

# Wellbeing Programme for Cancer

Open to all cancer patients, during or up to one year after completing treatment

## Join our fun and friendly group programme of seven weekly two hour sessions.

"I loved the chance to bond with other people - it's so vital"

Each session features educational and information elements, as well as providing social support and an opportunity to take part in tailored physical activity designed to meet your needs.

Topics can include; **managing fatigue, sleep, eating well through and after treatment, pacing, relationships, relaxation** and many more...

"I never would have gone to a public pool with my ileostomy, so the protected swimming sessions are great"

"You think the gym will be intimidating, but it really isn't"

**We also offer swimming sessions** - free protected time in the swimming pool and changing rooms.

Only open to people who have been through cancer treatment.

"The time given to us by the experts was great"



*Che Penny (Wellbeing Programme Leader) is trained to work specifically with people who have undergone treatment and can help you to design a programme that works for you.*



Funded by the

## Stars Appeal

Pembroke Unit Fund

Sessions run throughout the year - for more details contact:  
Che Penny at Salisbury District Hospital Leisure Centre on

# 01722 425085

or email [che.penny@salisbury.nhs.uk](mailto:che.penny@salisbury.nhs.uk)