

Southport, Formby and West Lancashire Virtual Health & Wellbeing Event – November 2020



Timetable

Date	10:00 – 11:00	14:00 – 15:00
02/11/2020	<p>Introduction to the Virtual Health & Wellbeing Event Elaine Deeming – Lead Cancer Nurse</p>	<p>‘The Impact of a Cancer Diagnosis’ Dr Dominic Bray - Clinical Health Psychology Service</p>
03/11/2020	<p>Overview of Services provided by The West Lancashire Macmillan Information & Support Service – this is not a clinical service but provides emotional, practical and financial support</p>	<p>Why is exercise so important after a cancer diagnosis? Southport & Ormskirk Hospital Physiotherapy Team</p>
04/11/2020	<p>Learn more about benefits that you may be entitled to Mia - Citizens Advice Bureau</p>	<p>Learn more about advocacy services in Sefton Justine Shenton - Sefton Advocacy</p>
05/11/2020	<p>Fatigue can be a problem after surgery, during or after treatment. Tips on how to manage your fatigue Sally Shorrocks - Occupational Therapist</p>	<p>Lung cancer treatment and side effects - including a patients oncology treatment experience Janet Thompson - Clinical Nurse Specialist</p>
06/11/2020	<p>Overview of Services provided by The Southport Cancer Information & Support Service – this is not a clinical service provides emotional, practical and financial support</p>	<p>Learn more about new schemes and smart meters Christina Chislett – Sefton Council Affordable Warmth Team</p>
09/11/2020	<p>Urology Cancer Team inc prostate, bladder, kidney Mary McNab – Clinical Nurse Specialist</p>	<p>Caring for Carers and those that support you Ncompass – West Lancashire</p>
10/11/2020	<p>Why is exercise so important after a cancer diagnosis? Southport & Ormskirk Hospital Physiotherapy Team</p>	<p>Learn more about what is available through the Living Well Sefton and the Hospital Discharge Team Sefton CVS</p>
11/11/2020	<p>How to cope with Anxiety Southport Centre Counsellors</p>	NO SESSION
12/11/2020	<p>Energy Bills and how to save money Mia - Citizens Advice Bureau</p>	<p>Haematology (Blood) Cancer Team Session Rachel Chidley – Clinical Nurse Specialist</p>

13/11/2020	<p>Fatigue can be a problem after surgery, during or after treatment. Tips on how to manage your fatigue Sally Shorrock - Occupational Therapist</p>	<p>Healthy Eating & Cancer Erin Foley - Southport & Formby Nutrition & Dietetics Service</p>
16/11/2020	<p>Importance of looking after your skin inside and out This session is for the ladies and the gents. Karen Gordon</p>	<p>Skin Cancer Team Session Stephanie Smith – Clinical Nurse Specialist</p>
17/11/2020	<p>Why is exercise so important after a cancer diagnosis? Southport & Ormskirk Hospital Physiotherapy Team</p>	<p>Overview of Services provided by The West Lancashire Macmillan Information & Support Service – this is not a clinical service but provides emotional, practical and financial support</p>
18/11/2020	<p>Healthwatch Sefton is here to help people get the best out of their local health and social care services. Healthwatch Sefton</p>	<p>Take 15 minutes out of you day to relax and destress Jodie Taylor – West Lancs Centre</p>
19/11/2020	<p>Has your diagnosis been a test of your faith? Rev Sarah is here to listen.</p>	<p>Fatigue can be a problem after surgery, during or after treatment. Tips on how to manage your fatigue Sally Shorrock - Occupational Therapist</p>
20/11/2020	<p>Overview of Services provided by The Southport Cancer Information & Support Service – this is not a clinical service but provides emotional, practical and financial support</p>	<p>Learn more about Wigs Barbara - Southport Wig Shop</p>
23/11/2020	<p>Colorectal Cancer Team Session Jo Sutton – Clinical Nurse Specialist</p>	<p>Why is exercise so important after a cancer diagnosis? Southport & Ormskirk Hospital Physiotherapy Team</p>
24/11/2020	<p>Prostate Cancer - Supported Self Management Emma McComish – Prostate Support Worker</p>	<p>Colorectal Cancer – Supported Self Management Cassandra Garner – Colorectal Support Worker</p>
25/11/2020	<p>Learn more about benefits that you may be entitled to Mia - Citizens Advice Bureau</p>	<p>NO SESSION</p>
26/11/2020	<p>Gynaecology Cancer Session Esther Lennon – Clinical Nurse Specialist</p>	<p>Fatigue can be a problem after surgery, during or after treatment. Tips on how to manage your fatigue Sally Shorrock - Occupational Therapist</p>