### WHAT'S ON - May 2019

**MON MAY 13**
- Physiotherapy
- Support Group - Gynaecological
- Physio gym class

**TUE MAY 14**
- Auricular acupuncture
- Workshop - Relaxation and stress management
- Physio class

**WED MAY 15**
- Weight management group
- Support Group - Breast cancer
- Physio gym class

**THU MAY 16**
- Workshop - Relaxation and stress management
- Physio gym class
- Physio class

**FRI MAY 17**
- Auricular acupuncture
- Workshop - Relaxation and stress management

**SAT MAY 18**
- Support Group - (For All)  Queen Mary’s Sidcup
- Workshop - Aromatherapy

**SUN MAY 19**
- Support Group - TKI lung
- Support Group - Prostate life
- Support Group - SKI cancer
- Support Group - Gynaecological
- Support Group - Lymphodema

**MON MAY 20**
- Support Group - GI cancer
- Support Group - Lymphodema
- Support Group - Gynae
- Support Group - Mesothelioma

**TUE MAY 21**
- Support Group - Breast cancer
- Support Group - TKI lung
- Support Group - Fitting Room

**WED MAY 22**
- Support Group - Breast cancer
- Support Group - Lymphodema
- Support Group - Gynae

**THU MAY 23**
- Support Group - TKI lung
- Support Group - Fitting Room
- Support Group - Breast cancer

**FRI MAY 24**
- Workshop - Relaxation and stress management
- Support Group - Breast cancer
- Support Group - Gynae

**SAT MAY 25**
- Workshops and group activities include:
- "Look good feel better" - a make up and skin care group with a free goody bag to take home
- "The next steps" - a health and well-being event for anyone who has recently completed treatment
- "Relaxation and stress management workshops"
- "Meditation, hand massage, aromatherapy and sleep workshops"
- "Auricular (Ear) acupuncture"
- "Recovery in motion" - an information day for post surgery breast cancer patients

For further details please email: dimblebycancercare@gstt.nhs.uk or phone: 020 7188 5918

Alternatively, you could drop in to speak to a member of staff.

### FURTHER INFORMATION

**Dimbleby Macmillan Support Centre**

This is a supportive service offering a range of one to one, group and information workshops based at:
- The Welcome Village, Guy’s Cancer Centre, Guy’s Hospital London, SE1 9RT
- Dimbleby Macmillan Support Centre, Queen Mary’s Hospital, Sidcup, Kent, DA14 6LT

Workshops and group activities include:
- Relaxation and stress management workshops
- Meditation, hand massage, aromatherapy and sleep workshops
- Auricular (Ear) acupuncture
- "The next steps" - a health and well-being event for anyone who has recently completed treatment
- "Look good feel better" - a make up and skin care group with a free goody bag to take home

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Volunteers who provide one to one practical and emotional support for people affected by cancer for residents living in the boroughs of Lewisham, Greenwich, Lambeth and Southwark. Volunteers can visit people in their homes or alternatively meet in a public place.

For further details please email southeastlondonbuddies@macmillan.org.uk or phone 07860 950922

### Other events

**Physiotherapy**

Based in the Welcome Village on level 1 of Guy’s Cancer Centre - activities include:
- Physio gym class
- Yoga groups
- Weight management (in partnership with the dieticians) - for patients post treatment who are struggling with weight loss
- "Recovery in motion" - an information day for post surgery breast cancer patients

For further details on Physio, Yoga and Recovery in motion, please email: active.you@gstt.nhs.uk or phone: 020 7188 9654

### Support Groups

There are many support groups running. Please contact your nurse specialist or visit the Dimbleby Cancer Care Centre.

### Fitting Room

Based in the Welcome Village, Guy’s cancer centre phone 0207 188 9654

They provide a wig service and run free events. Their next event is ‘Spring has Sprung’

Workshops in green are held at the Dimbleby Macmillan Cancer Support Centre at Queen Mary’s Hospital, Sidcup

**Date for your diary ...... Cancer Survivors’ Day Sunday 23rd June 2019**