

Useful contacts

iapt

Improving Access to Psychological Therapies



Warrington Talking Matters

Phone: 01925 401720

Email: info@mentalhealthmatters.co.uk

St Rocco's Hospice

Phone: 01925 575780

Email: enquiries@stroccos.org.uk



Macmillan Community Information Support Service

Phone: 01925 843730 or 01925 246970

Email: macmillan@warrington.cabnet.org.uk



Warrington Citizens Advice Bureau

Phone: 01925 246994

Email: admin@warrington.cabnet.org.uk



Wired Carers Service

Phone: 0800 731 6941

Email: warrington.carers@wired.me.uk



Macmillan Delamere Information Support Service

Phone: 01925 843730 or 01925 246970

Email: beverley.collins6@nhs.net or
j.mayers@nhs.net



Warrington Home Improvement Agency

Phone: 01925 246812

Email: whia@wha.org.uk



Access Adult Social Care – First Response Team

Phone: 01925 443322

(out of hour Emergency 444400)

Email: asc@warrington.gov.uk



CGL Pathways (Drug & Alcohol)

Phone: 01925 415176

Email: warringtonsms@cgl.org.uk



Warrington Wellbeing

Phone: 01925 248460

Email: warringtonwellbeing@warrington.gov.uk



Warrington
Clinical Commissioning Group

Look to the future

Living with and beyond cancer

Venue: Orford Jubilee Neighbourhood Hub,
Jubilee Way, Orford, Warrington, WA2 8HE

Behind Decathlon, off A49, Winwick Road

Free car parking

Bus routes 20 and 21 drop you at the door

Please sign in at reception upon arrival

Please remember to:

- Wear loose, comfortable clothing and sensible shoes (no sandals)
- Bring small towel with you
- Bring bottle of water
- Bring your own GTN spray (if applicable)
- Take medications as usual



How can we help?

This programme recognises the importance of meeting the psychological and emotional needs of living with and beyond cancer such as the fear of recurrence, reduced confidence; physical needs (fatigue) and the need for exercise.

The programme is designed for those who are coming to the end of their treatment and are now looking to return to everyday life.

The programme is delivered in four consecutive weekly sessions (each of two hours duration), including a mix of exercise, education and reviewing self-management goals.

These elements form part of an overall support and self-management package for people who have been affected by cancer.

You can discuss your physical, emotional, spiritual and social needs through the completion of a Holistic Needs Assessment and Care Plan which will be carried out by one of the Lifestyles Team; it is a simple questionnaire completed by you to highlight the areas that you may need support with.

The aim

- Feel **reassured** and able to **recognise** your own potential for making changes to enhance quality of life, confidence and happiness
- Feel more able to **support and share** with others
- Experience the feeling of **reduced isolation**
- Feel more **confident** in dealing with emotional issues, depression, anxiety, anger and frustration
- Know how to **achieve long and short term plans for change** by using the goal setting and problem solving steps
- To be able to use the **relaxation** techniques on the course to refresh both mind and body
- To **share the course experience and knowledge** with family and friends

Living with and beyond cancer course content

Week 1 Content	
1	Welcome/Introductions
2	Responsibilities/Housekeeping
3	Benefits of a healthy lifestyle
4	Benefits of Holistic Needs Assessment
5	Modifiable/non-modifiable cancer risks
6	Available support within Warrington
Week 2 Content	
1	Introduction to IAPT services: A. How we can help? B. What do we do? C. How it will work?
2	Mindfulness/Relaxation
3	Signs and symptoms of low mood including anxiety and depression
4	Ways of managing our well-being
5	Why your mental health is important
Week 3 Content	
1	Managing side effects of cancer treatment and ways to self-manage
2	Fatigue management advice/tips. Joint/muscle pain management
3	Lifestyle programme - body image and confidence
Week 4 Content	
1	Moving forward
2	Review of the programme
3	Goal setting (SMART)
4	Further support

Tailored exercise is also part of the programme which will give you the opportunity to find out about the many proven benefits of exercise such as:

- **A sense of wellbeing**
- **Helps you to feel less tense, to cope better with stressful situations and aid relaxation and sleep**
- **Tone and tighten muscles to give you extra strength, improve mobility and slow down the loss of calcium, maintaining bone and strength, reducing the risk of fractures**
- **Helps to prevent other serious conditions such as diabetes, heart disease, stroke and controls blood pressure**
- **There is growing evidence to support that exercise can reduce the risk of cancer reoccurrence**