

Living well with bowel cancer event

Saturday 8 June 2019
The Christie Hospital, Manchester

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 – New treatments and trials Insight on new treatment and trials availability, and how they can be accessed. How advances in treatment can potentially impact your life to help you live well with bowel cancer. Mark Saunders, Consultant Clinical Oncologist The Christie NHS Foundation Trust |
| 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 – 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 |
| 12.30 – 14.00 | Lunch and networking Meet other attendees, browse the marketplace and try out a workshop. |

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| | <p>We are running two lunchtime 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>Stoma- Why not join a discussion with a specialist nurse, about managing your stoma, troubleshooting, sharing tips and ideas for living well.</p> |
| 14.00 – 14.30 | <p>Session D- 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.</p> <p>Robin Muir, Clinical Psychologist</p> |
| 14.30 – 15.00 | <p>Session E – Mindfulness Understanding what mindfulness is and the potential benefit of practising it in everyday life. Addressing how a cancer diagnosis can overwhelm the brain and impact your life.</p> <p>Linda Orrett, Senior Complementary Therapist The Christie NHS Foundation Trust</p> |
| 15.00 – 15.15 | <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