

Course content

The course will explore the following themes:

- The human body and cancer
- The diagnosis and treatment of cancer
- Side effects of treatment and health problems
- Diet and nutrition
- Talking about cancer
- The role of the family and others as a support system
- Dealing with change and active adjustments to change
- Relaxation and expressive art
- Survivorship
- Complementary care and support therapies



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Great care to every patient, every day



MANAGING THE CANCER EXPERIENCE COURSE

Macmillan Butterfly
Centre

Managing the cancer experience course

A seven week educational programme for people with cancer, their relatives and friends.

Spring course: 26 April 2017 - 7 June 2017 on Wednesday mornings from 10.30am - 12.30pm

Book a place by 14 April 2017

Autumn Course: 13 September 2017 - 25 October 2017 on Wednesday mornings from 10.30am - 12.30pm

Book a place by 1 September 2017 at

**The Macmillan
Butterfly Centre
First Floor,
Bradbury Wing
Epsom Hospital
Dorking Road
Epsom
KT18 7EG**

For further information and to book a place on one of the courses, please contact

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Managing the cancer experience course

It is well understood that when people have knowledge and emotional support they are better able to cope with their situation. With that understanding in mind this course has been developed by people with cancer, their relatives, friends and health carers.

This course has evolved from the “Learning to Live with Cancer Course” which was developed in the USA 20 years ago. There will be a maximum of 12 participants. The course is open to patients and carers who can attend at any stage of their cancer experience. Attendance at all the sessions is recommended.

The aim of the course

- To inform people about how to live with and manage the cancer experience
- To help people to understand what is happening to them
- To provide support, an opportunity to exchange information and to share experiences with others
- To help maximise people’s coping strategies

