

Living well with bowel cancer event

Saturday 15 June 2019

Quincentenary Conference Centre, Surgeons Quarter, Edinburgh

Agenda

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| Chair | Lauren Wiggins, Director of Services, Bowel Cancer UK |
| 09.00 - 10.00 | Registration & breakfast Meet other attendees and browse the marketplace |
| 10.00 – 10.30 | Welcome and Introduction Deborah Alsina MBE, Chief Executive, Bowel Cancer UK |
| 10.30 – 11.00 | Session A – Consequences of treatment An overview of late gastrointestinal effects with discussion covering pelvic radiotherapy, surgery and chemotherapy symptoms. Also, highlighting how to manage and treat the symptoms. Helen Ludlow, Macmillan Nurse and Gastroenterology Clinical Nurse Specialist Cardiff & Vale University Health Board |
| 11.00 – 11.30 | Refreshment break Meet other attendees and browse the marketplace |
| 11.30 – 12.00 | Session B – Patient Experience: Pick a perspective For this talk the audience will be split into three groups. Choose the one that best suits your individual needs: <ol style="list-style-type: none"> 1. stage 1-3 patient 2. stage 4 patient 3. patient carer |
| 12.00 – 12.30 | Session C – Psychological impact of a diagnosis Covering the psychological effect a diagnosis has on individuals and their loved ones. Coping strategies and techniques that can enable you to live well with bowel cancer. Vic Leeson, Psychotherapeutic Counsellor |

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| <p>12.30 – 14.00</p> | <p>Lunch and networking Meet other attendees, browse the marketplace and try out a workshop.</p> <p>We are running two lunchtime Yoga workshops:</p> <p>Yoga- Are you interested in finding out the benefits of yoga? Come along and try one of our taster session- available for patients, family and friends. 'Chair Yoga' to include:</p> <ul style="list-style-type: none"> - Simple breathing exercises - Bringing balance to the whole system - Improving concentration - coping with everyday stress - This workshop will highlight the benefits of yoga. <p>12.30- 12.50 Yoga Workshop one</p> <p>13.00- 13.20 Yoga Workshop two</p> |
| <p>14.00 – 14.30</p> | <p>Session D- Lifestyle post bowel cancer diagnosis Understanding why physical activity post diagnosis is important and how it can improve lifestyle and aid recovery.</p> <p>Jenny McDonald , Colorectal CNS NHS Greater Glasgow and Clyde</p> |
| <p>14.30 – 15.00</p> | <p>Session E – Strategies for dealing with stress and anxiety Understanding what stress is and how a cancer diagnosis impacts your life. Look at self help techniques, including mindfulness, to relieve everyday stress and anxiety and the benefits of practising relaxation.</p> <p>Jacqui Penman, Penny Brohn UK</p> |
| <p>15.00 – 15.15</p> | <p>Closing remarks Deborah Alsina MBE, Chief Executive, Bowel Cancer UK</p> |

* All timings and sessions are subject to change

Register at www.bowelcanceruk.org.uk/livingwellevent