

Join us for cancer support workshops and activities

Open to anyone affected by cancer at West Herts Teaching Hospitals
Build support, find comfort and and embrace wellness together.

Workshops	Details	Location	Dates/time
Take control	A 3-hour workshop focusing on the practical and emotional skills for self-management and coping strategies to move forward.	Stanborough Centre*	Feb April
HOPE Course	An interactive, group based, self-management support course, which runs for 2 days 10-4pm	Stanborough Centre*	24th ,31st Jan 24th. 31st Mar
Macmillan buddy service	Being in hospital can be an isolating and stressful experience. Your volunteer buddy will be a listening ear, ready to talk about how you are feeling.	Watford General inpatients	Monday-Friday
Look Good Feel Better	A practical workshop for people affected by cancer to help manage the visible and emotional effects of treatment.	Watford General Macmillan Centre	Mon 27th Jan, Fri 28th Feb, Fri 21st Mar, Thu 17th April, Fri 16th May, Mon 23rd June
Cancer Support Group	A warm and supportive group that welcomes anyone affected by cancer.	All Saints Church, Croxley WD3 3HJ **	First Thursday of the month 2:00pm-4pm
Health and Wellbeing Events	Specialised Health and Wellbeing event. These sessions aim to get people back 'on track' after a cancer diagnosis, providing support, information, and ways to maximise recovery.	Stanborough Centre *	Quarterly March, June, September

*Stanborough Centre, 609 St Albans Road, Watford, Hertfordshire, WD25 9JL** All Saints Church, Croxley WD3 3HJ

Please speak with your cancer nurse or contact the Macmillan cancer information centre for more information or to book a place call 01923 436 326.

