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Herefordshire's first breast cancer health and wellbeing day

More than 40 patients attended the first breast cancer health and wellbeing day in Herefordshire held on Thursday March 19.

The event, organised by Wye Valley NHS Trust, was funded from donations made by Chris Greensmith, and family and friends, in memory of her daughter Jo Greensmith who died last year.

Patients who recently completed breast cancer treatment at Wye Valley NHS Trust were invited along to find out about the information, support and advice available in Herefordshire for people affected by breast cancer.

Jackie Jones lead breast cancer nurse at Wye Valley NHS Trust, said: "We are very grateful to the Greensmith family who have enabled this pilot event to take place. Many breast cancer patients feel anxious about returning to everyday life at the end of their hospital treatment. The valuable feedback gathered will help to inform whether future breast cancer health and wellbeing days would be of benefit to our patients".

The event included a series of short talks from healthcare professionals covering late effects of treatment, exercise, managing fatigue and the ongoing emotional impact for people affected by cancer and their family.

A breast cancer clinician, clinical psychologist, and physiotherapist were amongst those who presented the talks to attendees. Local organisations also took part in the event show-casing the support available, including hypnotherapy relaxation offered by The Haven.

Richard Greensmith, Jo's father, said: "We are delighted that the donations kindly made by our family and friends have funded this local health and wellbeing day. Our family members have been touched by breast cancer and it's a cause Jo was very passionate about".

A wide range of charities and local organisations, including The Haven, Macmillan Welfare Benefits Team, Hope Support Services, Herefordshire Carers Support, Halo Leisure, Healthy Lifestyles trainers, Chave and Jackson, and Toni and Guy were also present to showcase the services available.

Alison Stemp, Macmillan Cancer Information and Support facilitator at Wye Valley NHS Trust, said: "We firstly wish to thank everyone who attended our first breast cancer health and wellbeing day, which has been a great success and was made possible by the donations made in memory of Jo.

"We're fortunate in Herefordshire to have a variety of support available for people affected by cancer, so this event was about raising awareness of these locally.

"We aim to hold similar events in the future to ensure that people have access to the right information and support to make informed choices to help improve their health and wellbeing living with and beyond cancer".

If you would like to find out more about the support available locally call 01432 355444 ext 5459 or email hereford.cancerinfoandsupport@nhs.net

Photograph

Left to right Richard Greensmith, Irene Simpkins (patient), Jackie Jones (lead breast cancer nurse), Alison Stemp (Macmillan Cancer information and support facilitator), Mr K Das (breast surgeon), and Tracey Horne (breast cancer nurse).



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Note to editor:

- Wye Valley NHS Trust is the provider health services across Herefordshire and beyond. The Trust exists to improve the wellbeing, independence and health of the people we serve. We are the leading provider of health care in Herefordshire.
- By working closely with our partners, we can make good our promise to deliver a quality of care we would want for ourselves, our families and our friends.
- With an estimated annual turnover of around £160 million, we employ around 2,700 plus staff. We aim to build new relationships between our staff, patients, service users and their carers with the wider community. For further information please contact:

For further information please contact:

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