

Virtual Cancer Health & Wellbeing Event – September 2021

Timetable

Date	10:00 – 11:00	14:00 – 15:00	15:00 – 16:00
Wed 1 <sup>st</sup>	<p><b>How Cancer Services Teams keep you on track with a cancer diagnosis</b> Elaine Deeming – Lead Cancer Nurse Southport &amp; Ormskirk Hospital</p>	<p><b>Southport Information &amp; Support</b> Meet the Southport Macmillan Cancer Information &amp; Support Centre Team. Tanya &amp; Julia</p>	
Thur 2 <sup>nd</sup>	<p><b>A Breath of Fresh Hair Care for new hair growth &amp; wigs</b> Hair Fairy Wig Salon - Liverpool Tracy and Eve</p>	<p><b>Gastrointestinal Stromal tumour (GIST)</b> Awareness &amp; patient support services Jayne Bressington- Vice chair GIST Cancer UK</p>	<p><b>Work and Cancer</b> Vicky Rockingham</p>
Fri 3 <sup>rd</sup>	<p><b>Keeping Active</b> The importance of keeping active with a cancer diagnosis Macmillan Move More Physio Team Southport &amp; Ormskirk Hospital</p>	<p><b>Fatigue</b> Fatigue can be a problem after surgery, during or after treatment. Tips on how to manage your fatigue Sally Shorrocks - Occupational Therapist Southport &amp; Ormskirk Hospital</p>	
Mon 6 <sup>th</sup>	<p><b>Lymphoedema</b> Management of Lymphoedema Emma Gwynne</p>	<p><b>Mesothelioma</b> Maria Guerin - Lung Specialist Nurse Aintree Hospital</p>	
Tues 7 <sup>th</sup>	<p><b>Chemotherapy</b> Kirsty Halliwell &amp; Wendy Ebbrell - Chemotherapy and Lilac Centre STHK</p>	<p><b>Carers</b> Knowsley Carers Support for Carers Jan Box</p>	<p><b>Urology</b> Meet the Urology Specialist Nurse Mary McNab Southport &amp; Ormskirk Hospital</p>
Wed 8 <sup>th</sup>	<p><b>Liver Cancer</b> The Primary Liver Cancer Service (HCC)- Improving the patient experience. Liz Boland Specialist Nurse - Liverpool</p>	<p><b>Skin Cancer</b> Meet the Skin Cancer Specialist Nurse Steph Smith Southport &amp; Ormskirk Hospital</p>	
Thur 9 <sup>th</sup>	<p><b>Palliative Care</b></p>	<p><b>Lung Cancer</b></p>	

	<p>What is Palliative Care? Paula Parr &amp; Kate Dreyer Aintree Hospital</p>	<p>Meet the Lung Cancer Specialist Nurse Melanie Barron Southport &amp; Ormskirk Hospital</p>	
<b>Fri 10th</b>	<p><b>West Lancs</b> Meet the West Lancs Macmillan Cancer Information &amp; Support Team Caroline Flynn/Jodie Taylor</p>	<p><b>Gynaecology &amp; Womens Health</b> Meet the Gynae Specialist Nurse Christine Harris St Helens &amp; Whiston Hospital</p>	
<b>Mon 13th</b>	<p><b>Prostate Follow Up</b> Meet the Prostate Cancer Follow Up Support worker at Southport Hospital Megan Smith Southport &amp; Ormskirk Hospital</p>	<p><b>Colorectal Follow Up</b> Meet the Colorectal Follow Up Support Worker at Southport Hospital Cassandra Garner Southport &amp; Ormskirk Hospital</p>	
<b>Tue 14th</b>	<p><b>Pancreatic &amp; Hepatobiliary Cancer</b> From Diagnosis to treatment Stacey Matthews Aintree Hospital</p>	<p><b>Look Good Feel Better</b> Look Good Feel Better Sarah Addis</p>	<p><b>Breast Cancer</b> Video Welcome to Liverpool Breast Units- a patient journey. Louise Baines</p>
<b>Wed 15th</b>	<p><b>Halton Information &amp; Support</b> Meet the Halton Macmillan Cancer Information &amp; Support Service Bev Collins Macmillan Manager Delamere Centre</p>	<p><b>Warrington</b> Cancer rehabilitation in Warrington Neil Morley Lifestyle Manager, Lifestyles LiveWire, Warrington Cancer Screening Coordinator Paul Corless Warrington CCG</p>	
<b>Thur 16th</b>	<p><b>Spirituality</b> Space to reflect and question your spirituality. Reverend Sarah and GP Reverend Anne is here to listen. Hear how Jan found strength through her cancer experience because of her faith? <b>10am - 11.30am</b></p>	<p><b>Hair Care</b> Wigs &amp; Hair Care Barbara - Locks &amp; Co Southport</p>	
<b>Fri 17th</b>	<p><b>Head and Neck Cancer</b></p>	<p><b>Benefit Entitlements</b></p>	

	Speak to the Head & Neck Specialist Team Monica, Lesley, Terry & Sally Aintree & Southport Hospital	What Benefits may you be entitled to Alison Read - Southport Compassion Acts	
<b>Mon 20th</b>	<b>The Impact of a Cancer Diagnosis'</b> Dr Dominic Bray - Clinical Health Psychology Service Southport Hospital	<b>Keeping Active</b> The importance of keeping active with a cancer diagnosis Macmillan Move More Team Southport & Ormskirk Hospital	
<b>Tue 21st</b>	<b>Neuro Oncology</b> Role of the Neuro-Oncology Nurse Specialists team and support provided Kelly Woods Walton Centre	<b>St Helens &amp; Knowsley</b> Meet the St Helens & Knowsley Macmillan Cancer Information & Support Service Lynne Metcalfe & Louise Howard	
<b>Wed 22nd</b>	<b>Managing Stress</b> Calming Strategies to help you Bridget Rowe & Naomi Powell	<b>Talking Therapies</b> Talking Therapies - Lets keep talking Suzie Curtis Sefton	<b>Haematology</b> Meet the Haematology Specialist Nurse Rachel Chidley Southport & Ormskirk Hospital
<b>Thur 23rd</b>		<b>Wirral</b> Meet the Wirral Macmillan Cancer Information & Support Team Anne Torkington Macmillan Information Manager Wirral	<b>Chester</b> Meet the Chester Macmillan Cancer Information & Support Team and colleagues Koren Bailey, Helen Thomas & Tracey Cooper
<b>Fri 24th</b>	<b>Sams Diamonds</b> Shining Brighter with Sams Diamonds Sam Lewis	<b>Aintree</b> Meet the Aintree Macmillan Cancer Information & Support Team Gill Marflitt/Wendy Unsworth	<b>Liverpool</b> Meet the Liverpool Royal and Broadgreen Hospitals Macmillan Cancer Support Team Sandra Metcalfe Cancer Wellbeing Centre
<b>Mon 27th</b>	<b>Skin Care</b>	<b>The HOPE Course</b>	

	Looking after your skin with a cancer diagnosis Karen Gordon	Overview of the HOPE Course Gill Marflitt/Wendy Unsworth	
<b>Tues 28th</b>	<b>Blood Cancer Support</b> Blood Cancer Support Karen Bonell (Lymphoma Action)/David Simister (West Lancs & Merseyside Myeloma Support Group)	<b>Maggies Centre</b> Overview of the Maggies Centre Kathy Wright Centre Head Liverpool	
<b>Wed 29th</b>	<b>Relaxation</b> Relaxation Session Debbie Johnson Counselling Service STHK	<b>Clinical Trials</b> Clinical Trials Overview Amanda McCairn & Amy Anderson Clinical Trial Nurses STHK	
<b>Fri 30th</b>	<b>Diet and Cancer</b> Macmillan Dietitian Royal Liverpool Hospital	<b>Prehabilitation</b> Prehabilitation.....the future of cancer recovery Lucy Holmes Health and Wellbeing Operations Manager Primary Care Wirral	

