

You are invited!

The Survivorship Team would love to see you at one of our upcoming Living Well Sessions.

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.

The Online sessions will be delivered using Microsoft Teams as individual sessions for those who would prefer to learn about these topics from the comfort of their own home.

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 Survivorship Team:

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

Date/Day	Venue	Time
19th Sept 2022: Mon	Shrewsbury: Barnabas Church Centre, Longden Coleham, SY3 7DN	10am – 3pm
13th Oct 2022: Thurs	Telford: The Wakes, Theatre Square, TF2 6EP	10am – 3pm
25th Oct 2022: Tues	Online Living Well Session: Fatigue	10am – 11.30am
16th Nov 2022: Wed	Church Stretton: Silvester Horne Institute, 60 High Street, SY6 6BY	10am – 3pm
7th Dec 2022: Wed	Shrewsbury: Barnabas Church Centre, Longden Coleham, SY3 7DN	10am – 3pm
12th Jan 2023: Thurs	Online Living Well Session: Emotional Wellbeing	10am – 11.30am
9th Feb 2023: Thurs	Whitchurch: Brownlow Community Centre, Claypit Street, SY13 1LF	10am – 3pm
15th Feb 2023: Wed	Online Living Well Session: Nutrition	10am – 11.30am
14th Mar 2023: Tues	Oswestry: Eastern Oswestry Community Centre, Cabin Lane, SY11 2LQ	10am – 3pm
28th Mar 2023: Tues	Online Living Well Session: Fatigue	10am – 11.30am
20th Apr 2023: Thurs	Ludlow: Ludlow Mascall Centre, Lower Galdeford, SY8 1RZ	10am – 3pm
26th Apr 2023: Wed	Online Living Well Session: Physical Activity	10am – 11.30am
10th May 2023: Wed	Telford: The Wakes, Theatre Square, TF2 6EP	10am – 3pm
22nd May 2023: Mon	Online Living Well Session: Emotional Wellbeing	10am – 11.30am
14th June 2023: Wed	Shrewsbury: Barnabas Church Centre, Longden Coleham, SY3 7DN	10am – 3pm
22nd June 2023: Thurs	Online Living Well Session: Nutrition	10am – 11.30am
11th July 2023: Tues	Oswestry: Eastern Oswestry Community Centre, Cabin Lane, SY11 2LQ	10am – 3pm
16th Aug 2023: Wed	Online Living Well Session: Fatigue	10am – 11.30am
7th Sept 2023: Thurs	Online Living Well Session: Physical Activity	1.30pm – 3pm
14th Sept 2023: Thurs	Church Stretton: Silvester Horne Institute, 60 High Street, SY6 6BY	10am – 3pm
9th Oct 2023: Mon	Telford: The Wakes, Theatre Square, TF2 6EP	10am – 3pm
17th Oct 2023: Tues	Online Living Well Session: Emotional Wellbeing	10am – 11.30am

Key:	
Face-to-face	Online



For more information, visit the SaTH website:

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

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