

Press release – 26 April 2013

2013-45

Health and wellbeing day empowers local cancer survivors

More than eighty people took part in the county's first cancer health and wellbeing day last week, to raise awareness of the support available for people affected by cancer in Herefordshire, and the importance of living a healthy lifestyle.

With around 1000 people a year in Herefordshire diagnosed with cancer and increasing numbers of people living with and beyond cancer, Macmillan Cancer Support and Wye Valley NHS Trust recognised the long term health and wellbeing needs of people affected by cancer and joined forces to host the event.

Healthcare professionals, local organisations and support services were on hand to offer practical, emotional and social support, and advice, including Yeleni Support Centre which provided complementary therapy taster sessions, Halo Leisure, WRVS, and Red Cross.

Activity sessions included tai chi, singing for wellbeing, and zumba, with advice on safe ways to exercise during and after cancer treatment, and the positive benefits of leading active and healthy lifestyles.

Alison Stemp, Macmillan Cancer Information and Support Facilitator, at Wye Valley NHS Trust, said: "We're very grateful to all those who attended and supported this event, which has provided a stepping stone towards ensuring people affected by cancer in Herefordshire have easy access to the support they need, so they can be better informed and empowered to live independently with and beyond cancer. We received very positive feedback from those attending the event, which will help us to shape future developments".

Elizabeth Wright, Macmillan Development Manager for the area, said: "It's great news that people are living after a cancer diagnosis but we need to support people to help them manage the long term impact and put a greater focus on recovery, and health and wellbeing after treatment".

The event also provided an opportunity for developing links between local cancer support groups with a view to setting up additional groups across the county.

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

Photograph

Left to right: Caroline Stratford - volunteer, Vicky Lightowler, from the Starlight Company, Louise James – Macmillan volunteer taking part in a zumba taster session.



End

Notes to Editors:

- Wye Valley NHS Trust is the first integrated provider of hospital, community and adult social care services in the NHS in England. The Trust exists to improve the wellbeing, independence and health of the people we serve. We are the leading provider of health and social care in Herefordshire. By combining hospital, community and adult social care services, 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 £160million, we employ around 3000 plus staff. As the first integrated provider of acute, community and social care in England, we aim to build new relationships between our staff, patients, service users and their carers, and with the wider community.

For further information please contact:

John Burnett, Communication and Engagement Manager, Wye Valley NHS Trust: 01432 372928
or Fiona Gurney, Communications Assistant 01432 355444 ext. 5105.