

FAQs

Who is this event for?

This event is for anyone aged 18 or over living with and beyond cancer in Northamptonshire. Whether you are due to start treatment, currently undergoing treatment or have completed treatment.

The event is all day and there will be lots to see and do but there will also be quiet areas if you need to take a break.

Can I bring someone with me?

Yes, you can bring a plus one. Our Wellbeing day is for relatives, friends and carers too. Your plus one must be aged 18 or over and they will need to fill in their own booking form. We will ask for the name of your plus one when you register so that we can keep an eye out for their booking. This doesn't mean you have to pick the same workshops as each other but if you do we can try and place you together.

Is there parking at the Hilton Collingtree?

The Hilton Collingtree has a barrier car park, however parking is free for all attendees and the barrier will be left up at the close of the day so that you can exit straight away. If you need to leave earlier in the day, please speak to the reception staff who will provide a code and instructions on how to exit.

The postcode for the hotel is NN4 0XW.

Is there a bus stop nearby?

The nearest bus stop is a 15-minute walk from the hotel and more information can be found via the stagecoach website.

If you have any questions about the event or concerns regarding transport, please contact us at the Cancer Information Centre. Call 01604 544211 or drop in and see us (we are open 9am to 4pm Monday to Friday)

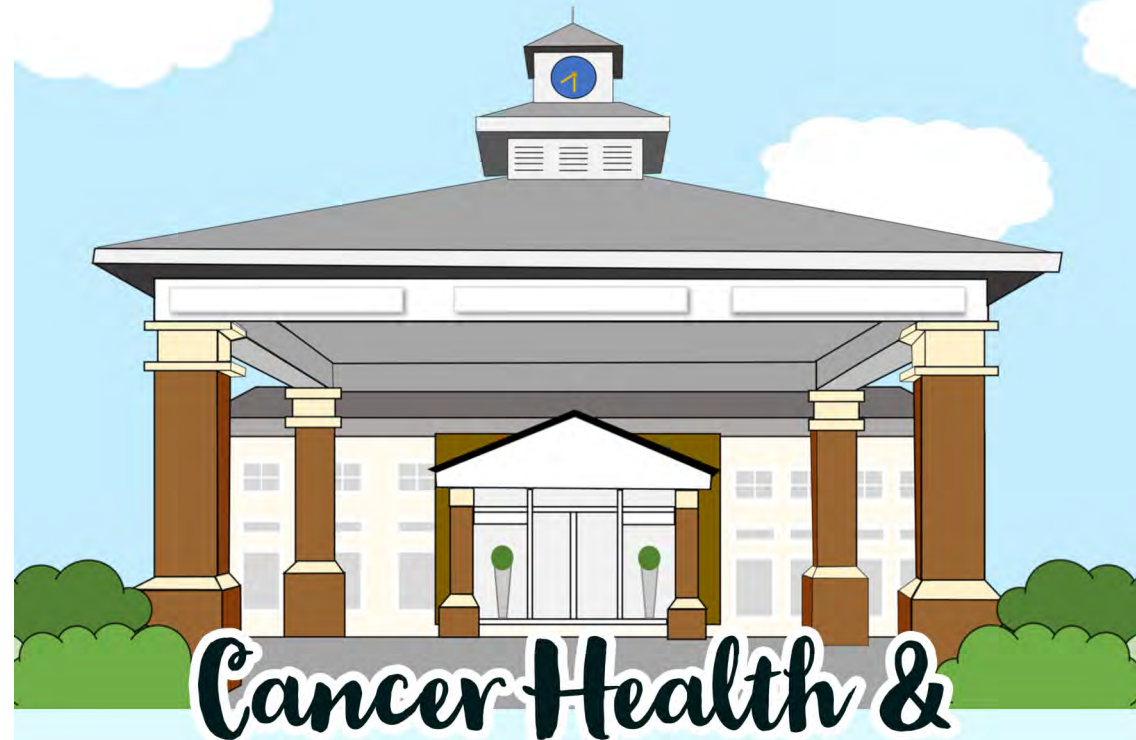
Will lunch be provided?

Yes, a free lunch and refreshments will be provided. Please let us know if you have any allergies or dietary requirements when you book.

What if I can no longer attend?

If you have registered but can no longer attend, please let us know as soon as possible so we can offer the place to someone else.

If you have any further questions that we haven't covered here, call the cancer information centre on 01604 544211 or email us at ngh-tr.macmillaninformationandsupportngh@nhs.net



Cancer Health & Wellbeing Day

A free event for patients & carers

Thursday 15th June 2023

The Hilton Hotel

Collingtree, Northampton

Working in Partnership

MACMILLAN
CANCER SUPPORT

NHS
University Hospitals
of Northamptonshire
NHS Group

The University Hospitals of Northamptonshire in partnership with Macmillan Cancer Support, are pleased to bring you our Cancer Health & Wellbeing Day for 2023.

The event will be taking place at the Hilton Hotel in Collingtree, Northampton and is free to attend for adults in Northamptonshire living with and beyond cancer.

Throughout the day there will be guest speakers, information stalls, a variety of fun and interactive workshops as well as complementary therapies including mini manicures and reiki.

The event starts at 9.30am and ends at 3.15pm and includes a free buffet lunch and refreshments.

Places are limited so we recommend booking early to avoid disappointment.

Workshops

There are a number of workshops to choose from and you can select your favourites during the booking process. You can find a description of each workshop in the table overleaf.

Complementary Therapies

Reiki sessions and Mini manicures will be available throughout the day. These sessions can be booked on the day, directly with the therapists. Spaces are on a first come first served basis. Please note that we cannot take advance bookings for these sessions.

Stalls

There will be a number of stallholders from local organisations including The Lewis Foundation, Northamptonshire Sport, Northamptonshire Carers and Citizens Advice.

There will also be lots of information on hand from the Macmillan Cancer Information Centre at Northampton General Hospital. You can find out more about the services we offer in the centre and hear more about our courses.

Booking

To book your place, scan the QR code or call the Cancer Information Centre at Northampton General Hospital on 01604 544211. We are open Monday to Friday, 9am til 4pm (excluding bank holidays).



Fatigue Management	Helen Bignell, Macmillan Occupational Therapist, NGH	Learn more about the impact of fatigue on everyday life and learn practical ways to manage it.
Eating Well	Jen Gillanders & Keith Fox, Nutrition & Dietetics Service, NGH	A talk about eating well through cancer treatment and beyond.
Living with the long term effects of cancer treatment	Julie Maher, Macmillan Advanced Practitioner, Radiotherapy, NGH	Advice and guidance on living with the long term effects of Radiotherapy.
Make up and Skin Care	Heather Gonsalves, Hair & Wellbeing Facilitator, NGH	The workshop aims to discuss the importance of skincare whilst on treatment and as a daily routine, including which products to use and which to avoid. We will also discuss haircare during and after treatment. There will be a practical demonstration of a daytime make up, including eyebrows and a chance for discussions and questions.
Introduction to Latin Dancing	Jenny Lancaster, Macmillan Information & Support Worker, NGH	Latin dance is fun, uplifting activity that is good for the mind, body and soul. With step-by-step guidance, this workshop is for anyone and everyone who wants to learn to dance. No partners required.
Come and Sing	John Wiseman, Cancer Services, NGH	Come and sing, as loudly as you like. Singing as a group can be highly therapeutic. Even if you're not a confident singer, come and join us in singing well known songs together accompanied by John on the piano.
Craft Workshop	Emma Chapman, Macmillan neuro-oncology Nurse, NGH	"Craft workshop - Where you can come along, chat and enjoy exploring your creative side, using decoupage (gluing and sticking) to decorate a simple picture frame."
Deep Relaxation & Mindfulness	Michael Scott, Pure Turtle UK	A talk about stress and anxiety, how and why it affects us, where it comes from and how to manage it. We will also focus on the importance of breathing and how it can transform our lives. How we can retrain the way we breathe to give us better sleep, more energy and more confidence, and how it can make us stronger, sleep better and live happier lives.
Laughter Therapy	John Hipkiss, Laughter Therapy UK	Expect the unexpected! Experience something new and joyful that will inspire you to laugh in new ways A LOT! You won't be put on the spot!
Walking Football	Russell Lewis, NTFC & Northampton Town walking football team	We will be demonstrating walking football. Walking football is simply football without running. Walking football gives opportunities for players who wish to continue to engage in football, who previously been forced to stop playing the game they love due to age or injury. Walking football and other forms of walking sport have been increasingly popular form of physical activity. There will be players from Northampton Town walking football team telling their stories.
Art Class	Something Less Boring	Gently guided by Liddy, using basic art equipment of pencils, a couple of paintbrushes and watercolour paints we will draw and colour three lovely exotic feathers. You will learn a little about how to use the technique of bleeding in your painting.