

**Southport, Formby and West Lancashire  
Virtual Health & Wellbeing Event – November 2020**



**Timetable**

<b>Date</b>	<b>10:00 – 11:00</b>	<b>14:00 – 15:00</b>
02/11/2020	<p><b>Introduction to the Virtual Health &amp; Wellbeing Event</b> Elaine Deeming – Lead Cancer Nurse <a href="#">Join Microsoft Teams Meeting</a></p>	<p><b>‘The Impact of a Cancer Diagnosis’</b> Dr Dominic Bray - Clinical Health Psychology Service <a href="#">Click here to join the meeting</a></p>
03/11/2020	<p><b>Overview of Services provided by</b> The West Lancashire Macmillan Information &amp; Support Service – this is not a clinical service but provides emotional, practical and financial support <a href="#">Join Microsoft Teams Meeting</a></p>	<p><b>Why is exercise so important after a cancer diagnosis?</b> Southport &amp; Ormskirk Hospital Physiotherapy Team <a href="#">Join Microsoft Teams Meeting</a></p>
04/11/2020	<p><b>Learn more about benefits that you may be entitled to</b> Mia - Citizens Advice Bureau <a href="#">Join Microsoft Teams Meeting</a></p>	<b>NO SESSION</b>
05/11/2020	<p><b>Fatigue can be a problem after surgery, during or after treatment. Tips on how to manage your fatigue</b> Sally Shorrock - Occupational Therapist <a href="#">Join Microsoft Teams Meeting</a></p>	<p><b>Lung cancer treatment and side effects - including a patients oncology treatment experience</b> Janet Thompson - Clinical Nurse Specialist <a href="#">Join Microsoft Teams Meeting</a></p>
06/11/2020	<p><b>Overview of Services provided by</b> The Southport Cancer Information &amp; Support Service – this is not a clinical service provides emotional, practical and financial support <a href="#">Click here to join the meeting</a></p>	<b>NO SESSION</b>
09/11/2020	<p><b>Urology Cancer Team inc prostate, bladder, kidney</b> Mary McNab – Clinical Nurse Specialist <a href="#">Join Microsoft Teams Meeting</a></p>	<p><b>Caring for Carers and those that support you</b> Ncompass – West Lancashire <a href="#">Join Microsoft Teams Meeting</a></p>
10/11/2020	<p><b>Why is exercise so important after a cancer diagnosis?</b> Southport &amp; Ormskirk Hospital Physiotherapy Team</p>	<b>NO SESSION</b>

	<a href="#">Join Microsoft Teams Meeting</a>	
11/11/2020	<p><b>How to cope with Anxiety</b> Southport Centre Counsellors <a href="#">Click here to join the meeting</a></p>	<b>NO SESSION</b>
12/11/2020	<p><b>Energy Bills and how to save money</b> Mia - Citizens Advice Bureau <a href="#">Join Microsoft Teams Meeting</a></p>	<p><b>Haematology (Blood) Cancer Team Session</b> Rachel Chidley – Clinical Nurse Specialist <a href="#">Join Microsoft Teams Meeting</a></p>
13/11/2020	<p><b>Fatigue can be a problem after surgery, during or after treatment. Tips on how to manage your fatigue</b> Sally Shorrock - Occupational Therapist <a href="#">Join Microsoft Teams Meeting</a></p>	<p><b>Healthy Eating &amp; Cancer</b> Erin Foley - Southport &amp; Formby Nutrition &amp; Dietetics Service <a href="#">Click here to join the meeting</a></p>
16/11/2020	<p><b>Importance of looking after your skin inside and out This session is for the ladies and the gents.</b> Karen Gordon <a href="#">Join Microsoft Teams Meeting</a></p>	<p><b>Skin Cancer Team Session</b> Stephanie Smith – Clinical Nurse Specialist <a href="#">Join Microsoft Teams Meeting</a></p>
17/11/2020	<p><b>Why is exercise so important after a cancer diagnosis?</b> Southport &amp; Ormskirk Hospital Physiotherapy Team <a href="#">Join Microsoft Teams Meeting</a></p>	<p><b>Overview of Services provided by</b> The West Lancashire Macmillan Information &amp; Support Service – this is not a clinical service but provides emotional, practical and financial support <a href="#">Join Microsoft Teams Meeting</a></p>
18/11/2020	<b>NO SESSION</b>	<p><b>Take 15 minutes out of you day to relax and destress</b> Jodie Taylor – West Lancs Centre <a href="#">Join Microsoft Teams Meeting</a></p>
19/11/2020	<p><b>Has your diagnosis been a test of your faith?</b> Rev Sarah is here to listen. <a href="#">Join Microsoft Teams Meeting</a></p>	<p><b>Fatigue can be a problem after surgery, during or after treatment. Tips on how to manage your fatigue</b> Sally Shorrock - Occupational Therapist <a href="#">Join Microsoft Teams Meeting</a></p>
20/11/2020	<p><b>Overview of Services provided by</b> The Southport Cancer Information &amp; Support Service – this is not a clinical service but provides emotional, practical and financial support</p>	<p><b>Learn more about Wigs</b> Barbara - Southport Wig Shop <a href="#">Click here to join the meeting</a></p>

	<a href="#">Click here to join the meeting</a>	
23/11/2020	<p><b>Colorectal Cancer Team Session</b>          Jo Sutton – Clinical Nurse Specialist  <a href="#">Join Microsoft Teams Meeting</a></p>	<p><b>Why is exercise so important after a cancer diagnosis?</b>          Southport &amp; Ormskirk Hospital Physiotherapy Team  <a href="#">Join Microsoft Teams Meeting</a></p>
24/11/2020	<p><b>Prostate Cancer - Supported Self Management</b>          Emma McComish – Prostate Support Worker  <a href="#">Join Microsoft Teams Meeting</a></p>	<p><b>Colorectal Cancer – Supported Self Management</b>          Cassandra Garner – Colorectal Support Worker  <a href="#">Join Microsoft Teams Meeting</a></p>
25/11/2020	<p><b>Learn more about benefits that you may be entitled to</b>          Mia - Citizens Advice Bureau  <a href="#">Join Microsoft Teams Meeting</a></p>	<b>NO SESSION</b>
26/11/2020	<p><b>Gynaecology Cancer Session</b>          Esther Lennon – Clinical Nurse Specialist  <a href="#">Join Microsoft Teams Meeting</a></p>	<p><b>Fatigue can be a problem after surgery, during or after treatment. Tips on how to manage your fatigue</b>          Sally Shorrock - Occupational Therapist  <a href="#">Join Microsoft Teams Meeting</a></p>