

Alternatively, you can speak to your Cancer Nurse Specialist / Key worker for more information or just please come to the session.

Counselling provided independently of the Trust by:

Christine Everley, MBACP
Person-centred Counsellor.

ckeeverley@hotmail.com

Telephone: 07792 676358

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Consultant Lead Nurse Cancer and Palliative Care, Matron, Senior Nurse or Manger on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you remain concerned, PALS can also advise upon how to make a formal complaint.

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We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.



To use the text relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید.
ਜੇ ਤੁਹਾਨੂੰ ਭਵਨਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553
اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں
Se precisa de uma tradução por favor contacte: 01932 723553
আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553
यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553
Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Ashford Hospital
London Road
Ashford, Middlesex
TW15 3AA
Tel: **01784 884488**

St. Peter's Hospital,
Guildford Road
Chertsey, Surrey
KT16 0PZ.
Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk

The Road To Recovery



INTRODUCTION

The road to recovery is a six week course that helps people who are having treatment or recovering from cancer to get on with life.

The course concentrates on refocusing on inner strengths and resilience to support people to cope emotionally, psychologically and practically.

These are some of the positive outcomes that people get from the course:

- Feel reassured and able to recognise own potential for making changes to enhance quality of life, confidence and happiness.
- Feel more able to support and share with others, less feeling of isolation.
- Feel more confident in dealing with emotional issues, depression, anxiety, anger and frustration.
- Understand and use positive listening and communication skills.

- Know how to achieve long and short term plans for change by setting goals for yourself and using problem solving steps.
- Address difficult problems using the problem solving techniques of the course designed to analyse and find solutions.
- Able to use the relaxation techniques practised on the course to refresh the mind and body.

TOPICS WILL INCLUDE:

- **WEEK 1:** 16th Jan, Moving On. Fears about the future – Christine Everley, Counsellor.
- **WEEK 2:** 23rd Jan, Help in Managing Symptoms / Side-effects of Treatment - Regina Santos, Cancer Nurse Specialist.
- **WEEK 3:** 30th Jan, Challenging Your Thoughts and Feelings - Christine Everley, Counsellor.
- **WEEK 4:** 6th Feb, Eating to Keep Well - Louise Cooper, Dietitian.

- **WEEK 5:** 13th Feb, Relaxation Techniques and Exercises to Motivate Your Recovery - Stephanie Harlow, Respiratory Clinical Specialist Physiotherapist / Julie Alderman, Occupational Therapist.
- **WEEK 6:** 20th Feb, Practical and Financial Support - Deepa Doshi, Macmillan Development Manager.

All meetings will be held at Aspen Ward Day Room at St. Peter's Hospital from 12:30pm - 2:00 pm.

Tea / coffee and biscuits will be provided and there are free passes for the car park.

ABOUT THE GROUP

The course is funded by Macmillan Cancer Support and led by a Cancer Clinical Nurse Specialist (CNS) with a Counsellor.

For more information or If you are interested in attending please contact:

Regina Santos, Lead Cancer Nurse Specialist: **01932 722771**