



Health and Wellbeing Event

for anyone affected by cancer



Thursday 15th March 2018

9.45am - 2.45pm

Elgin Town Hall - Supper Room

If you have received a recent diagnosis or if you are living with cancer, NHS Grampian is here to help. Whether you have just begun or finished treatment, you are being monitored, or you are living with metastatic disease, our Health and Wellbeing event could be for you. You are welcome to bring a partner, a relative, a carer or a close friend with you too.

9.45 am	Marketplace	NHS Healthpoint, TSI Moray & Quarriers, Move More Moray, ANCHOR Centre Project, Bowel Cancer UK, CLAN, Friends of ANCHOR, Maggie's, MacMillan, Marie Curie, The Oaks
10.15 am	Welcome	Dr Sandy Barclay Lead Cancer GP, Moray
10.30 am	How to get the most out of your doctor's appointment	Dr Sandy Barclay Lead Cancer GP, Moray
11.00 am	Break	Daffodil Tea Party
11.10 am	Healthy eating	Jenny Pole Dietician, Dr Grays
11.40 am	The Oaks Service	Mari McFadden & Kirsty Newlands Nurse Manager, The Oaks
12.10 pm	Buffet lunch/ Marketplace	Where you can visit information stands and chat with the other participants
1.10 pm	Emotional Wellbeing	Blair Robertson Lead Consultant Psychologist, NHS Grampian
1.40 pm	The benefits of physical activity	Caroline Van Der Heiden Move More Moray Development Officer, Macmillan
2.10 pm	Work & finance	Dawn Moir Citizens Advice Bureau
2.40 pm	Questions / Closing remarks / Evaluation	

For catering purposes we would appreciate if you could let us know if you wish to attend, and also if you will be bringing someone with you.

Please do this by contacting Tel: 01343 567119

TWITTER #NHSGrampianHealthandWell

