

Whittington Health



NEWSLETTER

Welcome to the Whittington Cancer Patients' newsletter , quarterly update of events for those affected by cancer.

Issue 2
Summer 2017

What's on?

WE ARE
MACMILLAN.
CANCER SUPPORT

Creative Workshops

The first workshop has been a real success. Find some time to come and see some of the participants' work in the Macmillan pod.

Dates for your diary:

- Friday 29th July and Friday 29th September

All these workshops will take place from **2.30 to 4.30pm** in Room N19 – First Floor through the Canteen area

For more information contact :

Tracey Palmer Macmillan Information and Support Manager

Phone: 020 7288 5305 / 07881 834433



Breast Cancer Haven - Future Dreams

Free Breast Cancer Support

They offer free emotional support , therapies to help with symptom control and practical advice.

Anyone affected by breast cancer is welcome. You do not need to be a patient at the hospital ,you don't need a referral from a doctor and it does not matter where you live.

Available at the Whittington Health

Fridays from 10am to 4pm from June 2017.

Just call to make an appointment on : **020 3906 1406**

Breastcancerhaven.org.uk

See Tracey Palmer (Macmillan Pod) or your Breast Cancer Nurse for a leaflet.



HEALTH AND WELL-BEING

Tottenham Hotspur Foundation in partnership with Macmillan have been supporting cancer patients.

Walking Group

Walking Group is ongoing. It is not late to join. Come and meet the group at Highgate Station every Wednesday at 1.30, next to the Ticket Office area. For further information, contact Tracey (Macmillan Hub) and Katrina Heal on 07770929925.

MOVE4YOU : Cancer Physical Activity Programme

This programme will be led by specialist physical activity instructors who will support you through the 12 sessions- step by step.

To sign to MOVE4YOU, please ask a form to your specialist nurse or Tracey Palmer at the Macmillan pod and fill in your details and the form to your GP, CNS or AHP Department

On 24th April, we were invited at White Hart Lane Stadium by the Tottenham Hotspur Foundation in partnership with Macmillan Cancer Support to an afternoon of celebration and activity to honour 600 people who have participated in the Macmillan Move4You Programme (formerly known as ACE). It was a true success. Patients shared their experiences. We were involved in a few physical activities and we share a beautiful cake.



Gentle foot and hand massage

Sessions are on Tuesday afternoons from 1 to 3pm in the Chemo Suite.

Book an appointment with Helen(4th Floor- Chemo Unit)

Phone Helen Ormiston: 02072883192

Booking essential as limited number of appointments



Support Group from June to December 2017

The Support Group takes place once a month .

Families, carers and friends are welcome. It is an opportunity for you to meet and talk to others who can understand what you are going through. Sometimes, you have a guest speaker who focuses on specific topics.

Come and join us on Monday 19th June at the Education Centre in Room1 from 6-8pm

Other dates for your diary :

24/07/17	21/08/17	18/09/17
23/10/17	20/11/17	18/12/17

For more information, contact Patricia Booth.

Phone: 020 7288550/07881 834433 Email : patricia.booth@nhs.net

Look Good Feel Better MASTERCLASS: 3rd August

Boost your confidence with a complementary group skincare and makeup Masterclass.

Next workshop will take place on 3rd August in Room 19 (First floor - through Canteen area) from 10.30 -12.30

To book a place, please contact :

Elizabeth TAMUFOR :

07867 372 712



look good **feel better**
SUPPORTING WOMEN WITH CANCER

www.lgfb.co.uk

Date for your diary:

Thursday 2nd November 2017 : Look Good Feel Better Workshop
10.30-12.30pm in Room 19 (First Floor through Canteen area)

Macmillan Workshops : July to December 2017

- Friday 7th July : Mindfulness
- Wednesday 6th September: Relaxation and Visualisation (Room 2 – WEC)
- Friday 20th October : Words as Therapy(Room 5 – WEC)
- Thursday 2nd November : Art as Therapy.(Room to be confirmed)
- Thursday 7th December : Visualisation techniques (Room 1 – WEC)

All these workshops will take place from 10.30am to 3.30pm in the Whittington Education Centre (WEC)

Booking is essential. For more information, contact :

Tracey Palmer Macmillan Information and Support Manager

Phone : 020 728885305 // 07881 834433

Summer : At last !

Whittington Health



Check your spots.
Become a skin
checker.



Sun Awareness



Enjoy your summer. Make sure you are well-equipped. Feel free to speak to your doctor or pharmacist about how to protect yourself.

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Phone: 020 7288 5305/07881 834433

Email: traceypalmer@nhs.net



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QUESTIONS
ABOUT
CANCER?

Alternatively call free on

0808 808 0000

Or visit our website : www.macmillan.org.uk

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