

# Treatment Summaries

For people receiving cancer treatment at Kettering or Northampton General Hospitals a treatment summary will be completed by their surgeon or oncologist after each episode of treatment.

A treatment summary is in the form of a clinic letter to the GP & copied to the patient and is generated by a clinician, clinical nurse specialist or allied health professional. It will provide information about the treatments received, the possible late effects (health problems that may occur months or years after cancer treatment has ended), alert symptoms to act upon and details about who to contact.

The aim of the treatment summary is to support people in managing their health in the future. It can improve understanding about both the treatment received and any late effects which may help to alleviate concerns. It can also be used as a prompt to help people act upon any concerns they may have.

GPs will refer to the information in a treatment summary when they see patients for a cancer care review.

You can also use your Treatment Summary to self-refer to the 'We can move' exercise programme.

Visit

[www.northamptonshiresport.org](http://www.northamptonshiresport.org)

for more info

**NHS**  
University Hospitals  
of Northamptonshire  
NHS Group

Treatment Summary

Diagnosis:  
~~~~~  
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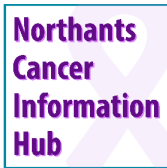
Summary of treatment/aim and relevant dates:  
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## Macmillan Information & Support Northamptonshire

# HEALTH & WELLBEING EVENTS

JULY TO DECEMBER 2024



The Northants Cancer Information Hub



The Northants Cancer Information Hub is a library of videos and webinars which have been created to support the needs of people diagnosed with cancer as well as their relatives and carers.

These videos have been produced by the University Hospitals of Northamptonshire NHS Group. New content is added regularly, and you can subscribe to stay updated.



Visit [youtube.com/c/thenorthantscancerinformationhub](https://youtube.com/c/thenorthantscancerinformationhub) or scan the QR code to access the channel. .



The Northants Cancer Guide



The Northants Cancer Guide website provides lots of information and support including: a directory of local services, an A to Z of the cancer pathway, information about visiting the hospital and event booking

visit [www.northantscancerguide.co.uk](http://www.northantscancerguide.co.uk) or scan the QR code

## Holistic Needs Assessment (HNA) & Care Planning

A HNA is offered at key points during your treatment to discuss and assess any concerns or worries that you may have. You will first be asked to complete one around the time you receive your diagnosis or at the beginning of your treatment.

The HNA gives you an opportunity to consider all aspects of your well-being including physical, emotional and practical concerns as well as the potential impact upon your family, friends and lifestyle.

Any concerns you raise will be discussed between you and your health care professional and together you identify possible solutions. A care plan will be produced following your discussions outlining how the concerns you raised will be dealt with by you or with a health care professional.

This care plan may include things like giving you information leaflets or contact details for organisations that can help with your concerns. A copy of the care plan will be shared with you either at the time of the appointment or sent to you afterwards. It may also be shared with other members of your healthcare team.

You will be offered the opportunity to complete further HNAs as you progress through treatment - the intervals vary depending upon which cancer you are being treated for - however, you can request another HNA at any time during your treatment if you have concerns or worries

You can request a HNA from your clinical nurse specialist or from a member of the information & support team.

# Macmillan National Services



# Hello!



## Website

Visit the Macmillan website for information and support and get access to the online community where you can talk to people affected by the same cancer, share your experiences, and ask an expert your questions [www.macmillan.org.uk](http://www.macmillan.org.uk)

## Telephone Service

Available 7 days a week, 8am to 8pm talk to a Macmillan professional  
0808 808 00 00

## Macmillan Buddies

Going through cancer can be an isolating experience at any time. Our free Macmillan Buddy service (formerly called Telephone Buddies) is here for you.

We'll match you with someone who understands what you're going through, and they'll give you a weekly telephone call, video call or visit in your home.

Your volunteer buddy is there for you. You can talk to them about how you're feeling and your support needs during this difficult time. They can also let you know about our services, and all the ways Macmillan can help, to make sure you don't face cancer alone.

Register at [www.macmillan.org.uk](http://www.macmillan.org.uk) (search Macmillan buddies or call 0808 808 00 00 .

We are the Macmillan Information & Support team for Northamptonshire.

Our information centres are here to provide those with a cancer diagnosis and their loved ones a listening and supportive ear. Whether you need a cup of tea, some information booklets or you would like to use one of our complementary services, we are here to help.

In addition to these services we also host a number of health and wellbeing events and we are very pleased to share with you our programme for 2024.

You can register for the majority of our events by contacting us directly at the centre, or online.

To book online visit [www.northantcancerguide.co.uk](http://www.northantcancerguide.co.uk) and select 'Event bookings' or use the QR code on the event page.

Further information about our centres can be found on our 'contact us' page. We are open Monday to Friday 9am to 4pm (excluding bank holidays). We are predominantly a drop in service and can also offer formal 1-1 sessions

We hope to see you soon

Best wishes

*The Macmillan Information & Support Team*

# Kettering Information Centre



Left to Right: Danielle, Dawn & Allie

Open Monday to Friday 9am - 4pm  
(excluding bank holidays)

Macmillan Information & Support Centre

Area D

Kettering General Hospital

Rothwell Road, NN16 8UZ

Telephone 01536 493888

Email [kgh-tr.cancerinfo@nhs.net](mailto:kgh-tr.cancerinfo@nhs.net)

## Follow us on social media



Macmillan Cancer Support Centre - Kettering



@MacInfo\_Kett



@northantscancerinfohub

## Kettering Prostate Cancer Support Group

Supporting people with prostate cancer and their families.

Website: [www.ketteringprostatecancersupport.co.uk](http://www.ketteringprostatecancersupport.co.uk)

Email: [information@ketteringprostatecancersupport.co.uk](mailto:information@ketteringprostatecancersupport.co.uk)

## Northampton Prostate Cancer Support Group

Supporting people with prostate cancer and their families.

Website: [www.northamptonpcsg.org.uk](http://www.northamptonpcsg.org.uk)

Email: [northamptonpcsg@gmail.com](mailto:northamptonpcsg@gmail.com)

Telephone: 07396 174 906

## The Swallows Head and Neck Support Group

Monthly Patient & Caregivers Meeting

Website: [www.theswallows.org.uk](http://www.theswallows.org.uk)

Visit the national website for more information or look on Facebook for the local groups





# Local Support Groups

## Cancer Support Group - Weedon

For adults living in Weedon and the surrounding areas who are affected by any type of cancer, whether you are a patient, relative, carer or friend.

Held in the Chapter House at the rear of St Peter & St Paul Church, Weedon on the 2nd and 4th Wednesday of every month.

2pm to 4pm.

Email: [csgweedon@btinternet.com](mailto:csgweedon@btinternet.com)

Telephone: 01327 341816 (Libby Hart)

## Find Your Tribe Daventry

To help Daventry people with a cancer diagnosis feel more powerful and in control.

Meetings at Coffee #1 on Wednesday afternoons at 2pm.

Facebook Page: Find your tribe Daventry

## Breast Friends Northamptonshire

Peer support group for people affected by breast cancer in and around Northamptonshire

Website: [www.breastfriendsnorthampton.org](http://www.breastfriendsnorthampton.org)

Email: [contact@breastfriendsnorthampton.org](mailto:contact@breastfriendsnorthampton.org)

Telephone: 07582 394 956

# Northampton Information Centre



Left to Right: Jenny, Wendy & Laura

Open Monday to Friday 9am - 4pm  
(excluding bank holidays)

Macmillan Information & Support Centre

Oncology Ground Floor, Area N

Northampton General Hospital

Cliftonville, NN1 5BD

Telephone 01604 544211

Email

[ngh-tr.macmillaninformationandsupportngh@nhs.net](mailto:ngh-tr.macmillaninformationandsupportngh@nhs.net)

Follow us on  
social media



@WendySmithNN



@northantscancerinfohub

# The HOPE Course

## Help Overcome Problems Effectively



HOPE is a course developed by Macmillan Cancer Support and Coventry University to support you after cancer treatment.

You can share your experiences and get support from other people going through the same thing. It helps strengthen your coping skills for dealing with different problems like anxiety, fatigue and concerns for the future. So you can feel more like yourself again.

HOPE is a free six week course and each session runs for two and a half hours every week.

“ *The course enables you to feel safe and supported especially being with people who have experienced the difficulties and emotional problems that a serious illness 'hits' you with. It also helps you gently move forward to look at life other than being the patient* ”

- Participant Feedback

## Coffee Mornings

We host a number of coffee mornings throughout the year. Patients and carers are all welcome to join us for a chat and a cuppa.

Our coffee mornings are always fun and relaxed. You are welcome to bring a friend or relative with you if you don't want to come alone.

We often add extra dates and if you want to you can join our mailing list or follow us on social media for all the latest news.

### July to December 2024

|                                | Date                               | Time       | Location                                                  |
|--------------------------------|------------------------------------|------------|-----------------------------------------------------------|
| World's Biggest Coffee Morning | Tuesday 24 <sup>th</sup> September | 10am – 1pm | Information Centre, Kettering General Hospital            |
| World's Biggest Coffee Morning | Friday 27 <sup>th</sup> September  | 10am – 1pm | South Entrance & Cyber Café, Northampton General Hospital |



scan here to join our mailing list

# Citizens Advice Service



A cancer diagnosis can change your financial situation. It may mean you need to stop working or work less. It can also mean spending more money on things like hospital parking. But depending on your situation, you may be able to get benefits or other financial support.

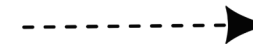
Our Macmillan Debt and Benefits caseworkers run a weekly clinic at the information centre where they can offer information and advise based on your individual circumstances.

If you are unable to come to the centre, your Clinical Nurse Specialist can also refer you into the service and you will be contacted by telephone or email.

| Location                                                                            | Day                   | Opening Hours        | How to book                                                                                                                          |
|-------------------------------------------------------------------------------------|-----------------------|----------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| <b>Kettering</b><br>Macmillan Information Centre,<br>Kettering General Hospital     | Thursday<br>Morning   | 9.30am to<br>12.00pm | This is an <b>appointment only</b> service.<br>To make an appointment please call 01536 493888<br>or email kgh-tr.cancerinfo@nhs.net |
| <b>Northampton</b><br>Macmillan Information Centre,<br>Northampton General Hospital | Thursday<br>Afternoon | 1.00pm to<br>3.00pm  | This is a <b>drop in clinic</b> and visitors are seen on a<br>first come first serve basis between the hours of<br>1pm and 3pm.      |

## The HOPE Course Kettering

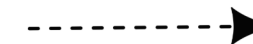
To register for Kettering, scan the QR code or call 01536 493888.



| Start Date                           | Time          | Location                      |
|--------------------------------------|---------------|-------------------------------|
| Wednesday 11 <sup>th</sup> September | 09.30 – 12.00 | Information Centre, Kettering |
| Wednesday 6 <sup>th</sup> November   | 09.30 – 12.00 | Information Centre, Kettering |

## The HOPE Course Northampton

To register for Northampton, scan the QR code or call 01604 544211..



| Start Date                         | Time          | Location        |
|------------------------------------|---------------|-----------------|
| Tuesday 10 <sup>th</sup> September | 13.30 - 16.00 | To be confirmed |
| Tuesday 5 <sup>th</sup> November   | 13.30 - 16.00 | To be confirmed |



# TAKE CONTROL & MOVE FORWARD WITH HOPE



Take Control and Move Forward with HOPE is a condensed version of the 6-week HOPE course.

The 3 hour session takes place online via Microsoft Teams and covers a number of topics such as managing stress and fatigue, living a healthy lifestyle and practicing mindfulness. Take Control sessions are run throughout the year and bespoke sessions are being rolled out for specific cancer types.

If you are interested in attending a session, please contact your local cancer information and support centre to register your interest and we will be in touch when new dates are available.



## Hair and Wellbeing Service for Oncology and Haematology patients

Oncology department (Area N)  
Monday to Friday  
9.00am - 4.00pm

Contact Heather Gonsalves Hair and  
Wellbeing Facilitator or Rachel Hughes Hair  
and Wellbeing Manager on 01604 544486



Look Good Feel Better classes  
available to book once a month

Are you having treatment that is  
causing hair loss?



Did you know you can self-refer?



You may be entitled to a free wig





# Reiki

Reiki is a non-invasive complementary therapy, said to use natural energy flow for health & wellbeing.

Reiki can be used on the whole body or can be localised to a specific part of the body.

Potential benefits of reiki include feelings of deep relaxation, help with sleeping and an improved mood and sense of self.

Our volunteer reiki therapists offer free sessions to our patients on Tuesdays & Wednesdays at Kettering General Hospital and Thursdays at Northampton General Hospital.

Booking is required.

For more information and to make an appointment, call or drop in to your local information centre.

Kettering: 01536 493888

Northampton: 01604 544211



## ExTRa (Explore, Tour & Reassure)



### At Northampton General Hospital

The 'ExTRa', Explore, Tour, and Reassure session is an information workshop before you start cancer treatment. This workshop can be helpful to see where treatment is given and know of the wider information and resources available to you. You are welcome to bring a guest with you.



**Visit the oncology centre, where Radiotherapy and Chemotherapy treatments are given.**



**Peer Support - Meet others facing cancer treatment**



**Visit the Macmillan Information Centre and staff at NGH - know where to go to find the information you need, when you need it.**



**Meet some of our cancer team, Radiographers, Clinical Nurse Specialists, Patient Engagement Team, Macmillan Citizens Advice Team & Northamptonshire Carers.**

ExTRa sessions run twice a month on a Wednesday evening.

For more information and to book, scan the QR code or call 01604 544211.



# Supported Self Management

## At Kettering General Hospital



The supported self-management workshop is for patients who have finished their treatment for either Breast, Colorectal, Endometrial, Lymphoma, Prostate or Thyroid cancers and are no longer required to come back to the hospital for regular follow up appointments.

We will discuss what Supported Self-Management is and how this will affect you, what the process is surrounding those who have follow up test and who is the right person to call if you have any health and wellbeing concerns.

You can choose to attend the event in person, at the Macmillan Information Centre, or join us online via Microsoft Teams. To book your place, scan the QR code or call 01536 493888.

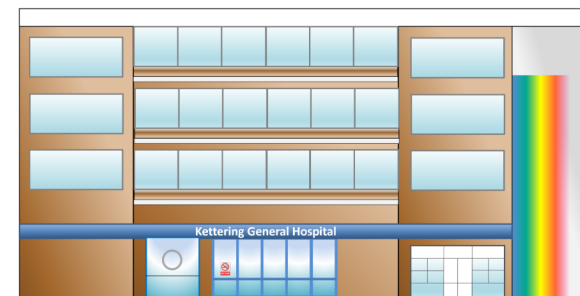


### Upcoming Dates

| Date                               | Time          | Location                                           |
|------------------------------------|---------------|----------------------------------------------------|
| Monday 8 <sup>th</sup> July        | 14.00 – 15.30 | Information Centre, Kettering or Online (MS Teams) |
| Thursday 5 <sup>th</sup> September | 13.00 – 14.30 | Information Centre, Kettering or Online (MS Teams) |
| Tuesday 22 <sup>nd</sup> October   | 16.00 – 17.30 | Information Centre, Kettering or Online (MS Teams) |
| Friday 6 <sup>th</sup> December    | 10.00 – 11.30 | Information Centre, Kettering or Online (MS Teams) |

# How to join the Macmillan Patient Forum

## Kettering General Hospital



To join the Macmillan Patient Forum at Kettering General Hospital scan the QR code, call 01536 493888 or email [kgh-tr.cancerinfo@nhs.net](mailto:kgh-tr.cancerinfo@nhs.net)

## Northampton General Hospital



To join the Macmillan Patient Forum at Northampton General Hospital, scan the QR code, call 01604 544211 or email [ngh-tr.macmillaninformationandsupportngh@nhs.net](mailto:ngh-tr.macmillaninformationandsupportngh@nhs.net)

# Patient Forum

## What is the Macmillan Patient Forum?

Our patient forum is for patients, relatives and carers who would like to contribute their ideas and share their experiences of cancer and treatment to help further develop our Macmillan Information and Support Service.

Members may be invited to take part in focus group discussions, which could be up to 4 times in the year. You do not have to attend every session if you don't want to or are not able to. We will occasionally send out online surveys to ask for your opinions on a number of different topics.

Members can opt out at any time by contacting your local information centre.



## FACING EARLY MENOPAUSE TOGETHER

FEMT provides support for anyone aged 50 or under who has been diagnosed with POI (premature ovarian insufficiency) as a result of cancer or its treatment or another health condition.

The group was created by 2 ladies with a lived experience of POI and healthcare professionals to provide information and support which includes symptom management and strategies for coping with the physical and psychological effects that it may cause. The group also provides an opportunity to meet other people with similar experiences of POI and to share your own ideas and thoughts.

Sessions take place online via Microsoft Teams and run from 5pm until 7pm. To register your interest please call 01604 544211 or scan the QR code to leave your details and we will get in touch when sessions are available.



You can also follow FEMT on Instagram ([femt\\_ss](https://www.instagram.com/femt_ss))



# Walk to the Future

## Weekly Wellbeing Walks



We have collaborated with Northamptonshire Support to bring you 'Walk to the Future': Two walking groups aimed at supporting individuals and carers who have been affected by cancer. The walks are beginner friendly and led by us.

It's a great opportunity to meet others and enjoy the lovely scenery.

We advise wearing comfortable and waterproof footwear and clothing.

After the walk, you are welcome to join us for a drink and a chat in the cafe.

**Group 1:** Meets every Thursday (2pm) at Wicksteed Park (Meeting point at the Carousel Café) Booking for Wicksteed Park is required.

Email [kgh-tr.cancerinfo@nhs.net](mailto:kgh-tr.cancerinfo@nhs.net) or call 01536 493888.

**Group 2:** Meets every Friday at Delapre Abbey (Meeting point at the Yew Tree near the car park).

We have a longer walk which starts at 11am and then a shorter walk at 12pm, usually around the walled garden.

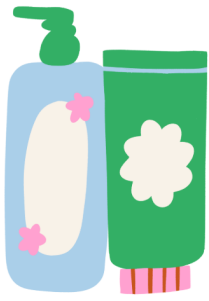
No booking required, just turn up! We meet every Friday (excluding bank holidays)

| Date                       | Time    | Location                     |
|----------------------------|---------|------------------------------|
| 11 <sup>th</sup> June      | 11.00am | Kettering General Hospital   |
| 25 <sup>th</sup> June      | 09.30am | Northampton General Hospital |
| 9 <sup>th</sup> July       | 11.00am | Kettering General Hospital   |
| 30 <sup>th</sup> July      | 09.30am | Northampton General Hospital |
| 13 <sup>th</sup> August    | 11.00am | Kettering General Hospital   |
| 27 <sup>th</sup> August    | 09.30am | Northampton General Hospital |
| 10 <sup>th</sup> September | 11.00am | Kettering General Hospital   |
| 24 <sup>th</sup> September | 09.30am | Northampton General Hospital |
| 8 <sup>th</sup> October    | 11.00am | Kettering General Hospital   |
| 29 <sup>th</sup> October   | 09.30am | Northampton General Hospital |
| 12 <sup>th</sup> November  | 11.00am | Kettering General Hospital   |
| 26 <sup>th</sup> November  | 09.30am | Northampton General Hospital |



look good **feel better**  
FACING CANCER WITH CONFIDENCE





# Skincare & Makeup Workshop

Look Good Feel Better is a national cancer charity who run free workshops both virtually and at Cancer Care Centres and Hospitals across the UK to support women, men and young adults.

Workshops are led by trained volunteers in the beauty industry and provide practical advice about changes to skin, eyebrows, eyelashes, hair, nails and body confidence.

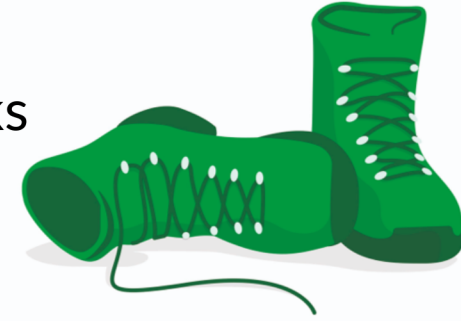


To book your place please scan the QR code or visit [www.lookgoodfeelbetter.co.uk](http://www.lookgoodfeelbetter.co.uk).

You can also find out more about the online 'virtual' sessions they offer such as yoga, meditation and nail care.

In addition there are a number of pre-recorded tutorial videos covering a range of topics such as shaving, recreating missing eyebrows and looking after your hair during chemo.

# Walk to the Future Monthly Wellbeing Walks



In addition to our weekly walks, we also host monthly wellbeing walks in Daventry and Rushden

We meet at Daventry Country park on the first Thursday of every month at 10am.

and we meet Rushden Lakes, Rushden on the last Thursday of every month at 1pm.

We recommend wearing comfortable, waterproof clothing/footwear.

Booking is required for the monthly walks.

To join the Daventry walking group call 01604 544211 or email [ngh-tr.macmillaninformationandsupportngh@nhs.net](mailto:ngh-tr.macmillaninformationandsupportngh@nhs.net)

To join the Rushden walking group call 01536 493888 or email [kgh-tr.cancerinfo@nhs.net](mailto:kgh-tr.cancerinfo@nhs.net)

| Location                        | Date                                | Meeting Point       | Parking                                                                    | Refreshments                                                             |
|---------------------------------|-------------------------------------|---------------------|----------------------------------------------------------------------------|--------------------------------------------------------------------------|
| Daventry Country Park, Daventry | First Thursday of every month, 10am | The Playground      | £3.00 (up to 2 hours)<br>Free for Blue Badge Holders.<br>Sat Nav: NN11 2JB | Join us at the Reservoir Café after the walk for drinks and a chat.      |
| Rushden Lakes, Rushden          | Last Thursday of every month, 1pm   | Outside AJ's Cycles | Free parking (up to 5 hours)<br>Sat Nav: NN10 6AR                          | Join us at one of the nearby cafes after the walk for drinks and a chat. |



# Stretch to the Future Yoga Sessions

Stretch to the Future Yoga has been developed in partnership with Northamptonshire Sport and Macmillan Cancer Support.

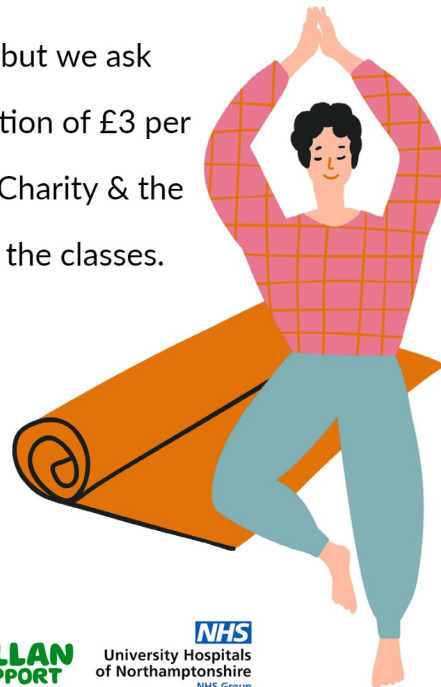
Stretch to the Future offers weekly yoga classes every Tuesday at Delapre Abbey, Northampton.

The classes support individuals who have been affected by cancer and whose quality of life can be maintained or improved through taking part in regular physical activity. It is available to patients who have been diagnosed with any cancer type and are pre-treatment, undergoing treatment or post-treatment.

It is also a great opportunity to meet other people with similar experiences of cancer who can offer friendship and support.

There is no set price for the yoga classes but we ask participants to pay a recommended donation of £3 per session to the Northamptonshire Health Charity & the money raised will go back into sustaining the classes.

To book your place, go to [www.northantscancerguide.co.uk](http://www.northantscancerguide.co.uk) and select event bookings, or scan the QR code.



## Monthly Coffee Morning

# PATIENT SUPPORT GROUP

1st Tuesday of the month

10am - 12pm

Our patient support group meets monthly at the Macmillan Cancer Information Centre, Kettering General Hospital. Join us for a drink and chat and meet some new friends

**For more information**

Call 01536 493888

Email [kgh-tr.cancerinfo@nhs.net](mailto:kgh-tr.cancerinfo@nhs.net)





**MACMILLAN  
CANCER SUPPORT**

**NHS**  
Kettering General Hospital  
NHS Foundation Trust

Monthly Coffee Morning

# FAMILY & FRIENDS SUPPORT GROUP

3rd Tuesday of the Month

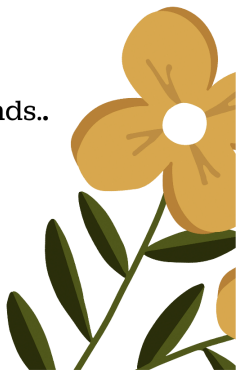
10am - 12pm

Our Friends & Family Support Group meets monthly at the Macmillan Cancer Information Centre, Kettering General Hospital. Join us for a drink and chat and meet some new friends..

**For more information**

Call 01536 493888

Email [kgh-tr.cancerinfo@nhs.net](mailto:kgh-tr.cancerinfo@nhs.net)



## Talking to children about cancer

Pre  
Recorded

Talking to children and teenagers about cancer can be challenging.

Our short webinar contains information to help you through the conversation as well as signposting you to other resources available.

The webinar is pre-recorded so you can watch at a time that is suitable for you.

To access the video, visit YouTube and search 'The Northants Cancer Information Hub' and look under 'general information and support' or scan the QR code below.

More information and support can also be found at [www.parentingwithcancer.org](http://www.parentingwithcancer.org)



# The Carers Course



The Carers Course is for anyone who is living with and / or caring for someone with a cancer diagnosis.

It is an opportunity to share your experiences and get support from other people, strengthen your coping skills, and help you to help your loved one.

The course consists of 6 bi-weekly sessions which run for 90 minutes. We encourage you to attend all 6 sessions if you can.

There is an option to attend online or face to face, though please note that session 6 takes place at Delapre Abbey and is face to face only.

To register, scan the QR code or call 01604 544211.

|           | Date                     | Time            | Location                                                                             | Topic                                                         |
|-----------|--------------------------|-----------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------|
| Session 1 | Wed 18 <sup>th</sup> Sep | 1.00pm – 2.30pm | Macmillan Information Centre, Northampton General Hospital<br>Or<br>Online (MS Team) | Course overview / Mindfulness                                 |
| Session 2 | Wed 2 <sup>nd</sup> Oct  | 1.00pm – 2.30pm |                                                                                      | Managing Stress                                               |
| Session 3 | Wed 16 <sup>th</sup> Oct | 1.00pm – 2.30pm |                                                                                      | Supporting someone with cancer related fatigue/ sleeping well |
| Session 4 | Wed 30 <sup>th</sup> Oct | 1.00pm – 2.30pm |                                                                                      | Communication                                                 |
| Session 5 | Wed 13 <sup>th</sup> Nov | 1.00pm – 2.30pm |                                                                                      | Sexuality and Intimacy / Being active and eating well         |
| Session 6 | Wed 27 <sup>th</sup> Nov | 1.00pm – 2.30pm | Delapre Abbey, Northampton                                                           | Wellbeing Walk & Character Strengths                          |

# Live Q&A with the Breast Care Team



The breast care team will be available online via MS Teams to answer any general questions regarding your breast cancer diagnosis and treatment.

You can send in your questions ahead of the event during registration or you can ask them on the day using the Q&A function during the session.

Even if you do not have any questions, you could still take away some useful information.

Please note, the team are unable to answer questions related specifically to your care and you should contact your breast care nurses in the usual way if you have any concerns.

Currently our Q&A sessions are for breast patients but we hope to introduce these sessions for other cancer types soon.

To register, please scan the QR code or call 01604 544211.

