

You are warmly invited to a:

# Bowel Cancer Health and Wellbeing Event

**Wednesday 3rd February 2016**  
**13.00 – 16.00hrs**

Royal College of Nursing  
20 Cavendish Square  
London  
W1G 0RN

I would like to invite you to an education event being held to provide you with information and ideas to support your recovery after your bowel cancer diagnosis and treatment.

I would like to welcome a family member or friend as we understand that a diagnosis of cancer not only affects you, but also your family and friends.

We know from patient feedback that it is important to have tailored information about your bowel cancer and its treatment at the time of diagnosis; however patient feedback also tells us that there is often insufficient information provided about how to manage any on-going health issues and how to make lifestyle choices to help with moving forward after your cancer treatment you have completed your treatment.

The event will provide you with a wide range of health and wellbeing advice from expert healthcare professionals from across the NHS including:

- Overview of colorectal cancer
- Physical activity and diet
- Anxiety and self-management
- Stoma Care
- Peripheral Neuropathy
- Sexual Function
- Managing change in bowel habit
- Exercise therapy

There will be a tea / coffee break where you will have the opportunity to talk to health professionals and other attendees. You will also have time to browse the range of information and advice stands including:

- Smoking Cessation
- Beating Bowel Cancer – patient information and support services
- Macmillan Benefits Advisor
- Walking for health
- Look good feel better
- Maggie Centre

In order to help us manage the planning of this event please confirm your attendance along with any family member or friend who may be joining you by emailing [LNWH-tr.MacmillanColorectalCNS@nhs.net](mailto:LNWH-tr.MacmillanColorectalCNS@nhs.net) or leaving me a message by Friday 8<sup>th</sup> January 2016.

With kind regards

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