

# You are invited!

**The Survivorship Team would love to see you at one of our upcoming Living Well Sessions.**

**The Living Well Sessions are:**

- Free to attend
- For anybody affected by cancer: the person living with cancer, family, friends or anybody else supporting someone living with and beyond cancer
- Available for you to attend as many times as you wish pre, during and post treatment
- Designed to offer support, advice and tips as to how to safely self-manage four topics away from the hospital setting
- Learn about local and national services that you may benefit from
- Provide an opportunity for you to share your experiences and hear from others
- Ask non-clinical questions around the four topics

**The Face-to-Face sessions are an all-day event with plenty of breaks and a light lunch that is included as part of the session.**

**The Online sessions will be delivered using Microsoft Teams as individual sessions for those who would prefer to learn about these topics from the comfort of their own home.**

**To take part you will need:**

- An email address
- A device with a camera and microphone: ideally a computer, laptop or tablet however, you are able to join using a smartphone.

**For more information or to book on to a Living Well Session, please contact the Survivorship Team:**

**Tel:** 01743 492424 or **Email:** [sath.lwbc@nhs.net](mailto:sath.lwbc@nhs.net)

Date/Day	Venue	Time
19 <sup>th</sup> Sept 2022: Mon	<b>Shrewsbury:</b> Barnabas Church Centre, Longden Coleham, SY3 7DN	10am – 3pm
13 <sup>th</sup> Oct 2022: Thurs	<b>Telford:</b> The Wakes, Theatre Square, TF2 6EP	10am – 3pm
25 <sup>th</sup> Oct 2022: Tues	<b>Online Living Well Session: Fatigue</b>	10am – 11.30am
16 <sup>th</sup> Nov 2022: Wed	<b>Church Stretton:</b> Silvester Home Institute, 60 High Street, SY6 6BY	10am – 3pm
7 <sup>th</sup> Dec 2022: Wed	<b>Shrewsbury:</b> Barnabas Church Centre, Longden Coleham, SY3 7DN	10am – 3pm
12 <sup>th</sup> Jan 2023: Thurs	<b>Online Living Well Session: Emotional Wellbeing</b>	10am – 11.30am
9 <sup>th</sup> Feb 2023: Thurs	<b>Whitchurch:</b> Brownlow Community Centre, Claypit Street, SY13 1LF	10am – 3pm
15 <sup>th</sup> Feb 2023: Wed	<b>Online Living Well Session: Nutrition</b>	10am – 11.30am
14 <sup>th</sup> Mar 2023: Tues	<b>Oswestry:</b> Eastern Oswestry Community Centre, Cabin Lane, SY11 2LQ	10am – 3pm
28 <sup>th</sup> Mar 2023: Tues	<b>Online Living Well Session: Fatigue</b>	10am – 11.30am
20 <sup>th</sup> Apr 2023: Thurs	<b>Ludlow:</b> Ludlow Mascall Centre, Lower Galdeford, SY8 1RZ	10am – 3pm
26 <sup>th</sup> Apr 2023: Wed	<b>Online Living Well Session: Physical Activity</b>	10am – 11.30am
10 <sup>th</sup> May 2023: Wed	<b>Telford:</b> The Wakes, Theatre Square, TF2 6EP	10am – 3pm
22 <sup>nd</sup> May 2023: Mon	<b>Online Living Well Session: Emotional Wellbeing</b>	10am – 11.30am
14 <sup>th</sup> June 2023: Wed	<b>Shrewsbury:</b> Barnabas Church Centre, Longden Coleham, SY3 7DN	10am – 3pm
22 <sup>nd</sup> June 2023: Thurs	<b>Online Living Well Session: Nutrition</b>	10am – 11.30am
11 <sup>th</sup> July 2023: Tues	<b>Oswestry:</b> Eastern Oswestry Community Centre, Cabin Lane, SY11 2LQ	10am – 3pm
16 <sup>th</sup> Aug 2023: Wed	<b>Online Living Well Session: Fatigue</b>	10am – 11.30am
7 <sup>th</sup> Sept 2023: Thurs	<b>Online Living Well Session: Physical Activity</b>	1.30pm – 3pm
14 <sup>th</sup> Sept 2023: Thurs	<b>Church Stretton:</b> Silvester Home Institute, 60 High Street, SY6 6BY	10am – 3pm
9 <sup>th</sup> Oct 2023: Mon	<b>Telford:</b> The Wakes, Theatre Square, TF2 6EP	10am – 3pm
17 <sup>th</sup> Oct 2023: Tues	<b>Online Living Well Session: Emotional Wellbeing</b>	10am – 11.30am

**Key:**

Face-to-face

Online



For more information, visit the SaTH website:

[www.sath.nhs.uk/wards-services/az-services/cancer-services/livingwithandbeyond/](http://www.sath.nhs.uk/wards-services/az-services/cancer-services/livingwithandbeyond/)

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