

# What's On – Guys Cancer Centre November'17



Monday	Tuesday	Wednesday	Thursday	Friday
<b>All groups need prior booking – except for the DCC drop in Relaxation which is held every first Friday of the month.</b>		<b>1</b> <b>10.15-11.45 WMG</b> <b>PM: Acupuncture - DCC</b>	<b>2</b> <b>10:30 – 12:00</b> Secondary Breast Ca Support Group - DCC	<b>3</b> <b>10 - 10:45</b> Drop in Relaxation DCC <b>13:00 – 14:30</b> Breast Cancer Support Grp – DCC <b>Marley – Therapy</b> <b>Dog visiting today</b> <b>15:00 – 16:00</b> Walking Group
<b>6</b> <b>11:30 – 12:45</b> Radiotherapy Seminar <b>14:00 – 14:45</b> <b>Winter Workshop</b> <b>LBWB – how to care for your wig.</b>	<b>7</b> <b>14:00 – 15:00</b> Physio Gym Class <b>11 – 12:00 Yoga (5)</b> <b>13:30 – 15:00</b> Gynae Support group - DCC	<b>8</b> <b>10:00 – 11:00</b> Walking Group <b>10.15-11.45 WMG</b> <b>13:15 – 14:15</b> Physio Gym Class <b>PM: Acupuncture –DCC</b> <b>11:30 – 13:30</b> Launch Live Better With Boutique – <b>all Welcome</b>	<b>9</b> <b>11:00 – 12:00 &amp; 15:00 – 16:00</b> Physio Gym Class	<b>10</b> <b>10:00 – 14:00</b> Taking Charge HWBE
<b>13</b> <b>11:30 – 12:45</b> Radiotherapy Seminar <b>18:00 – 19:30</b> Head and Neck Cancer Support Group - DCC	<b>14</b> <b>14:00 – 15:00</b> Physio Gym Class <b>11 – 12:00</b> Yoga (6)	<b>15</b> <b>10.15-11.45 WMG</b> <b>13:15 – 14:15</b> Physio Gym Class <b>PM: Acupuncture - DCC</b>	<b>16</b> <b>11:00 – 12:00 &amp; 15:00 – 16:00</b> Physio Gym Class	<b>17</b> <b>All Day OFFER:</b> <b>10% OFF on all products in the Live Better With Boutique at Browns – Retail Area W0</b> <b>15:00 – 16:00</b> Walking Group
<b>20</b> <b>11:30 – 12:45</b> Radiotherapy Seminar <b>11:00 – 12:30</b> Upper GI Support Group - DCC <b>13:00 – 15:00</b> Guise & Dolls support group - DCC	<b>21</b> <b>14:00 – 15:00</b> Physio Gym Class <b>11 – 12:00</b> Yoga (A)	<b>22</b> <b>10:00 – 11:00</b> Walking Group <b>10.15-11.45 WMG</b> <b>13:15 – 14:15</b> Physio Gym Class <b>PM: Acupuncture –DCC</b>	<b>23</b> <b>11:00 – 12:00 &amp; 15:00 – 16:00</b> Physio Gym Class	<b>24</b>
<b>27</b> <b>10:00 – 11:30</b> Hand Massage workshop DCC <b>11:30 – 12:45</b> Radiotherapy Seminar	<b>28</b> <b>14:00 – 15:00</b> Physio Gym Class <b>11 – 12:00</b> Yoga (1)	<b>29</b> <b>10:00 – 13:00</b> Arts & Creativity <b>PM: Acupuncture –DCC</b>	<b>30</b> <b>Recovery In Motion event</b>	

## Further Details & How to book onto our events/groups/workshops ....

### Dimbleby Cancer Care (DCC) information centre

DCC offers specialist information, psychological support, complementary therapies and Benefits Advice for patients and carers – eligibility criteria apply, for more information contact the team on the details below. Simply walk in to speak to our Specialist Information Nurses for advice, information and support for patients and carers, or call them on **02071885929**. To book any of the DCC courses or speak to a member of staff you can drop-in, email on [dimblebycancercare@gstt.nhs.uk](mailto:dimblebycancercare@gstt.nhs.uk) or call on **020 7188 5918**. All courses and workshops held at the Information Centre on W0.

**Drop in Relaxation** – this is a FREE walk-in event for Patients, Carers and Staff.

**Relaxation and Stress Management (RSM)** – Two half-day course for patients. Booking required.

**Meditation workshop/Hand Massage workshop** – Booking required.

**Aromatherapy workshop** – How to use essential oils safely at home. Booking required.

**Seated Acupuncture** – 6-week block, afternoon appointments from 12:30. Booking required.

**Look Good Feel Better** – FREE make-up Event with Goodie Bag to take home. Booking required.

**Support groups** – For more information contact the DCC team.

**Bereavement group** – booking required (12 sessions) contact Marion on 020 7188 4741

**Survivorship In Action** – booking required (6 sessions) Help to understand & manage worries of cancer coming back, so you can get on with living.

**Radiotherapy Seminar** – this is a Pre-Treatment information session for Head and Neck cancer patients & their carers. You will be referred by your oncology team prior to attending this session.

### Gordon Survivorship Centre: information, events & signposting service

To book call or email: **020 7188 7188 Ext: 57376** or email us on [GordonSurvivorshipCentre@gstt.nhs.uk](mailto:GordonSurvivorshipCentre@gstt.nhs.uk).

**Next Steps** – Health and Wellbeing information day for anybody who has recently completed treatment. Contact the Gordon Survivorship Centre to book your place and for more information.

**Walking Group** – Booking required, contact the Gordon Survivorship Centre for more information.

**Drop in Information** – Are you new to the Cancer Centre? Join this information session to learn more about the centre and get tips on how to make the most of your appointments, what questions to ask & what other services you can access and how. Dimbleby Cancer Care, W0 – no booking needed

**Taking charge HWBE** – an information day for palliative care patients and their loved ones. Booking required – contact the Gordon Survivorship Centre.

**Arts & Creativity** - Activities change monthly, call or email to book. Check our **webpage** for more information: [www.guysandstthomas.nhs.uk/gordonsurvivorship](http://www.guysandstthomas.nhs.uk/gordonsurvivorship).

**Carers Event** – take a day out for carers only – for more information contact Gordon Survivorship.

**Physiotherapy** – To book for an assessment contact the on **020 7188 9654** or email:

[active.you@gstt.nhs.uk](mailto:active.you@gstt.nhs.uk) **Yoga** – a 6-week class designed to focus on movement, flexibility, strength and balance. For more information or how to book on call the physiotherapy team.

**Lymphoedema Service** –referral needed. Your GP, Doctor, Nurse or Therapist can refer you.

**Live Better With Boutique (LBWB)** – Retail area on W0 for advice, information & products on sale.

**Workshop ‘Winter Tips on how to care for your wig’**. To book call **020 7188 2045** or email [andrea.spence-hinds@gstt.nhs.uk](mailto:andrea.spence-hinds@gstt.nhs.uk)

**Recovery In Motion** – an information day for post-operative Breast Cancer patients. Booking required, contact **020 7188 9654**.

**Moving Forward** – 4 week course run by *BreastCancerCare* in partnership with DCC and Gordon Survivorship. For bookings and information call breast cancer care on **0345 077 1893** or email [movingforward@breastcancercare.org.uk](mailto:movingforward@breastcancercare.org.uk)

**Weight Management group (WMG)** – 10 week weight loss programme led by Oncology Dietitians. Free for patients who have completed cancer treatment and are overweight. For more details and how to book contact **020 7188 4128**.



## External Events / Support Groups

**Carers Support** – Croydon Macmillan Care and Cope Support Group. Every two months on Mondays 15:00 – 17:30 or 18:00 – 20:30. For more information contact Benny Miller Tel: 020 8401 3441 / 020 8401 3000 Ext: 5744 or Email: [benny.millier@nhs.net](mailto:benny.millier@nhs.net).

**Bladder Cancer Patient Group** (open to all patients with a history of bladder cancer and their carers). First Thursday of every month, Urology Centre, 1<sup>st</sup> Floor, Southwark Wing, Guys Hospital. For more information call: 020 7188 7636.

**Brain Tumour Support Group** – first Monday of every month at Cicely Saunders Institute at Kings College Hospital from 14:30 – 16:00. For more information call: 020 329 94151

**Secondary Breast Cancer Support Group** – Drop In on the first Thursday of every month from 10:30 – 12:00. Dimbleby Cancer Care, Welcome Village Ground Floor. For more information call: 020 7188 0869.

**Gynaecological Cancer Support group** – A friendly place to meet, chat and share your experiences. New members welcome. Every 1<sup>st</sup> Tuesday of the month 13:30 – 15:00 at Dimbleby Cancer Care, Welcome Village ground floor. For more information call 020 7188 2707 or 020 7188 5918.

**Guisse and Dolls Support Group** – for patients and carers/relatives who are living with **head & neck cancer**, a place to meet and share experiences and exchange ideas. Every 3<sup>rd</sup> Monday of the month from 13:00 – 15:00. Dimbleby Cancer Care, Welcome Village ground floor. For more information call: 020 7188 5924.

**Lung Cancer Support Group** – we meet on the 4<sup>th</sup> Thursday of every second month. Dimbleby Cancer Care, Welcome Village ground floor. For more details contact 020 7188 4758.

**Myeloma Support Group** – for patients, family and carers. 5<sup>th</sup> December 2017 at Dimbleby Cancer Care, Welcome Village ground floor. For more details call 020 7188 2755.

**Upper GI Support Group** – for patients & carers with cancer of the oesophagus (gullet), stomach, pancreas or bile duct. We meet every 3<sup>rd</sup> Monday of the month in Dimbleby Cancer Care, Welcome Village ground floor. For more details contact: 020 7188 5918.

**Prostate Life** – once a month we hold educational sessions on topics related to prostate cancer. Every last Friday of the month, 14:00 – 15:30, Urology Centre, 1<sup>st</sup> Floor Southwark Wing, Guys Hospital. For more information call: 020 7188 7339.

**Breast Cancer Support Group** – we meet on the first Friday of every month from 13:00 – 14:30 at Dimbleby Cancer Care, Welcome Village ground floor, Guys Cancer Centre. For more information contact us on: 020 7188 0869.

**Laryngectomy Group** – Easy Breathing & 'Shout at Cancer' singing group – For more info & how to book call or email [carolyn.doughty@gstt.nhs.uk](mailto:carolyn.doughty@gstt.nhs.uk) or contact on **020 7188 6233**.

## What's On – Guys Cancer Centre

### November 2017

- Calendar of Events for patients, carers and staff
- Contact details and further information on how to book onto the different services and events
- External Events & Support Groups

Services provided by Gordon Survivorship Centre, Dimbleby Cancer Care, Guys and St.Thomas' staff & external charity organisations.

To view this information on-line please visit our website:  
[www.guysandstthomas.nhs.uk/gordonsurvivorship](http://www.guysandstthomas.nhs.uk/gordonsurvivorship)

