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NHS
St George's University Hospitals
NHS Foundation Trust

CENTRE Newsletter

The monthly newsletter for the Cancer Experience Network – To Represent Everyone

Issue #1
November 2026

Centre
Cancer Experience Network – To Represent Everyone

CENTRE launches

We would like to start our first newsletter with a huge thank you!

Turn out to the launch event for Cancer Experience Network – To Represent Everyone (CENTRE) was a truly amazing patient and public event, and being able to hear from such a variety of voices is exactly why CENTRE came to be.

A wide range of topics were discussed on the day, from successful projects involving your voices previously, to projects coming up that we want to shape together. Importantly, you don't have to wait for the next event to get involved. Being a part of CENTRE means you will regularly get this newsletter and email updates, but feel free to reach out to us at any time with your thoughts, reflections and ideas.

You will have hopefully received an email containing the booklet provided at the launch event, outlining upcoming projects we would value your feedback on. If you have an interest in contributing to any of these, please do let us know! If you were unable to attend or are yet to sign up, please email CENTRE@stgeorges.nhs.uk.

The next launch event will take place in the New Year:

Date: Thursday January 21 2027

Time: 3:30pm - 6pm

Location: Hyde Park Room, next to Ingredients Restaurant, 1st Floor Lanesborough Wing

Thank you once again for your warmth, energy, and generosity in helping us shape the future of cancer care together.



Health and Wellbeing

Every month we run Health and Wellbeing Workshops to support patients and loved ones. Please contact cancer.information@stgeorges.nhs.uk to sign up to these.

Hair Reborn Weekly Consultations:

Hair Reborn weekly consultations, are designed to support and empower anyone navigating cancer treatment hair loss, helping individuals feel more **prepared, confident, and beautiful** every step of the way, covering

- Preparing for hair loss
- Scalp cooling
- Head coverings
- Hair & scalp care
- New hair growth

This pilot is kindly funded by the St George's Hospital Charity.

Haircare and Support Workshop – November 10 2026 11am – 12:30pm

The Hair Reborn team are also running a group workshop for those who would like to receive haircare advise alongside those with a similar experience.

Managing Fatigue Workshop – November 12 2026 10am – 11:30am

We deliver a cancer related fatigue workshop to support people to learn about different ways to manage their symptoms. This workshop is delivered both online or face to face in the Macmillan Information and Support Centre.

Look Good Feel Better Workshop – November 17 2026 2:30PM – 4:30PM

Trained volunteer beauty experts will teach how to look after your skin, whilst talking through any side effects patients might have such as dryness, what products might benefit you and then teach you how to apply a basic, natural makeup look.

Peripheral Neuropathy Workshop – November 19 2026 10am – 11:30am

We deliver a workshop on peripheral neuropathy, offering practical tips on how to cope with symptoms such as burning pain, electric-like pain, tingling, numbness, muscle weakness and sensitivity. This is delivered both online and face-to-face in the Macmillan Centre.

Look Good Feel Better for Men – November 27 2026 10am – 12pm

Trained volunteer experts will teach how to look after your skin, shaving techniques, confidence in adjusting to body image, and products might benefit you.

Writing for Wellness Pilot

We are looking for people interested in helping us develop our Writing for Wellness workshop. If you are interested in helping develop this and attend the pilot, please email us!

The workshop looks to use writing as a form of expression, bringing together patients and loved ones to share in writing about a variety of topics.

You don't need any previous experience of writing, simply bring yourself! Tea and coffee, biscuits and pens and notepads will all be provided.

Please contact cancer.information@stgeorges.nhs.uk to sign up to join the pilot!

Cancer Prehabilitation & Rehabilitation Service

Places Leisure offer wonderful support for those living with and beyond cancer across Wandsworth and further.

Before treatment or surgery they offer prehab support, helping to:

- Improve fitness
- Build strength and resilience
- Prepare for treatment and recovery
- Increase confidence and wellbeing

They also offer support during and after treatment, focusing on:

- Regaining strength and function
- Returning to physical activity safely
- Reducing treatment related side-effects
- Improve quality of life and wellbeing.

Individuals who are eligible:

- Have received a cancer diagnosis
- Are preparing for surgery or treatment
- Are currently undergoing treatment
- Are recovering following treatment
- Are living with and beyond cancer
- Would benefit from specialist physical activity and wellbeing support

You can self-refer or be referred to the service. You can refer yourself on the Places Leisure website.

Please contact cancer.information@stgeorges.nhs.uk if you require further information.



Support at St George's

We also have helpful information you can access through St George's. This includes:

Read about being active and how to get started on the Living with and Beyond Cancer webpage.

You can also read more about how to get active on the Living with and Beyond Cancer webpage.

5k Your Way

This is a community initiative to support people living with and beyond cancer, friends and families and people working in cancer services.

It provides an opportunity to walk, jog or run, all or part of, a 5km route alongside other people.

Events are held at park runs on the last Saturday of the month. They are available in Merton, Sutton, Croydon, Kingston, Hammersmith and Harrow.

Read more about 5k Your Way on the Move Against Cancer webpage.

National Cancer Patient Experience Survey

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The NHS wants to make sure patients have a good experience of care. Getting feedback from patients helps us improve and give patients what they need.

The National Cancer Patient Experience Survey (NCPES) invites cancer patients (16 years and older) to feedback on experiences of cancer care. Feedback helps improve cancer services locally and nationally. If you had treatment for cancer in the hospital as an inpatient or day-case and left hospital between April and June 2026, you may be invited to take part in the survey. Even if you have shared feedback before, we want to hear from you.

If you are invited, you will get a letter with more information. Please take part and share your experiences of cancer care. You may get other surveys about your cancer care, but we hope you will also take part in the NCPES. Your answers will help the NHS make cancer care better.

The survey takes around 20 minutes. You can take part online, on paper, or over the phone. If you need help or want to take part in another language, you can call the Freephone helpline at 0800 103 2804.

The NHS and cancer charities use the results to find out what is working well and what needs to improve. The survey is anonymous. Your personal data will be kept safe.

For more information, visit www.ncpes.co.uk.

Resources

Macmillan Cancer Information and Support Centre
Ground Floor, Grosvenor Wing, St Georges Hospital
Tel: 0208 725 2677

Living With and Beyond Cancer webpage
Website: stgeorges.nhs.uk/service/living-with-and-beyond-cancer

Macmillan Money and More
Tel: 0800 808 5871
Website: debtfreeadvice.com/macmillan

Cancer Care Map – Find support options local to you by visiting their webpage.

Sign up to CENTRE

You can find out more about CENTRE on our webpage.

If you are interested in signing up to CENTRE, you can sign up by using our sign up form, or alternatively email us at CENTRE@stgeorges.nhs.uk.