

HEALTH & Wellbeing PROGRAM

The sessions aim to help with understanding and managing impact of cancer and its treatments.

To book a place, speak to :

- CNS & Macmillan Support workers
- Trevor Howell & Ruth Myles Day unit teams
- Macmillan Information & Support Centre team on ground floor Grosvenor wing or email:
Cancer.information@stgeorges.nhs.uk

January

Get Set for Surgery - Weekly on Thursdays 2-4pm

Online or face-to-face prehabilitation sessions to support patients ahead of having surgery at St George's.

To sign up email: surgeryschool@stgeorges.nhs.uk

Haircare when you have chemotherapy workshop - Monday 29th 10am-12pm

Face-to-face session to learn the art of head wrapping and receive advice from experienced hairdressers on haircare, before, during and after Cancer treatment and our wig service will be present.

Skincare and makeup workshop –Monday 29th 2-4pm

Face-to-face session: Step by step advice on skincare and makeup application with Look Good Feel Better charity volunteers. Learn practical tips and techniques, including how to enhance sparse eyebrows or loss of eyelashes.

February

Get Set for Surgery - Weekly on Thursdays 2-4pm

Online or face-to-face prehabilitation sessions to support patients ahead of having surgery at St George's.

To sign up email: surgeryschool@stgeorges.nhs.uk

Understanding peripheral neuropathy - Monday 6th 10am-Noon

Online workshop: get practical tips on how to cope with common symptoms from physiotherapist, psychologist, occupational therapist and complementary therapists.

Skincare and makeup workshop –Monday 26th 2-4pm

Face-to-face session: Step by step advice on skincare and makeup application with Look Good Feel Better charity volunteers. Learn practical tips and techniques, including how to enhance sparse eyebrows or loss of eyelashes.

March

Get Set for Surgery - Weekly on Thursdays 2-4pm

Online or face-to-face prehabilitation sessions to support patients ahead of having surgery at St George's.

To sign up email: surgeryschool@stgeorges.nhs.uk

Managing fatigue - Tuesday 12th 10am-Noon

Online workshop on understanding what causes cancer-related fatigue, how it affects individuals and explore ways to adapt daily life activities and environment to optimise your energy levels.

Skincare and makeup workshop - Monday 25th 2-4pm

Face-to-face session: Step by step advice on skincare and makeup application with Look Good Feel Better charity volunteers. Learn practical tips and techniques, including how to enhance sparse eyebrows or loss of eyelashes.