7UB

**Telephone:** 01527 503030

