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Herefordshire cancer health and wellbeing day a success

Wye Valley NHS Trust hosted its third cancer health and wellbeing day event last week, on Tuesday September 29, supported by local cancer support services and voluntary organisations.

Around 40 people affected by cancer in Herefordshire attended this year's event to access local information, support, and advice available under one roof.

Short talks were delivered by healthcare professionals covering late effects of treatment, exercise, managing fatigue and the emotional impact for people affected by cancer and their family. Wye Valley NHS Trust clinical psychologist, Macmillan survivorship lead for Gloucestershire and a physiotherapist, were amongst those who presented the talks to attendees.

A wide range of local support services and voluntary organisations, including Herefordshire Council Healthy Lifestyles team, Tony & Guy's Strength in Style service, Chave & Jackson, The Haven, St Michael's Hospice, and Halo Leisure, were present to showcase their services available in the county.

Taster activity sessions were available in the afternoon including laughter yoga, Tai Chi movements for wellbeing and Fitsteps to promote the benefits of returning to activity after treatment for cancer. The Yeleni Support Centre provided short taster sessions on a variety of complementary therapies.

Alison Stemp, Macmillan Cancer Information and Support facilitator at Wye Valley NHS Trust, said: "We're delighted to offer people who have been through cancer diagnosis and treatment the opportunity to ensure they know about all the services and support available locally to help people adjust to life beyond cancer.

"This event, which has been running locally for the last three years, is a great example of healthcare, support services, and voluntary organisations working together to provide the best possible care, information and support for people in Herefordshire.

"We wish to thank everyone who attended and supported this year's event and we continue to look forward to working together to help people make informed choices about their health and wellbeing".

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

Ends

Pic caption:

Nicky Heath from the Yeleni Support Centre at the wellbeing day

