

Affected by Cancer?

Find support at a Living well with and beyond cancer event

- Information about cancer and it's side effects
- Emotional support
- Managing stress
- Healthy Eating tips
- Meet people from organisations that provide support locally

UHNM Trust are working with Penny Brohn UK and Macmillan Cancer Support to offer events on the 2nd Thursday of every month.

**Events at bet365 Stadium,
Stanley Matthews Way,
Stoke on Trent ST4 4EG**

- 13 June 2019
- 8 August 2019
- 10 October 2019
- 12 December 2019

**Events at The Northfield Centre
Co-operative Street
Stafford ST16 3DA**

- 9 May 2019
- 11 July 2019
- 12 September 2019
- 14 November 2019

Please arrive 9.45am for a 10.00am start. The event finishes at 1.00pm.

Events are free to anyone living with cancer and their close supporters.

Please feel free to just come along on the day. If you want more information or you want to let us know you're planning to attend, please speak to your cancer nurse specialist or contact the Macmillan Information Centre on 01782 676333 or email macmillancentre@uhnms.nhs.uk

