



A BIG BOOK OF

Help

QR Brochures and leaflets from the  
**Macmillan Cancer Information & Support Centre**

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Last Updated  
**October 2022**



# CANCER INFORMATION & SUPPORT CENTRE

## IN PARTNERSHIP WITH MACMILLAN

Our Macmillan Cancer Information and Support Centre has a large selection of information booklets available on many different topics. All of the leaflets in this brochure are available in paper form from our Centre, but we have now produced a way of reading them on your handheld device too.

Simply scan the QR code with your smartphone camera and click the link that appears.

Please ask a member of staff to help, if needed.

### Topics Available:

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• <a href="#"><u>The Cancer Guide</u></a>	Page 14
• <a href="#"><u>Cancer Types</u></a>	Pages 15—74
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• <a href="#"><u>Treatment Advice</u></a>	Pages 86—102
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• <a href="#"><u>Physical Activity &amp; Wellness</u></a>	Pages 122—132
• <a href="#"><u>Finance and Work</u></a>	Pages 133—150
• <a href="#"><u>Living with Cancer &amp; Carer Support</u></a>	Pages 151—164
• <a href="#"><u>Life After Cancer</u></a>	Pages 165—173
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# OUR CENTRE



# The Macmillan Centre at QAH

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# CANCER INFORMATION & SUPPORT CENTRE QUEEN ALEXANDRA HOSPITAL IN PARTNERSHIP WITH MACMILLAN

We support everyone, whatever stage of your cancer journey—from investigations and diagnosis to living well after cancer and end of life support. Patients and family / friends / carers can use our service, free of charge.

Our Centre is located in the [Haematology and Oncology Department](#) on [B Level](#), directly above the main atrium entrance.

We are open [Monday to Friday](#) (apart from bank holidays), from [10am to 4pm](#). There is no need to book - pop in for advice, refreshments, or even as a quiet place to recharge or prepare for an appointment.

Alternatively, you can always call us on [02392 283323](#) or email [macmillancentre@porthosp.nhs.uk](mailto:macmillancentre@porthosp.nhs.uk) for more information.

On entering the centre you will be welcomed by either one of our lovely volunteers or staff members. You will be offered choices of refreshments and asked if we can help you in any way. Some visitors like to talk and ask questions, some like to be left alone. We can usually work this out quite quickly, but don't be afraid to let us know if not.

## Centre Staff:

**Centre Manager:** Emma Brown

**Centre Coordinators:** Julie Kill, Sarah McGuire and Hanna Ramsey

**Volunteers:** 26x Meet and Greet Volunteers; 12x Complementary Therapists; 2x Counsellors; 1x Hypnotherapist

# SERVICES WE OFFER

## Supportive Listening

Our staff and trained volunteers can listen to your worries and concerns and offer free, confidential emotional support and advice. Simply pop in to the centre during our opening hours or email / call us to do this over email / phone or book a time that suits you.

## Talking Therapy

If you feel that you may need to talk to someone about how a cancer diagnosis is affecting your life (be that yours personally, or a loved one / someone you care for) - we offer a free talking therapy service with our counsellors and psychiatry (both virtual and face-to-face). Referrals can be made by your consultant or nurse specialist, or by yourself with the centre staff—we can do this over the phone or in person. We also offer a Fear of Cancer Recurrence group therapy, which is accessed via the same referral process.

## Complementary Therapy

All patients in active treatment (and a nominated loved one / carer) are welcome to 3 therapy sessions with our trained therapists. We offer: Reiki; Reflexology; Indian Head Massage; Aromatherapy; Body Massage—all free of charge. Pop in or contact us to book!

# SERVICES WE OFFER

## Hypnotherapy

As with many types of complementary therapy, some people with cancer use hypnotherapy to help them relax and cope with symptoms and treatment. It may help you feel more comfortable and in control of your situation. It is often used sickness, needle phobias and pain. It can also help with depression, sleep problems, anxiety and stress. Call or email us to get booked in.

## Financial Advice

A Macmillan Hampshire Citizen's Advisor is present in our Centre twice a week for pre-booked appointments to help with welfare benefit applications; housing issues; accessing charitable grants; travel to/from appointments and your rights at work.

Call **0344 847 7727** to book at face-to-face appointment at the centre or a telephone appointment.

## Wig Service

Our Centre hosts a Wig Service twice a week, which is run by a company called **Daxbourne**. Referrals to this service can be made by your consultant or your clinical nurse specialist.

The Trust fund £120 towards the cost of your chosen wig. Once your referral has been received Daxbourne will contact you to book an appointment.

# Carer Support Group

**MACMILLAN**  
CANCER SUPPORT

**NHS**  
Portsmouth Hospitals  
University  
NHS Trust

## Are you supporting/caring for someone affected by cancer?

You are invited to join a new Support Group for Carers at the Macmillan Information and Support Centre to:



- Talk openly and honestly with other carers.
- Listen to other carers, share experiences and get support.
- Talk about your feelings.
- Be with others in similar situations.
- To feel and know that you are not alone.

Group meetings will take place in the Macmillan Information and Support Centre, Level B, Queen Alexandra Hospital, Portsmouth PO6 3LY.

**The Group will be held on the third Wednesday of the month – 10:30am to 12pm.**

Please contact the team at [macmillancentre@porthosp.nhs.uk](mailto:macmillancentre@porthosp.nhs.uk) or telephone on 02392 283323 to book a place.

**Working together** To drive excellence in care for our patients and communities

 [@QAHospitalNews](https://twitter.com/QAHospitalNews)

 [www.porthosp.nhs.uk](http://www.porthosp.nhs.uk)

# WORKSHOPS

We are always trying to develop interesting workshops and activities for our patients and their loved ones. They are all free of charge and run regularly. Individual advertisements follow on from this page. The current workshops available at our Macmillan Centre are the following:

- **Demystifying Chemotherapy**

For those about to start IV Chemotherapy

Explore possible side effects and dismiss myths

Tour of the Day Unit and opportunity to ask questions

Every Thursday afternoon, 1300—1600

- **Introduction to Mindfulness**

For anyone in need of relaxation and coping strategies.

Find an inner calm, a sense of wholeness and peace.

Every 3rd Friday of the month, 1030—1200

- **Physical Wellbeing**

A chance to explore different types of wellbeing activities

4-week rolling program of taster sessions on Monday AMs

- **Look Good, Feel Better**

Advice on skincare and make-up following treatments

Beauty products provided by big beauty brands for free

Takes place on 2nd and 3rd Tuesday of the month

- **HOPE: How to Overcome Problems Effectively**

Focusing and rediscovering your inner strengths and resilience

after treatment ends, helps you to cope emotionally and practically

Runs 3—4 times a year



# Demystifying Chemotherapy



**NHS**  
Portsmouth Hospitals  
University  
NHS Trust

## Demystifying Chemotherapy

### Planning Ahead

**"Very informative, now feel more confident and positive"**  
- Chemotherapy Patient

You can attend in person or virtually  
- book which one with Macmillan

**Thursdays 1.30-4.30pm**  
Macmillan Centre Queen Alexandra Hospital B Level

Places go fast so sign-up today!  
**(023) 9228 3323**

**For those who have started, or are about to start  
Intravenous Chemotherapy. To learn about the effects of  
Chemotherapy and how to manage them.**

MPI ref: 18-3944

- Learn how to recognize and control stress with relaxation and guided imagery techniques
- Unravel the myths surrounding chemotherapy to reduce the degree of sadness, anxiety and fear treatment can bring.
- Our dedicated team of experts will enable you to learn more about the affects of chemotherapy and plan ahead for the disruptions treatment may cause
- We're here for you, your family, friends and carers and you're very welcome to bring someone with you.
- Find out what professional support is available
- Seek out your social support networks
- Meet others starting treatment and remember many people undergo chemotherapy every day.

Please note there will be no formal confirmation, we will only contact you if the session is unavoidably cancelled.

Before any medical professional examines or treats you they must have your consent or permission.

Consent ranges from allowing a doctor to take your blood pressure – rolling up your sleeve and presenting your arm is implied consent – to signing a form saying you agree to the treatment or operation. It is important before giving permission that you understand what you are agreeing to. If you do not understand – ask. More detailed information is available on request.

This leaflet can be made available in another language, large print or another format. Please speak to the Ward Manager or contact the Health Information Centre Tel: (023) 9228 6757, who can advise you.

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Designed by former patient Zac Banton of Bambu3.com on behalf of Portsmouth Hospitals NHS Trust  
www.porthosp.nhs.uk ©QAHospitalNews

# Mindfulness Workshop

## Introduction to Mindfulness

You are invited to join a workshop about Mindfulness



- **Mindfulness involves training our attention to experience the present moment with greater curiosity and kindness. This helps us to not only appreciate what is going well but to respond more skilfully in the here and now to life's inevitable challenges.**

### What are the potential benefits?

- **feeling calmer and more positive**
- **helping cope with stress and anxiety**
- **improving concentration and focus**

The workshop will take place in the Macmillan Information and Support Centre, Level B, Queen Alexandra Hospital, Portsmouth PO6 3LY.  
on:

**The Group will be held on the third Friday of the month  
10am to 1pm.**

- Please contact the team at [macmillancentre@porthosp.nhs.uk](mailto:macmillancentre@porthosp.nhs.uk) or telephone on 02392 283323 to book a place.

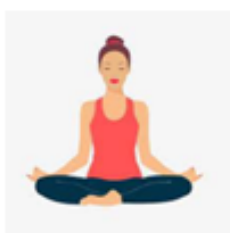
# Physical Wellbeing Workshop

**MACMILLAN**  
CANCER SUPPORT

**NHS**  
Portsmouth Hospitals  
University  
NHS Trust

## Physical Wellbeing Workshops

Taster workshops take place  
Mondays 10am to 11am

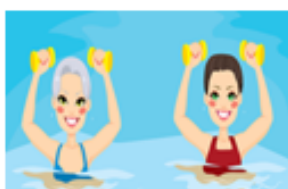


### Yoga (Macmillan Centre)

Suitable for all ages and abilities. The workshop will focus on postures, relaxation and breathing; with gentle movement to help you to learn to enjoy present moment. This will increase your sense of well being and help reduce stress.

### Body Conditioning (Macmillan Centre)

Gentle cardio and strengthening exercises designed to gently raise your heart rate and increase mobility. Very low impact, (seated exercise if required) no co-ordination is needed



### Aquacise (Oasis Wellness Centre, QAH) 11am-12pm)

The water is a great place to start if you are not used to exercising. (Even if you cannot swim). The buoyancy of water supports your weight, and allows your body to relax while gently moving. Improvement in muscle strength can be achieved by pushing your arms and legs against the water. This class is designed to gently raise heart rate and increase muscle strength

### Pilates/Stretching (Macmillan Centre)

Is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, Pilates concentrates on posture, balance and flexibility.



To book a place contact  
**macmillancentre@porthosp.nhs.uk** or telephone on  
**02392 283323**

**Working together** To drive excellence in care for  
our patients and communities

 @QAHospitalNews

 [www.porthosp.nhs.uk](http://www.porthosp.nhs.uk)



# Look Good, Feel Better Workshop



Skincare  
& Makeup  
Workshops



Skincare  
& Makeup  
Workshops

Skincare  
& Grooming  
Workshops



Virtual  
Workshops  
Via Zoom

## What Should I Expect?

Step-by-step advice on skincare and makeup application to complete a natural, radiant look. Learn practical tips and techniques, including how to enhance sparse eyebrows or loss of eyelashes, to help you look and feel like you again.

"I've learnt lots of new techniques [at your workshops] from my nails to my hair and now exercise through chair yoga. I feel like you've all been like little guardian angels throughout my cancer journey. You have really picked my mood up many times putting a smile on my face. Please keep up your amazing work - I know I would be lost without you all."

Rosemary, Virtual Workshop Beneficiary

A Little  
About Us...

Look Good Feel Better is a leading cancer support charity aimed at boosting the physical and emotional wellbeing of people living with cancer.

We run face-to-face Skincare & Makeup Workshops in hospitals and cancer support centres as well as a range of Virtual Workshops to help support people going through cancer treatment across the UK.

Every session is a chance to focus on yourself and not your cancer!



BOOK A  
WORKSHOP!

To book onto a workshop, please scan the above QR code or visit our website:  
[www.lookgoodfeelbetter.co.uk/workshops](http://www.lookgoodfeelbetter.co.uk/workshops)

W: [www.lookgoodfeelbetter.co.uk](http://www.lookgoodfeelbetter.co.uk) S: @lgfbuk  
E: [info@lgfb.co.uk](mailto:info@lgfb.co.uk) T: 01372 747 500

# HOPE Workshop—How to Overcome Problems Effectively



## We can help you take back control

HOPE is a course developed by Macmillan Cancer Support and Coventry University to support you after cancer treatment.

Each course is run by a health and social care professional and a trained volunteer who has a personal experience of cancer.

You can share your experiences and get support from other people going through the same thing. It helps strengthen your coping skills for dealing with different problems like anxiety, fatigue and concerns for the future. So you can feel more like yourself again.

HOPE is a free two-and-a-half-day course, run over two consecutive weeks and a half day follow up three months later.

### HOPE can help you:

- regain your confidence so you feel more like yourself
- use relaxation techniques for your mind and body
- cope with anger, anxiety, depression and uncertainty
- handle stressful situations
- plan for your future
- use your potential to make the most of your life.



## What people say about HOPE course

• This course has done absolute wonders for me. I came into it depressed and very lonely. I am more confident and have learned that I can't control my illness, but I can control how I live my life. Christine, who received treatment for breast cancer

• Now I understand why I feel different at times. The course reminded me that I'm not alone in dealing with the feelings experienced after the treatment! It has helped me to gain a different outlook on life. Val, who received treatment for breast cancer

• I have become very mindful and thoughtful as a result of the course. It has helped me cope with my diagnosis and look to a better future. Martin, diagnosed with bowel cancer

• I was able to, for the first time in 16 years, talk about my experience with cancer with other ladies who had been through it also. I was relieved to know that is was OK (even normal) to feel what I had felt. Tara, diagnosed with thyroid cancer

## How to book

To book your place on the HOPE course, please contact The Macmillan Information & Support Centre, B level, QAH on 02392 283 323 or [macmillancentre@portosp.nhs.uk](mailto:macmillancentre@portosp.nhs.uk)

You can also visit [learnzone.macmillan.org.uk](http://learnzone.macmillan.org.uk) for more information.



# The Cancer Guide





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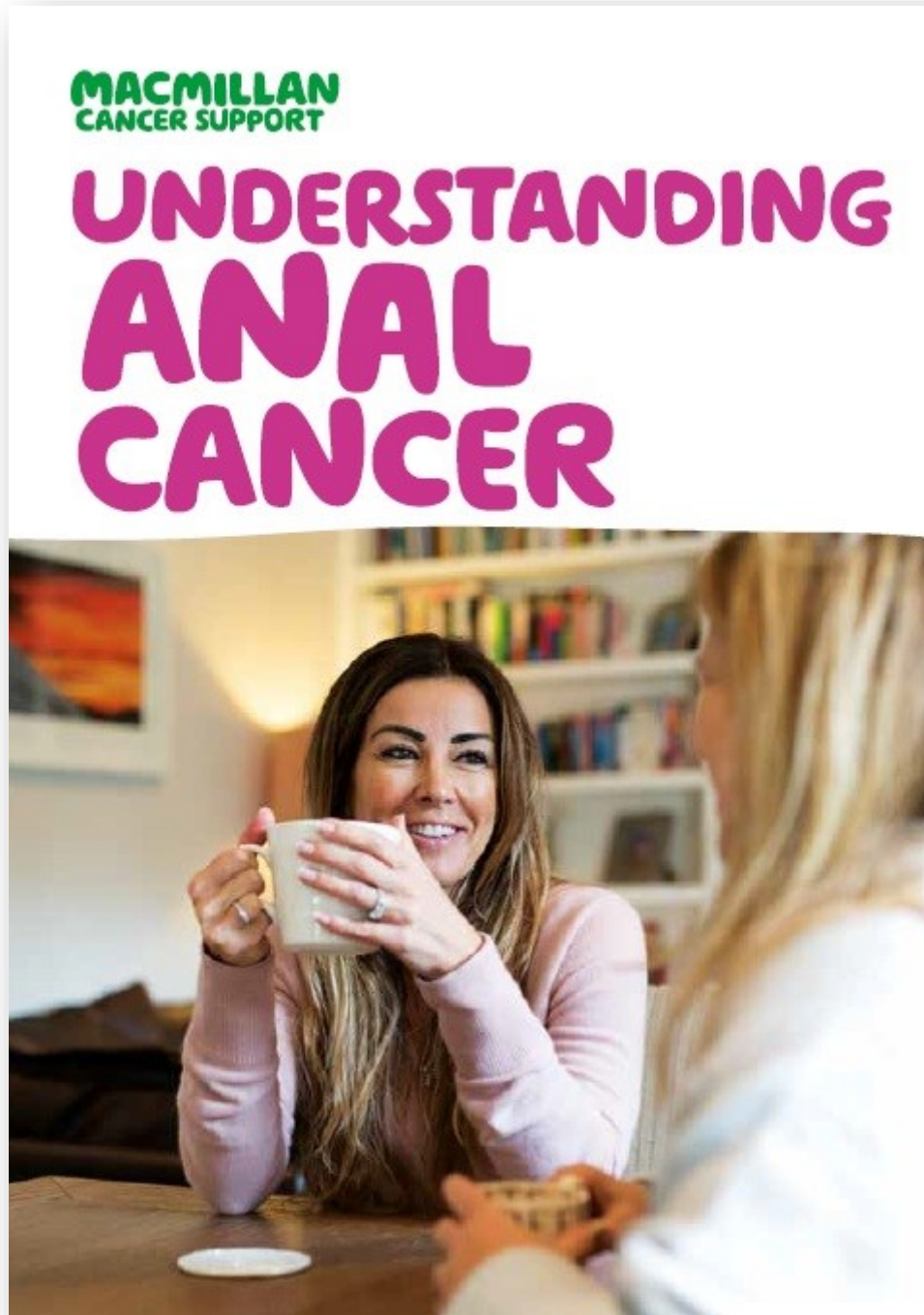
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# Anal Cancer



# Bladder Cancer

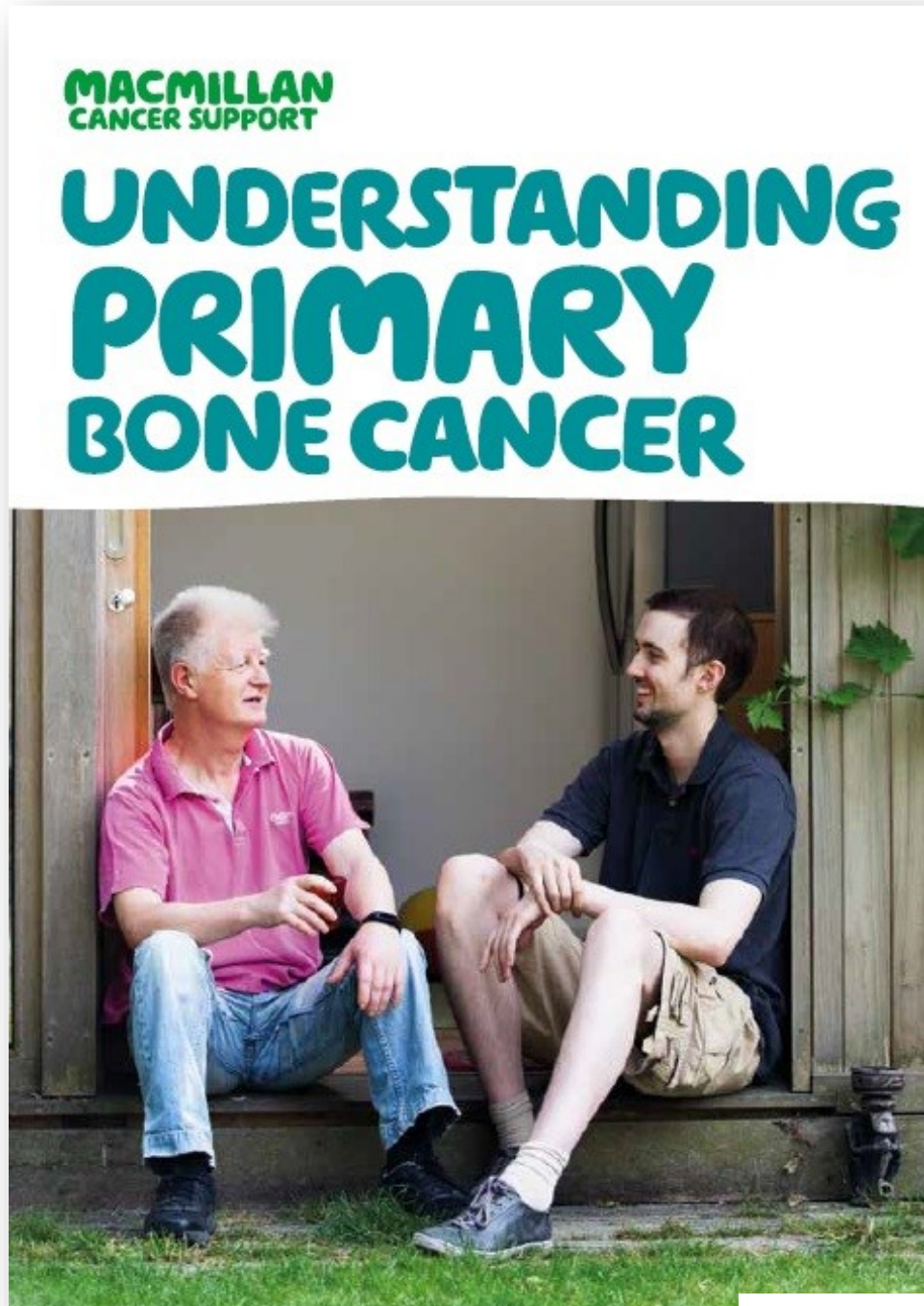


# Bladder Cancer





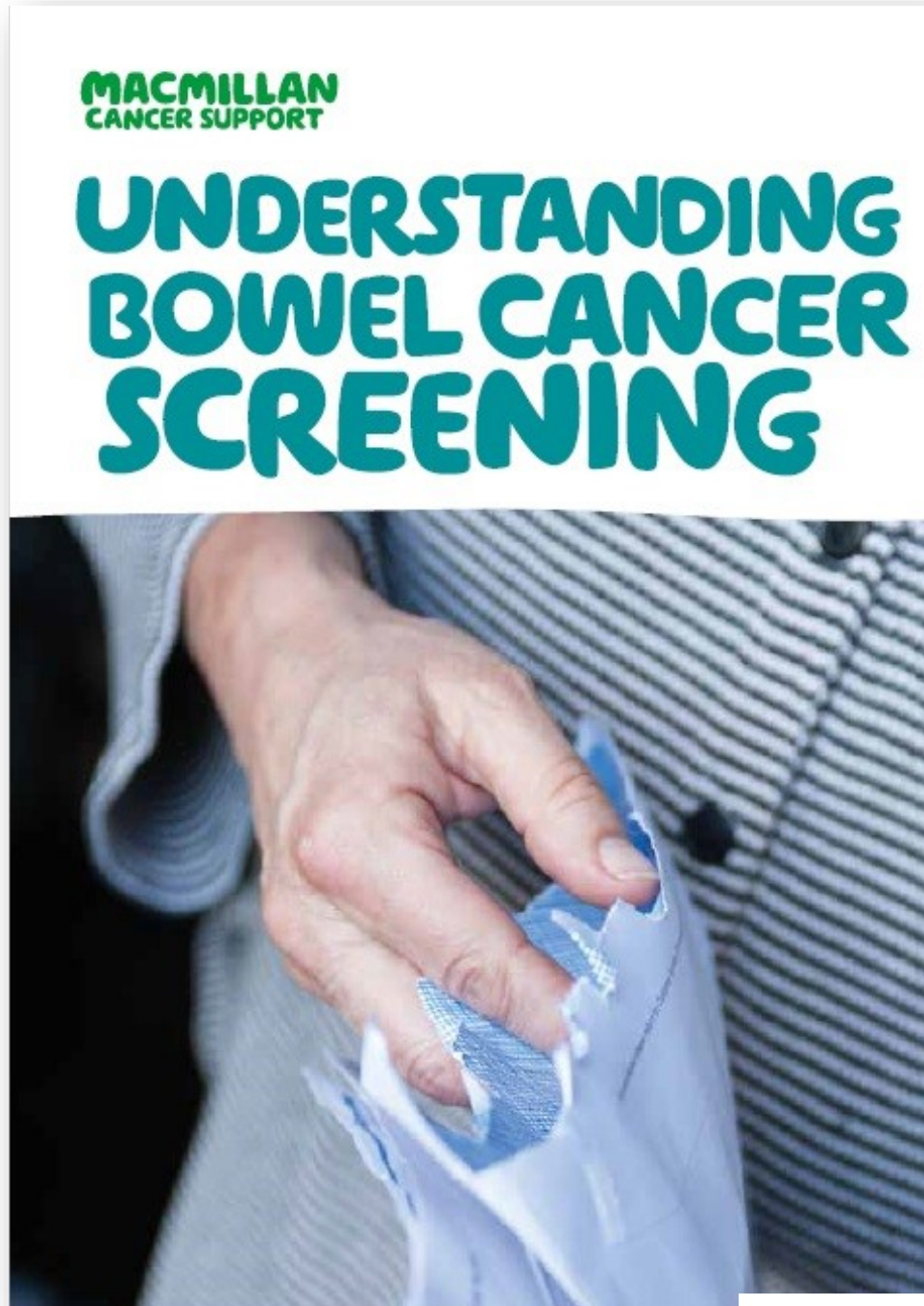
# Bone Cancer



# Bone Cancer



# Bowel Cancer



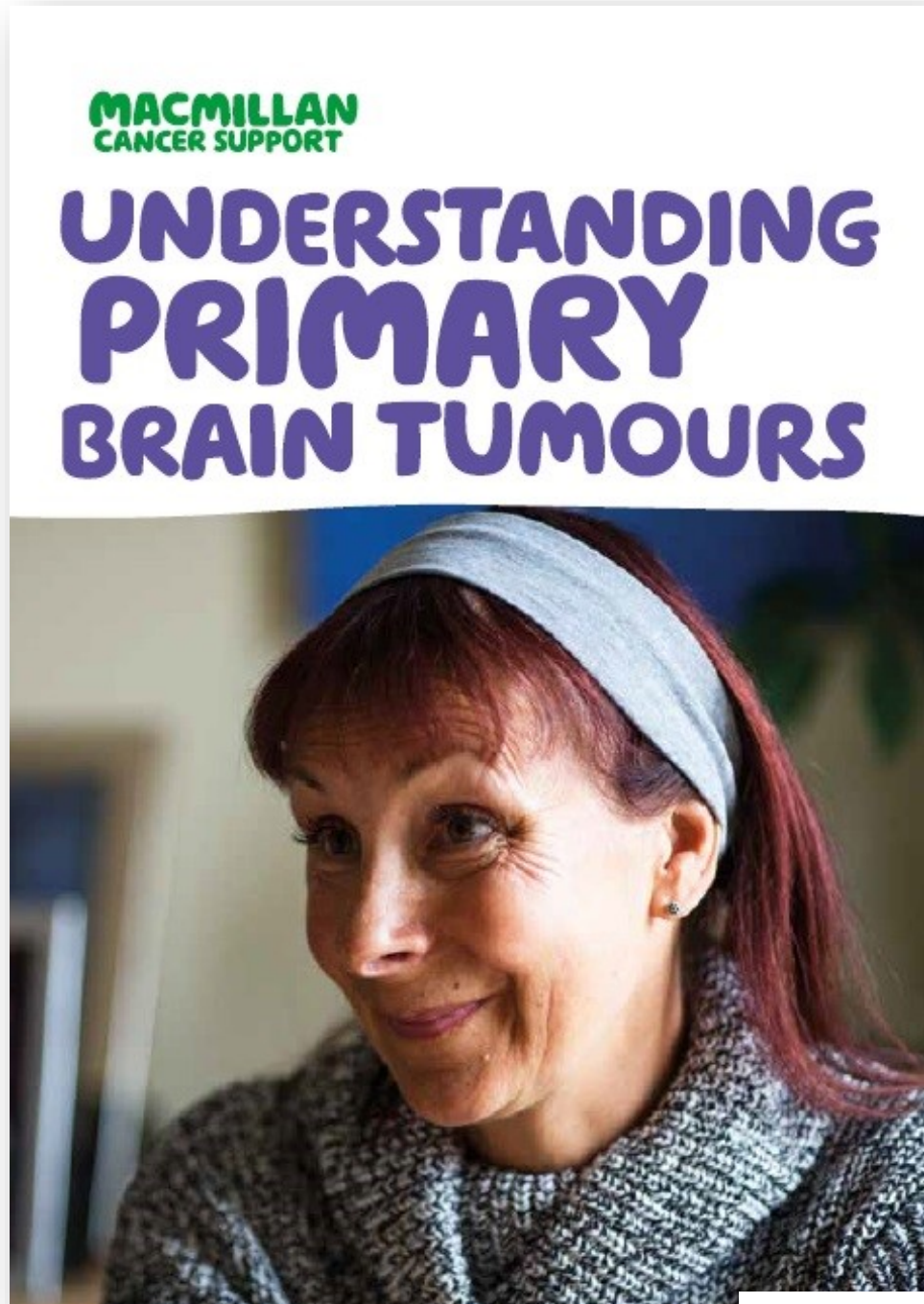


# Bowel Cancer

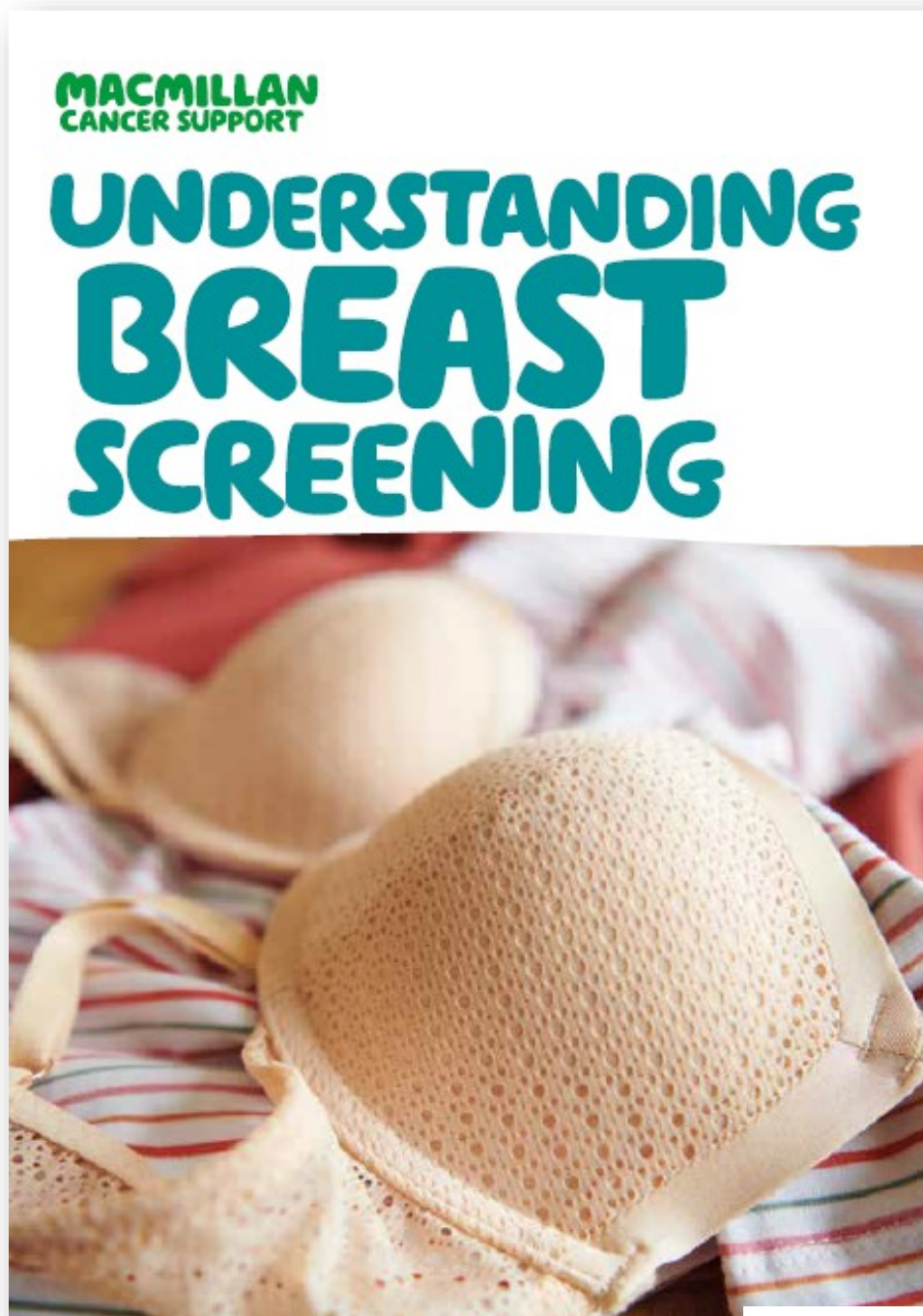




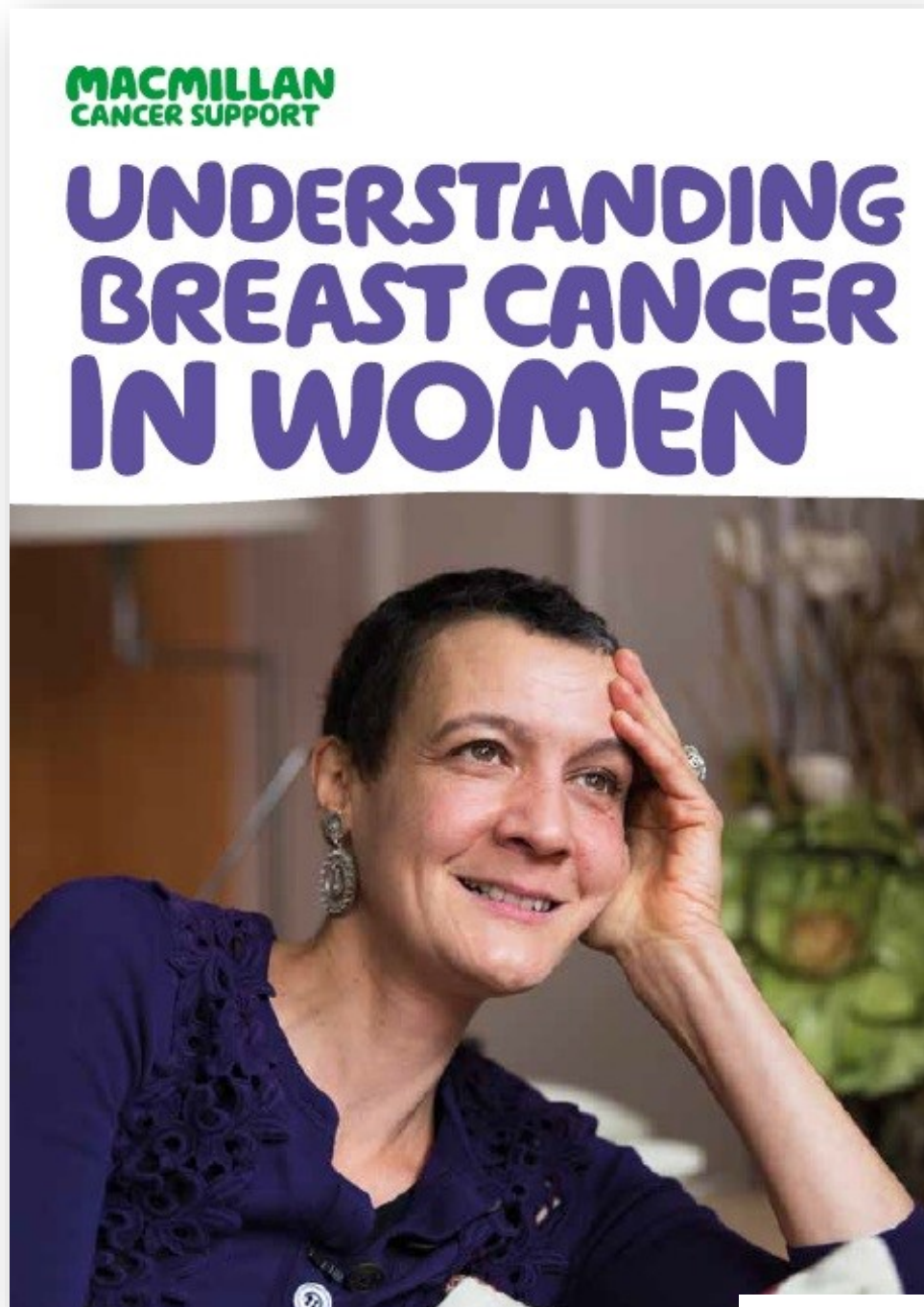
## Brain Cancer



# Breast Cancer



## Breast Cancer





## Breast Cancer



# Breast Cancer



# Breast Cancer

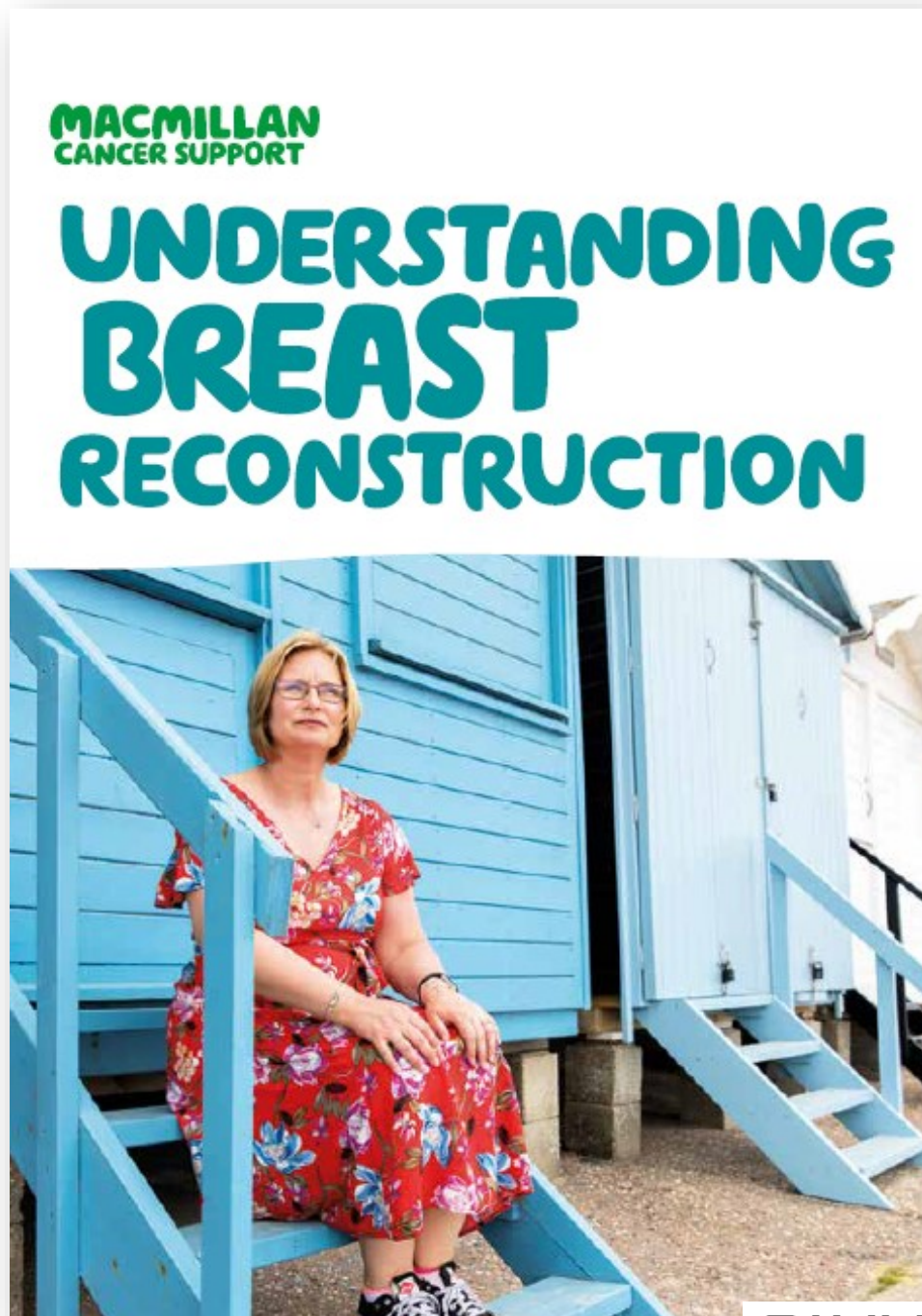




# Breast Cancer



## Breast Cancer





# Cervical Cancer



# Cervical Cancer

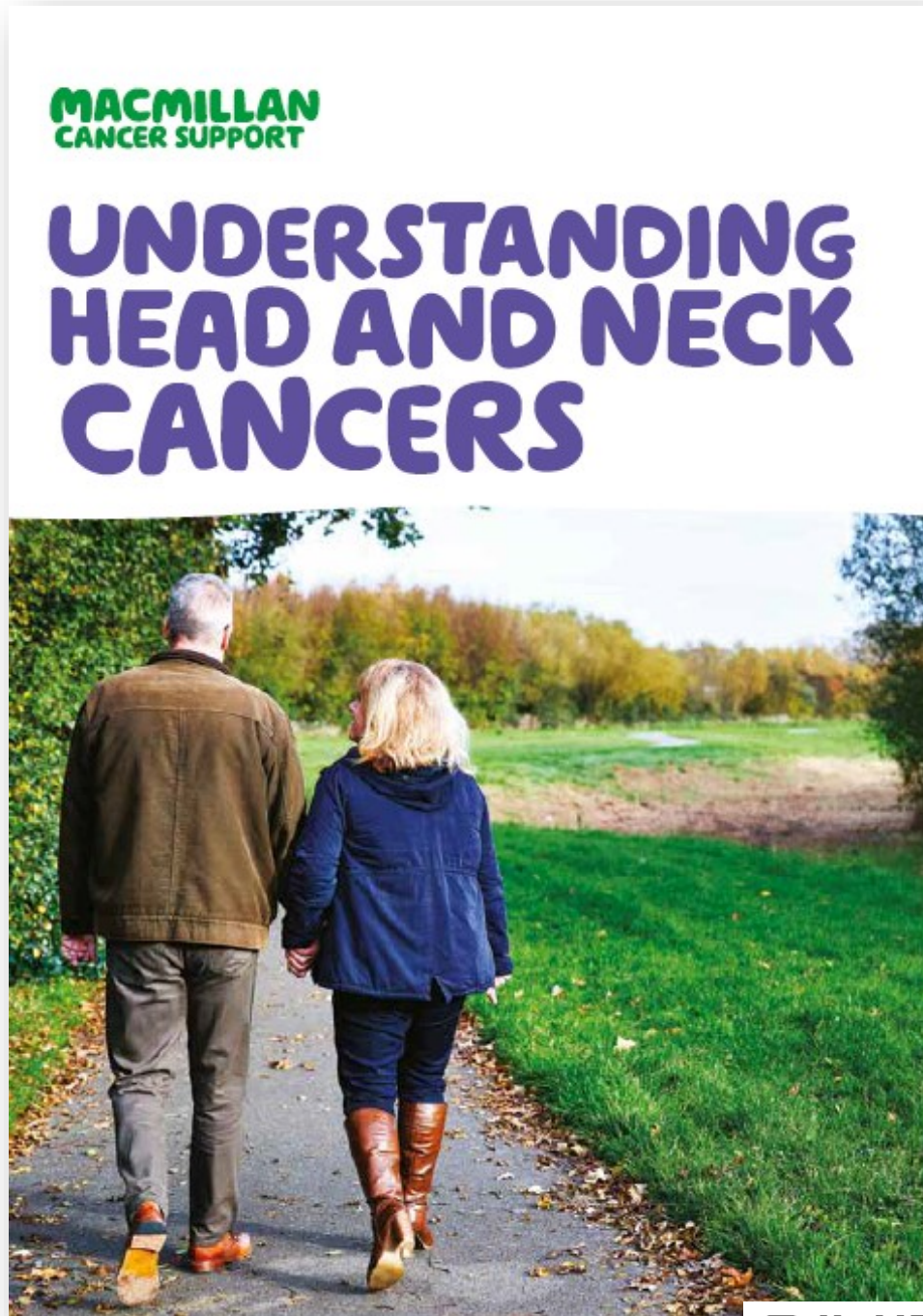


# Colon Cancer





# Head and Neck Cancer





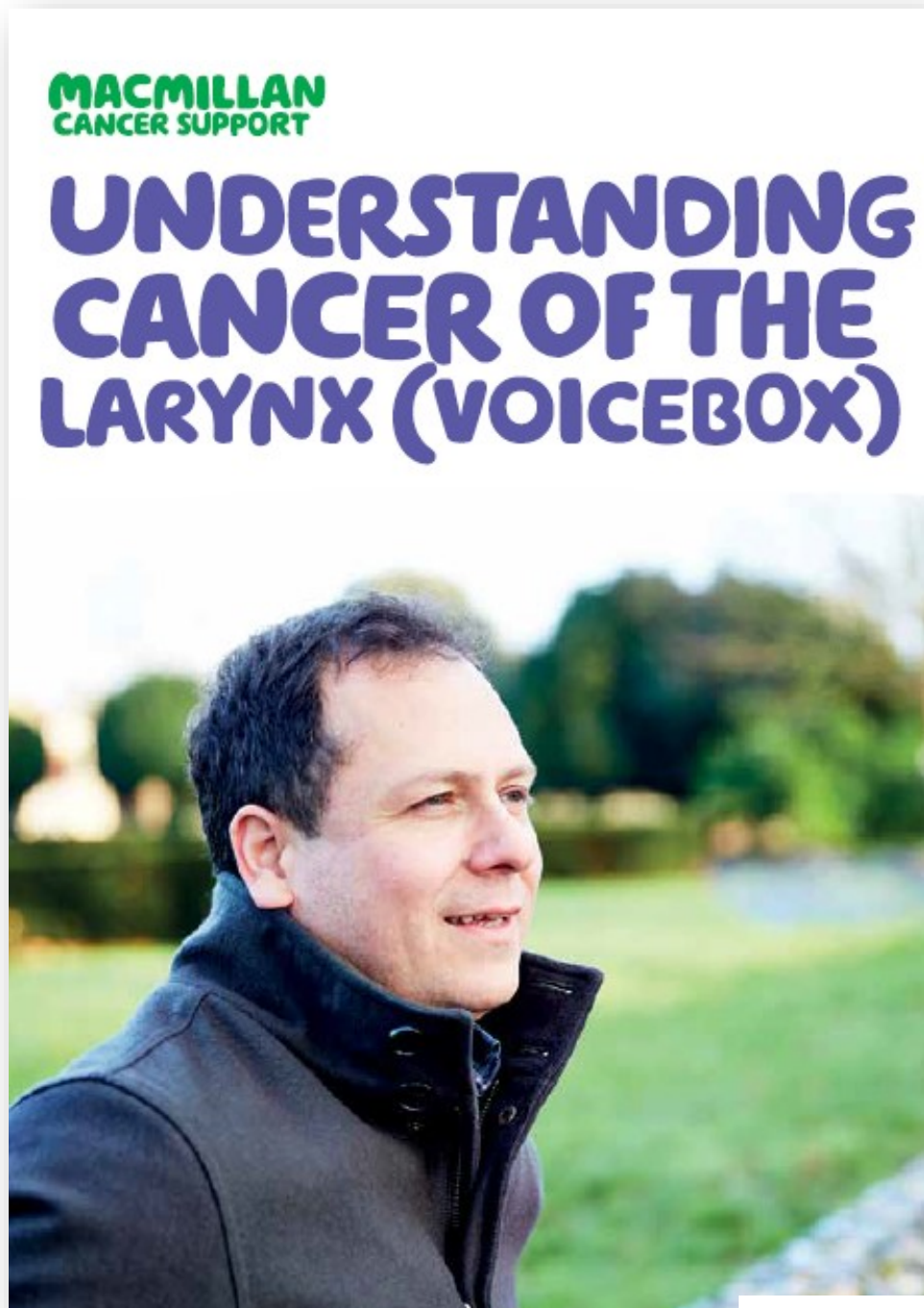
# Head and Neck Cancer



# Kidney Cancer

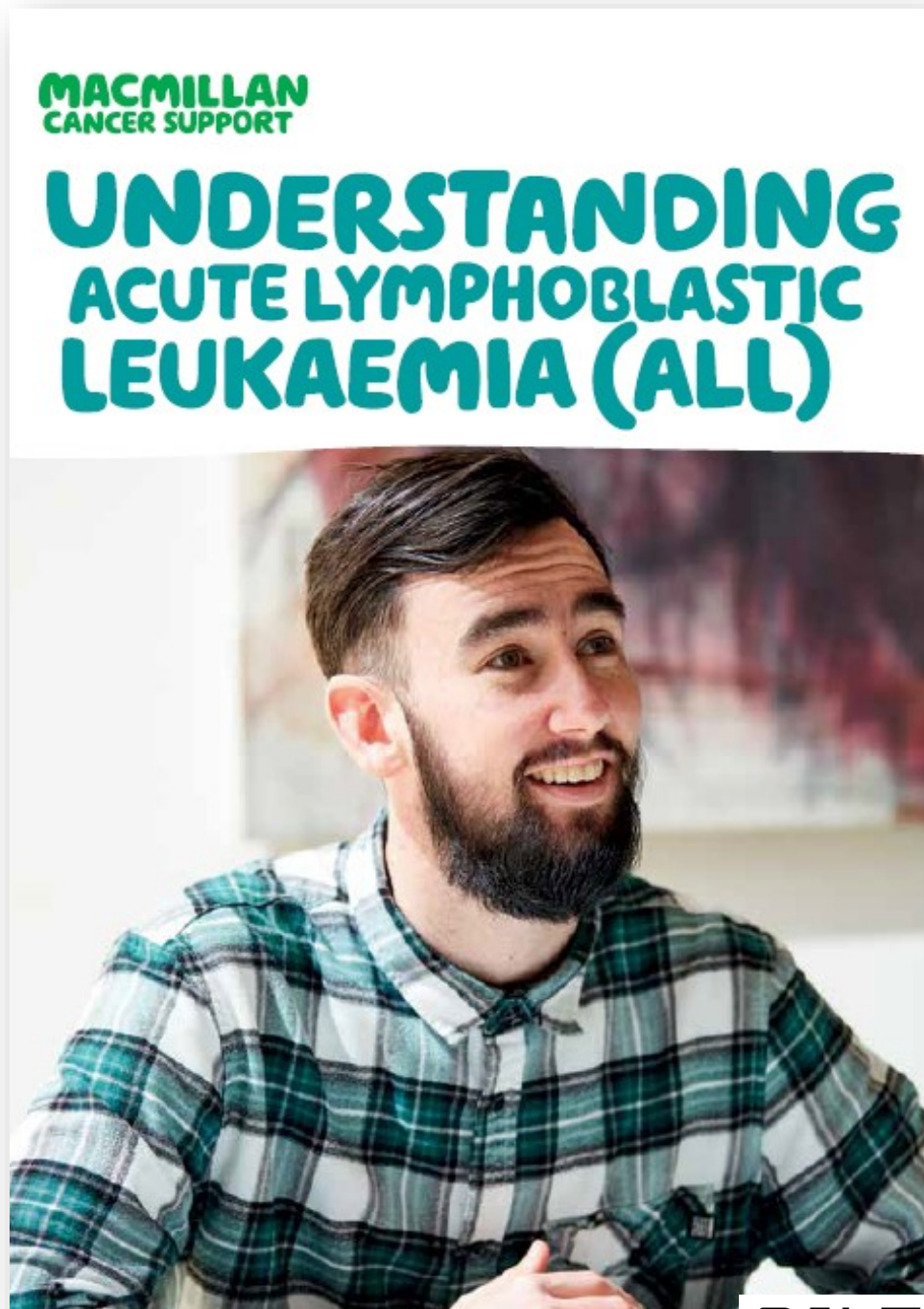


# Larynx Cancer



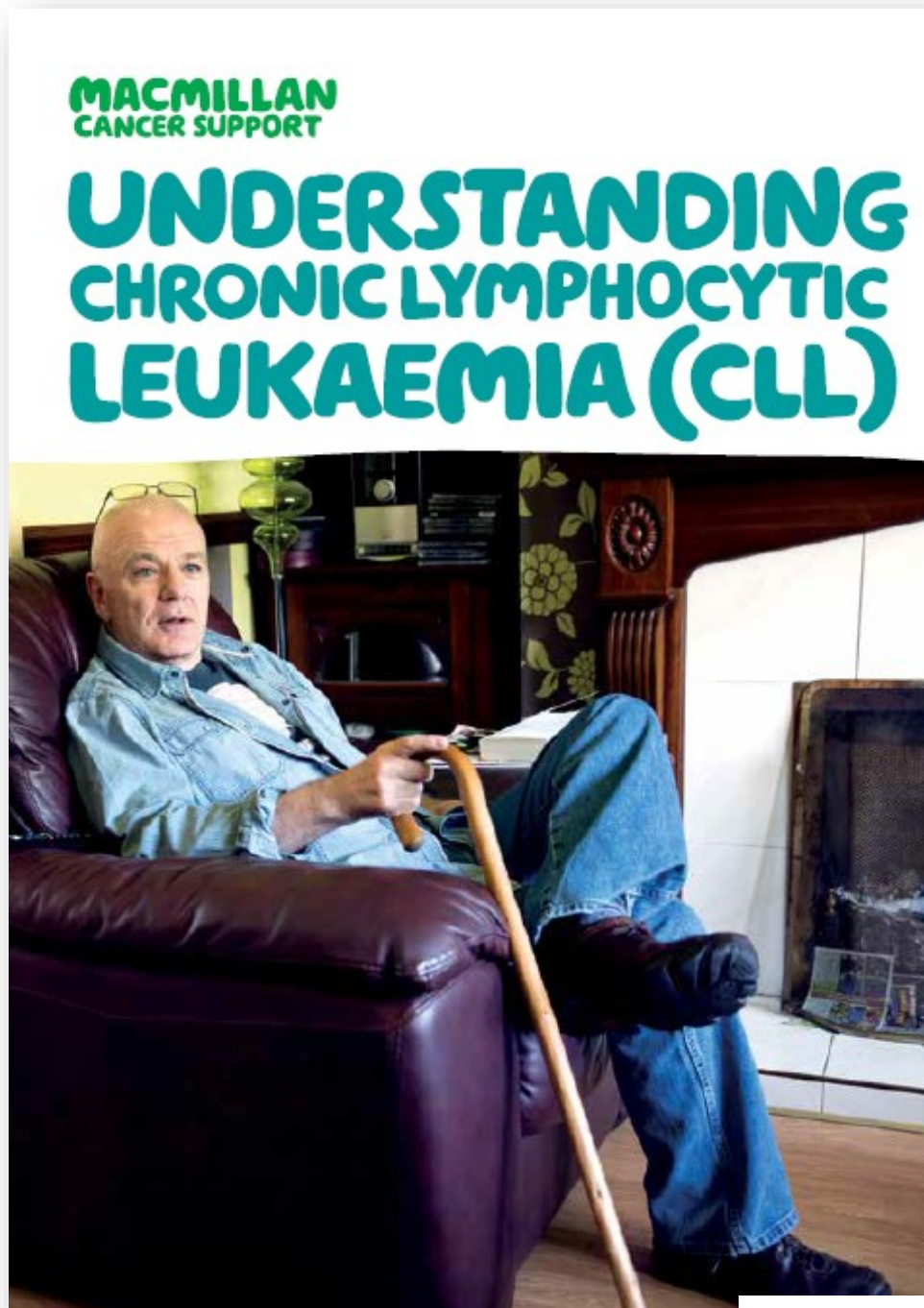


# Leukemia





# Leukemia



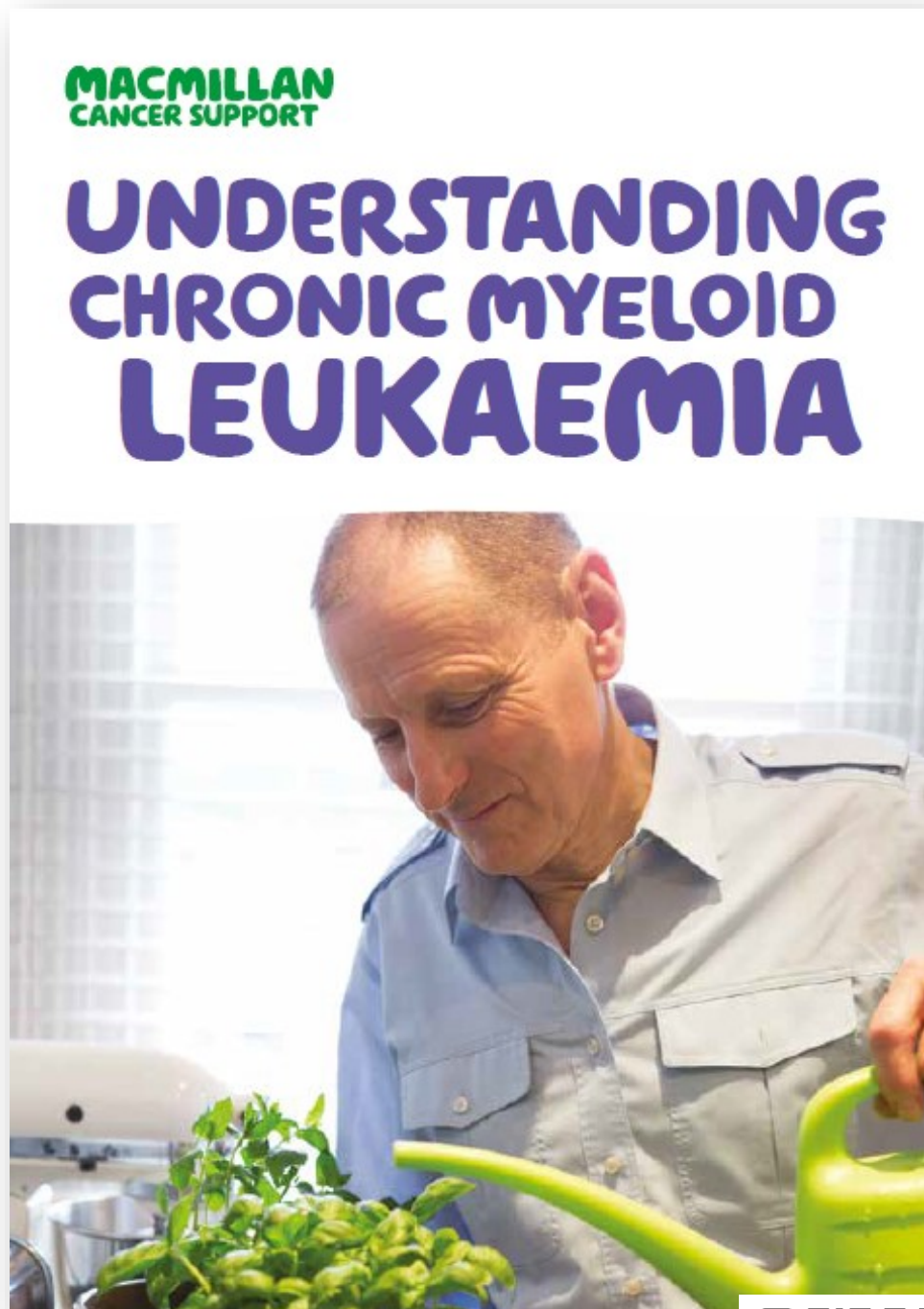
# Leukemia

**MACMILLAN**  
CANCER SUPPORT

## UNDERSTANDING ACUTE MYELOID LEUKAEMIA (AML)



# Leukemia



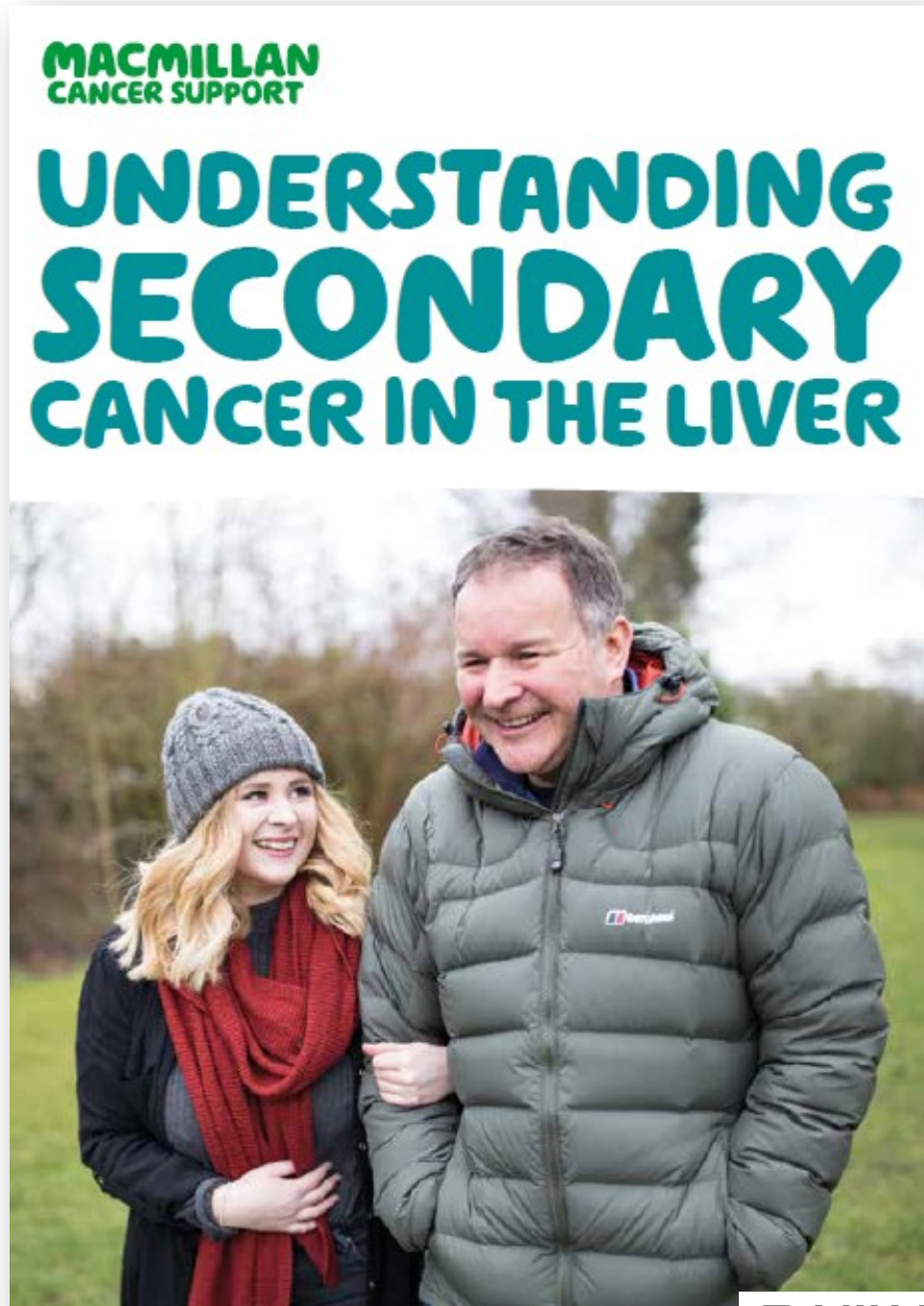


# Liver Cancer





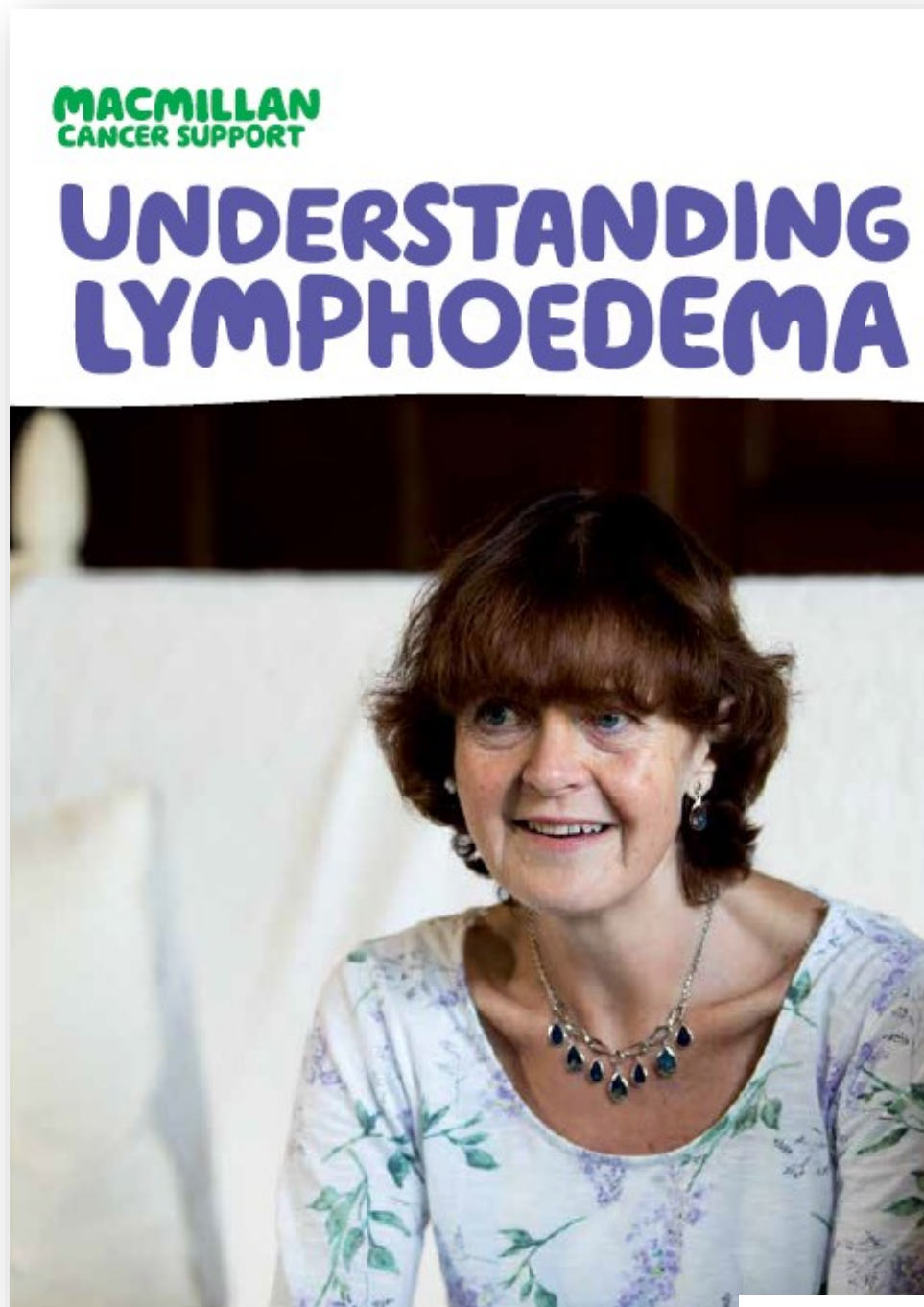
# Liver Cancer



# Lung Cancer

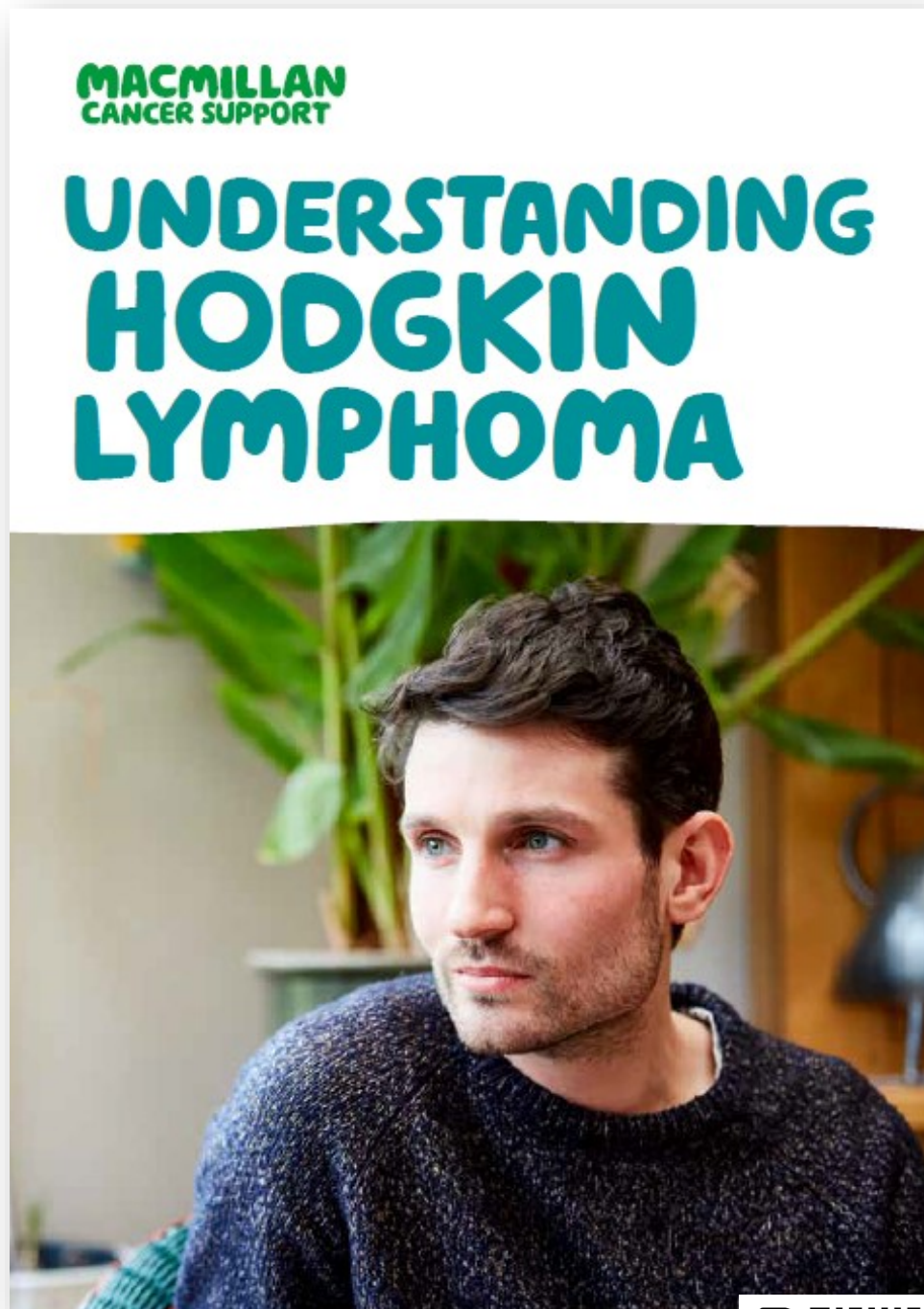


# Lymphoedema



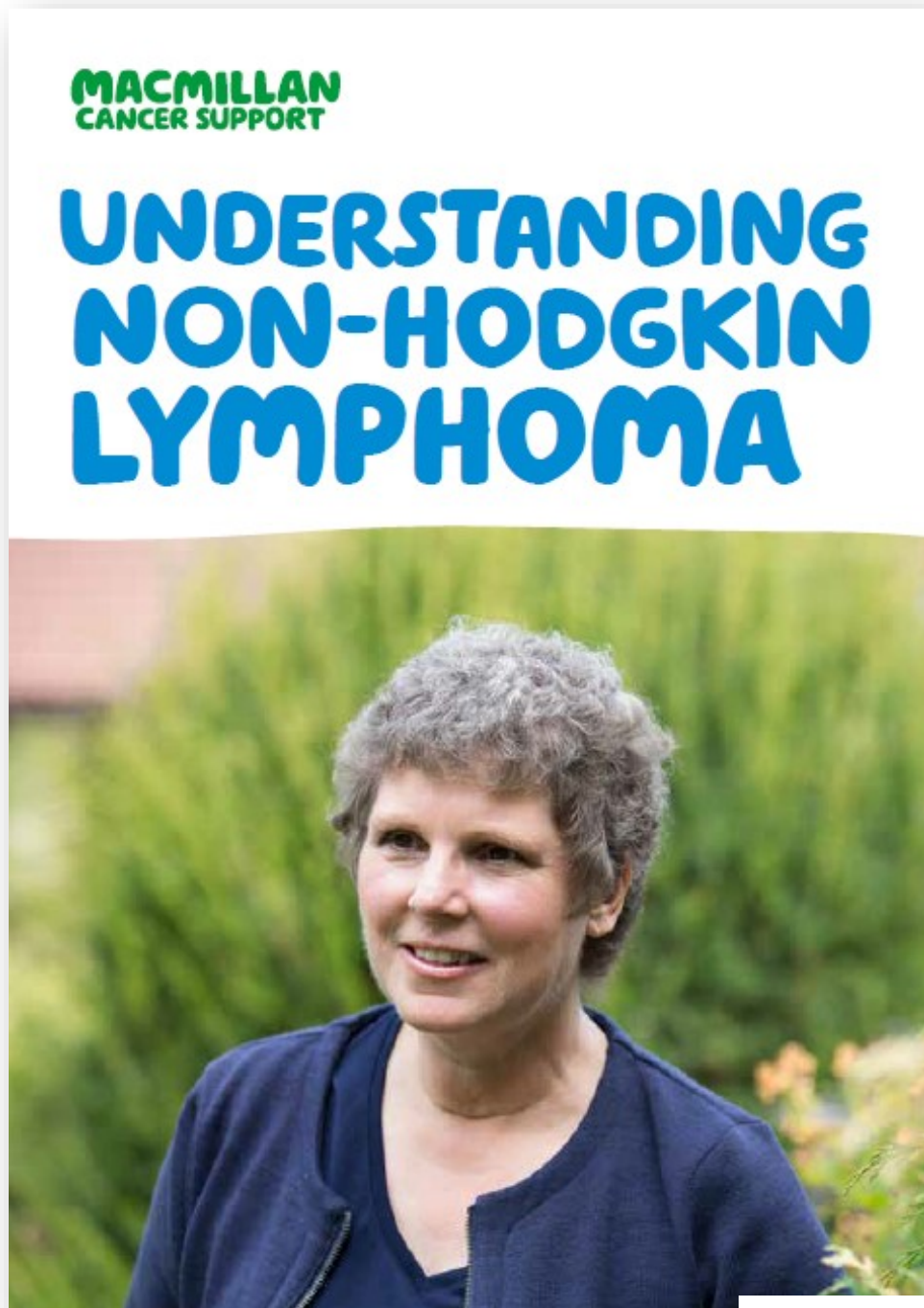


# Lymphoma

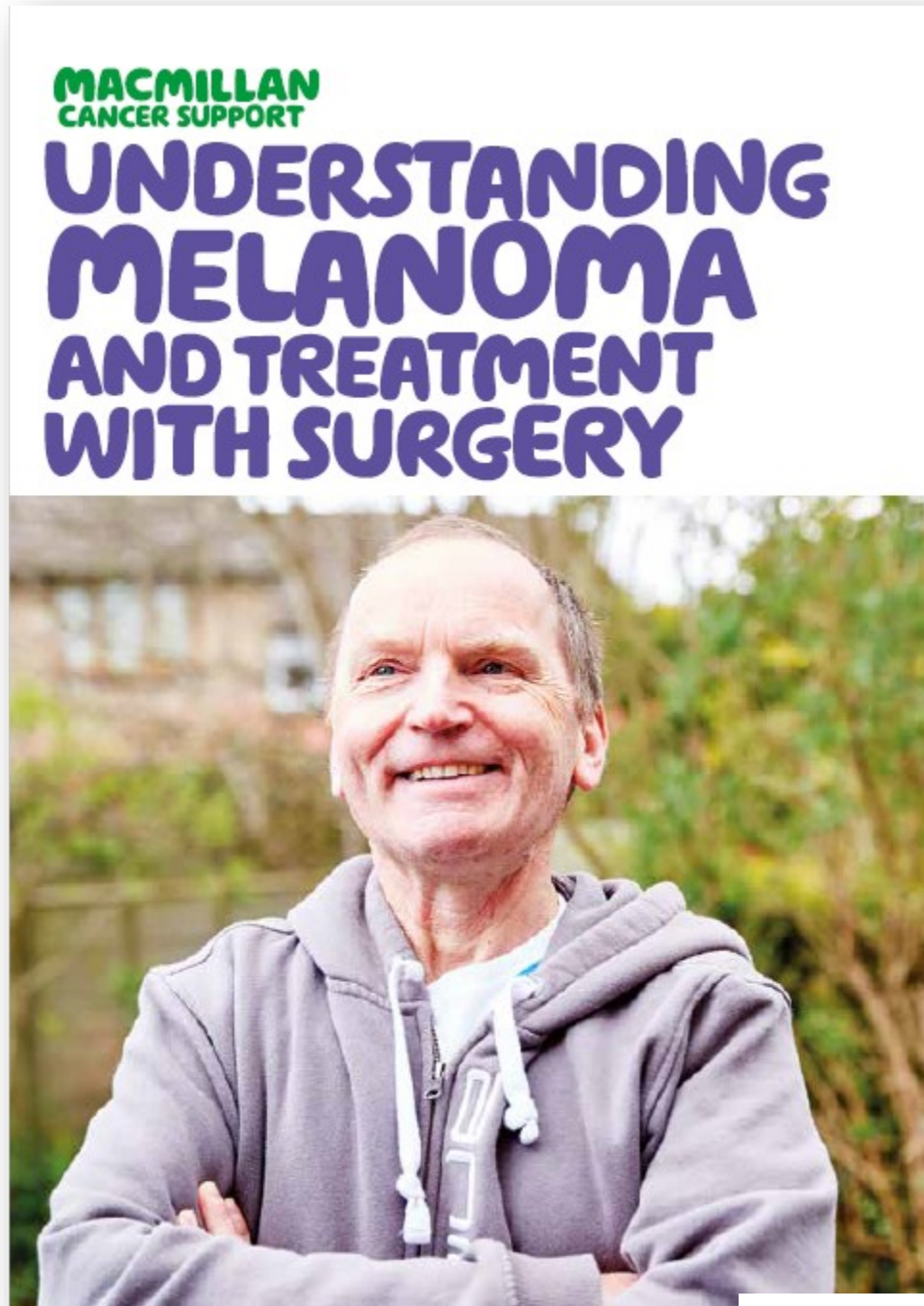




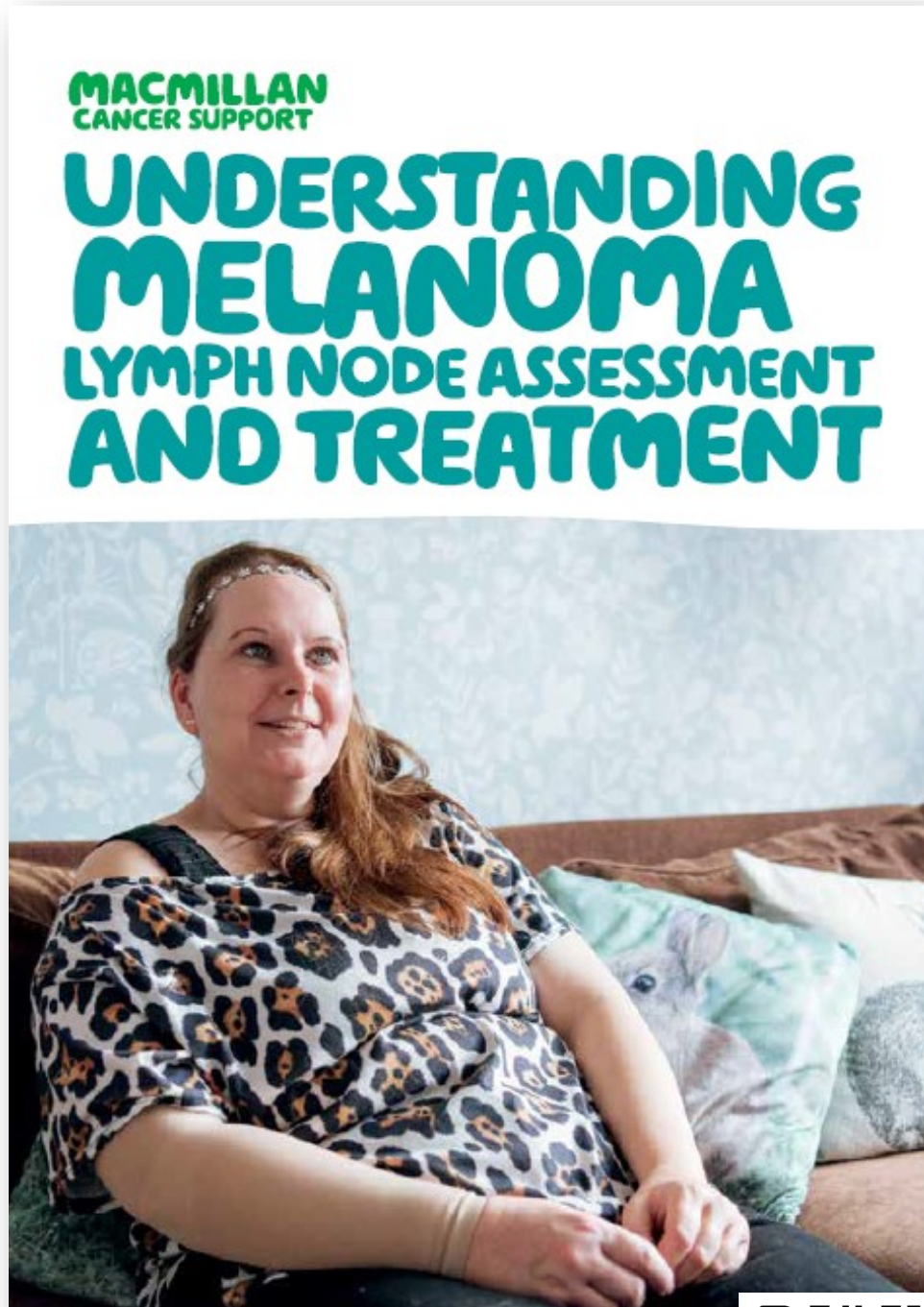
# Lymphoma



# Melanoma



# Melanoma





# Melanoma

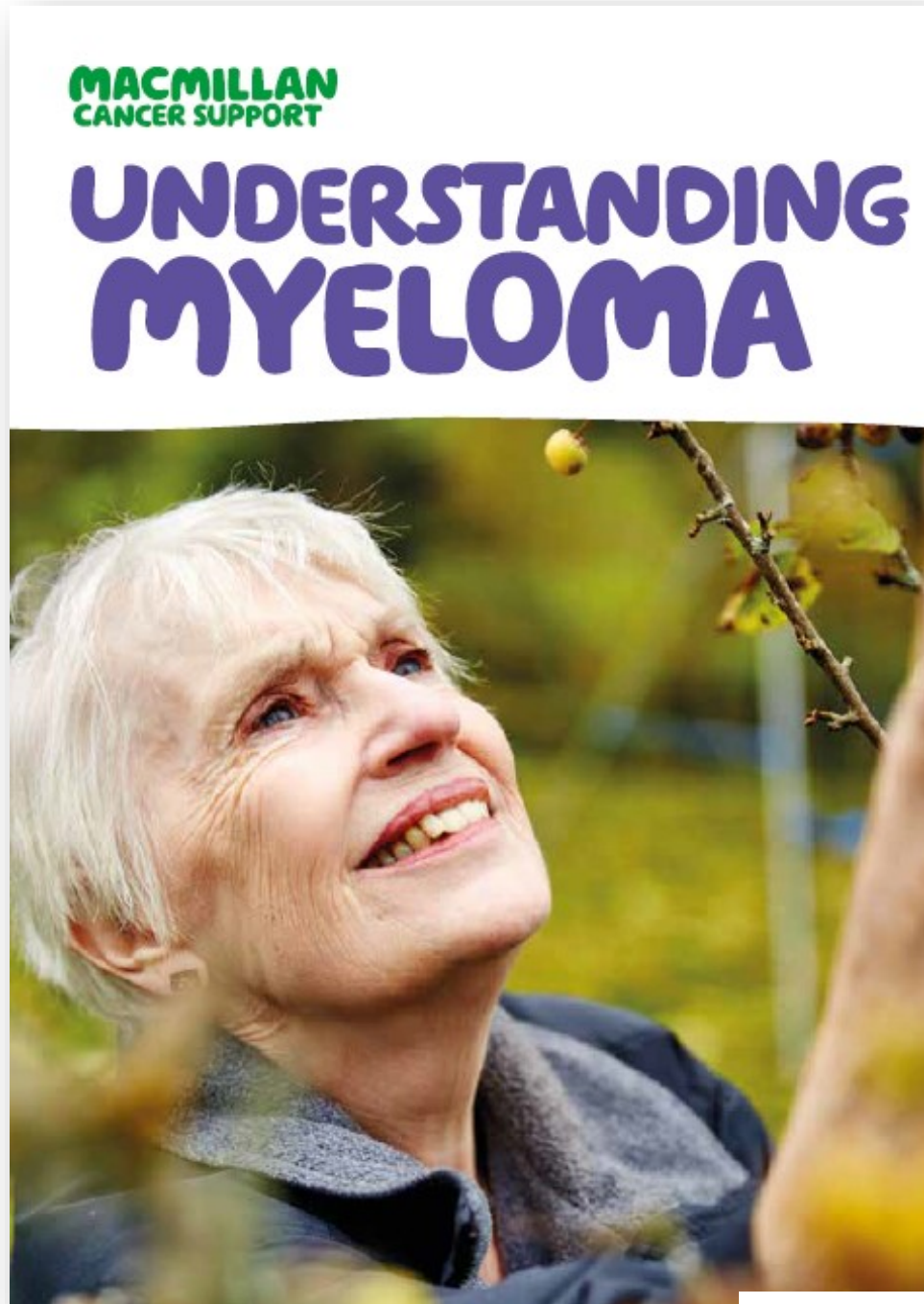




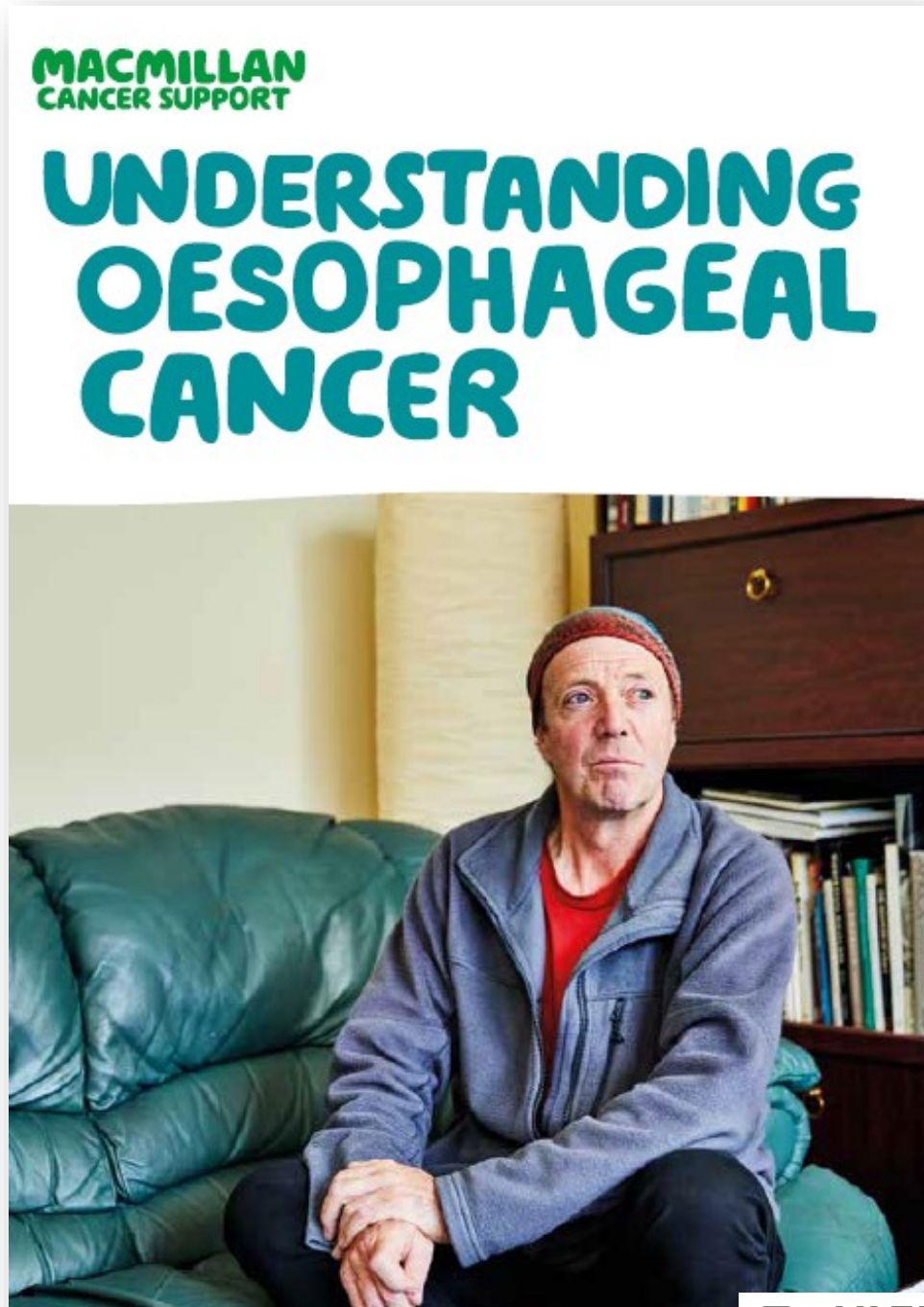
# Mesothelioma



# Myeloma

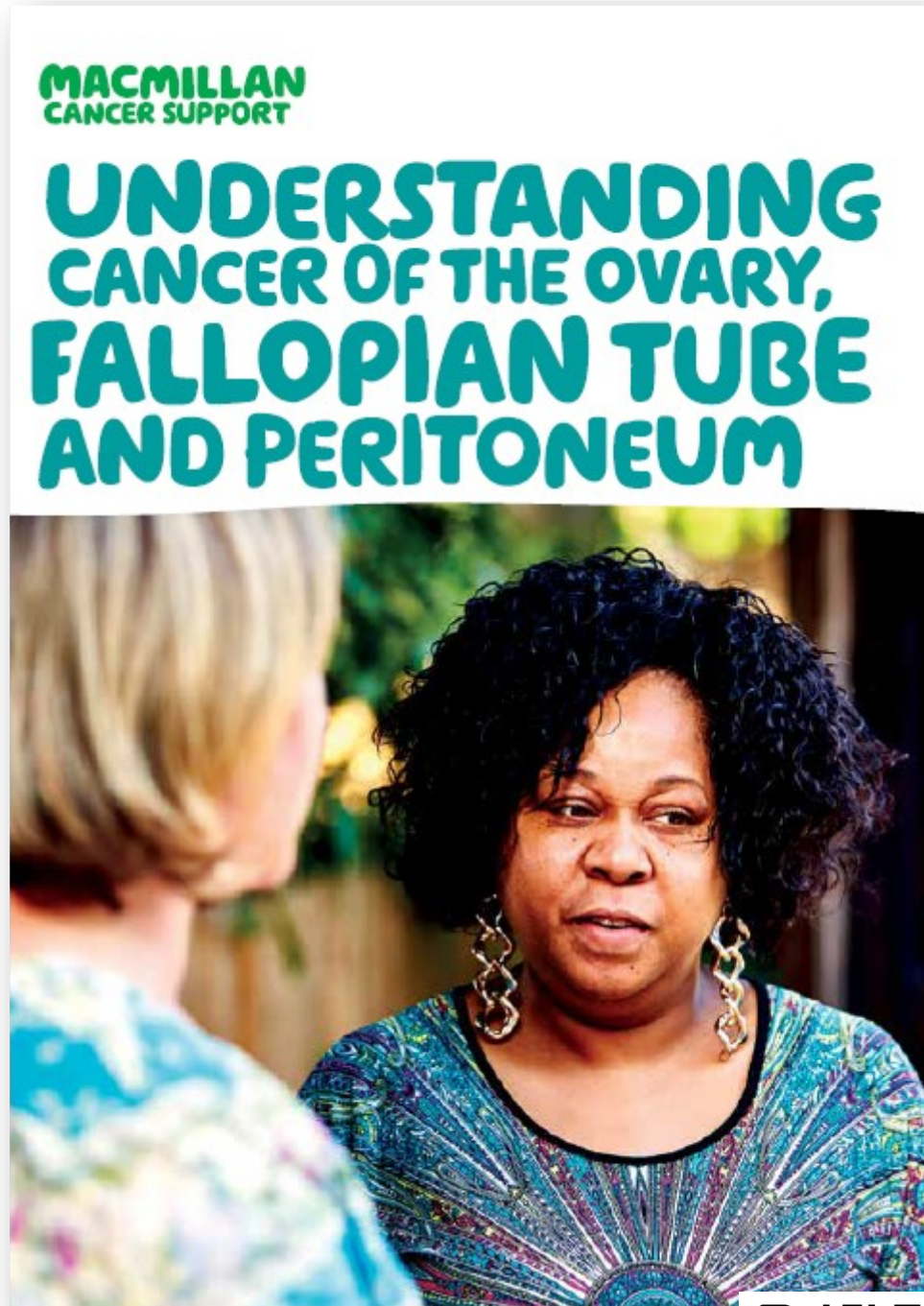


# Oesophageal Cancer



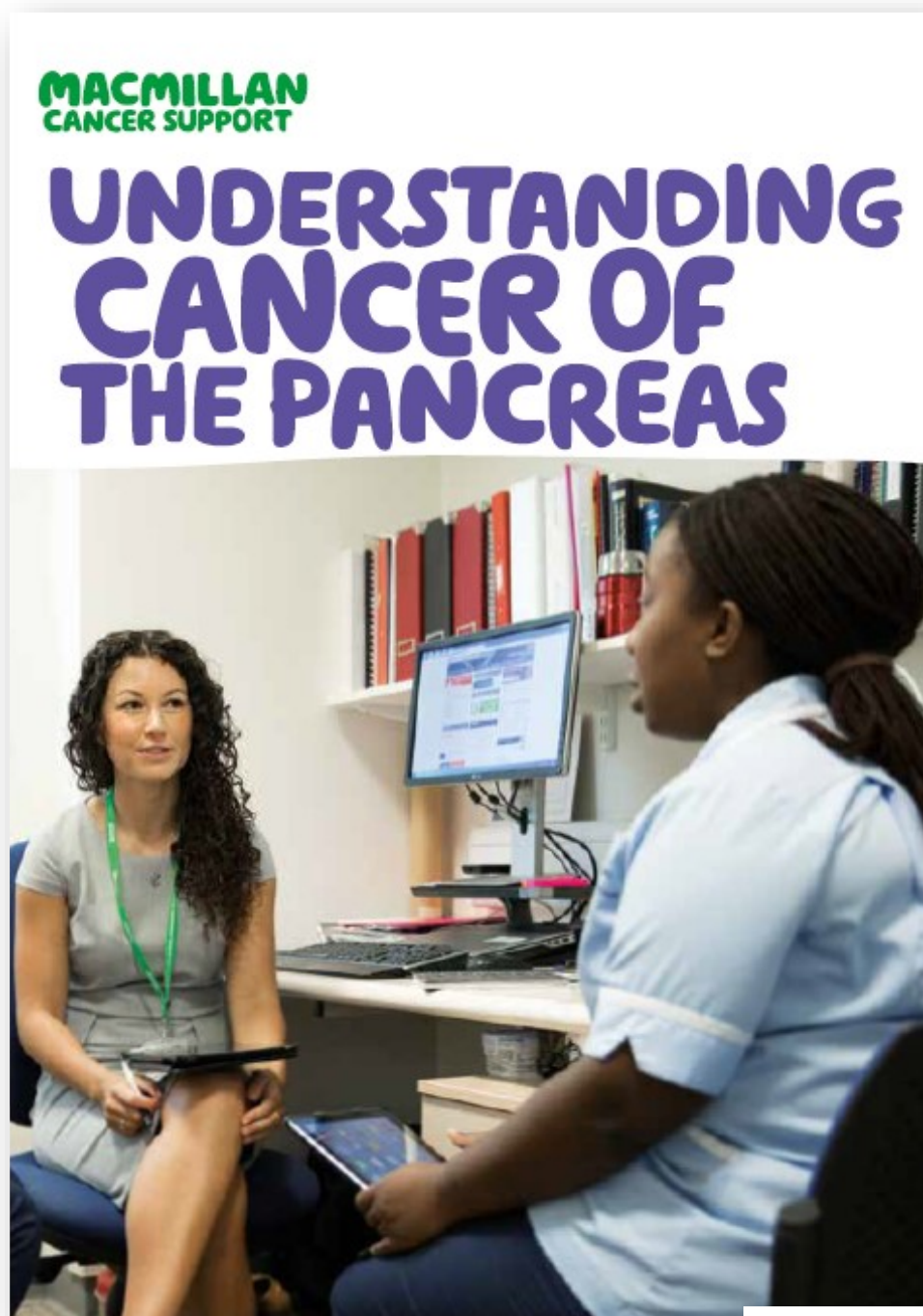


# Ovarian Cancer





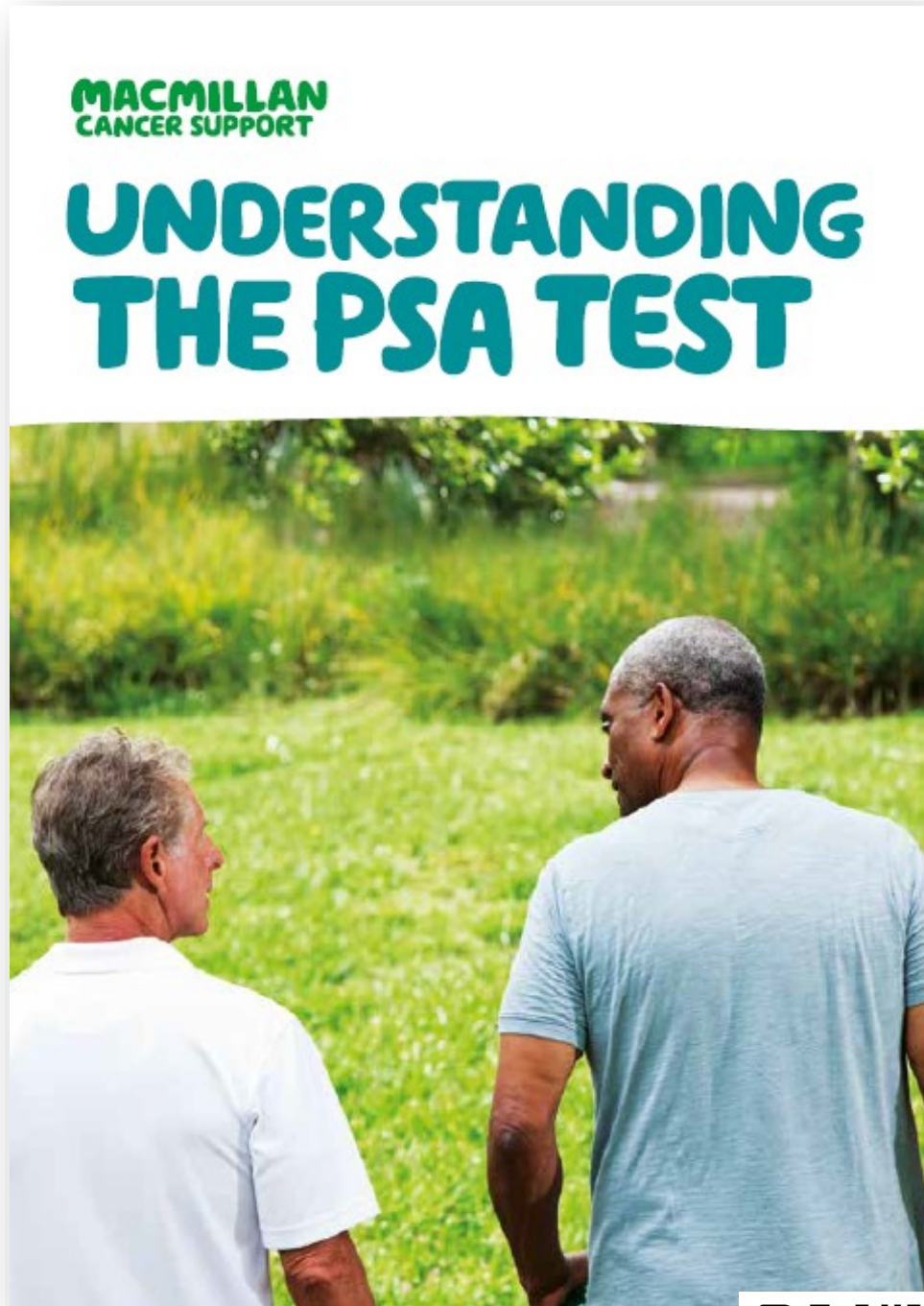
# Pancreatic Cancer



# Prostate Cancer

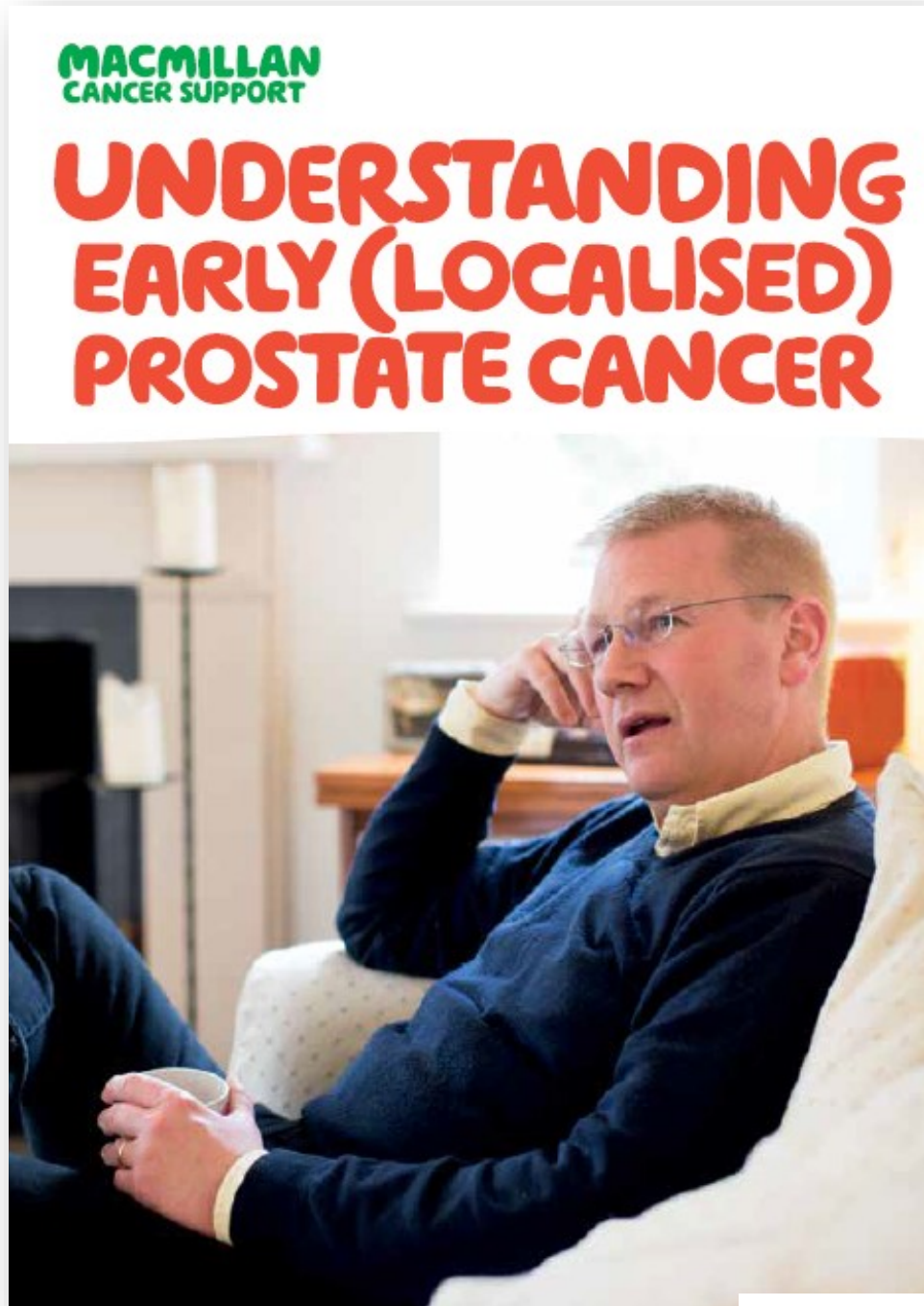


# Prostate Cancer





# Prostate Cancer





# Prostate Cancer



# Prostate Cancer



# Rectal Cancer





# Skin Cancer

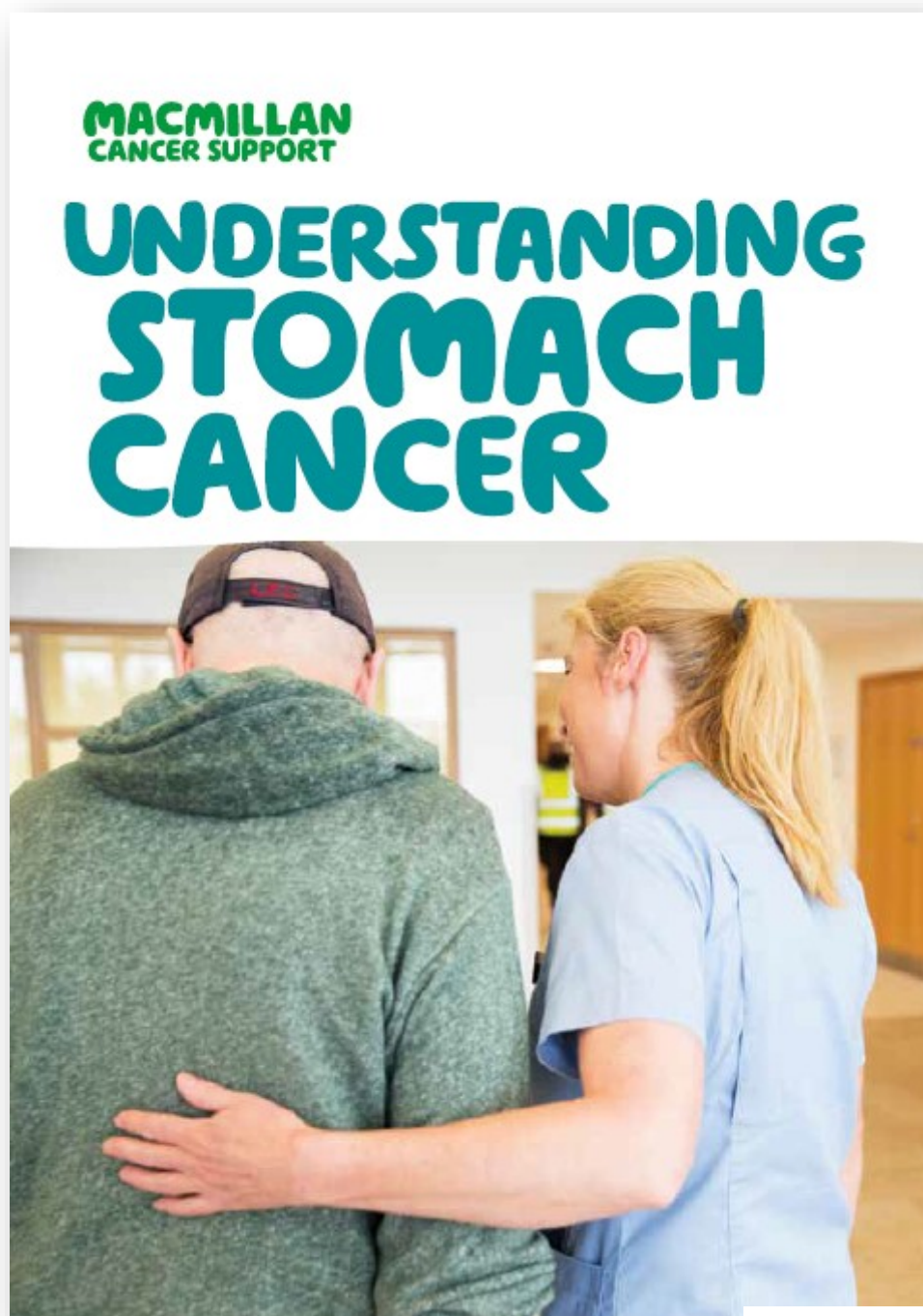




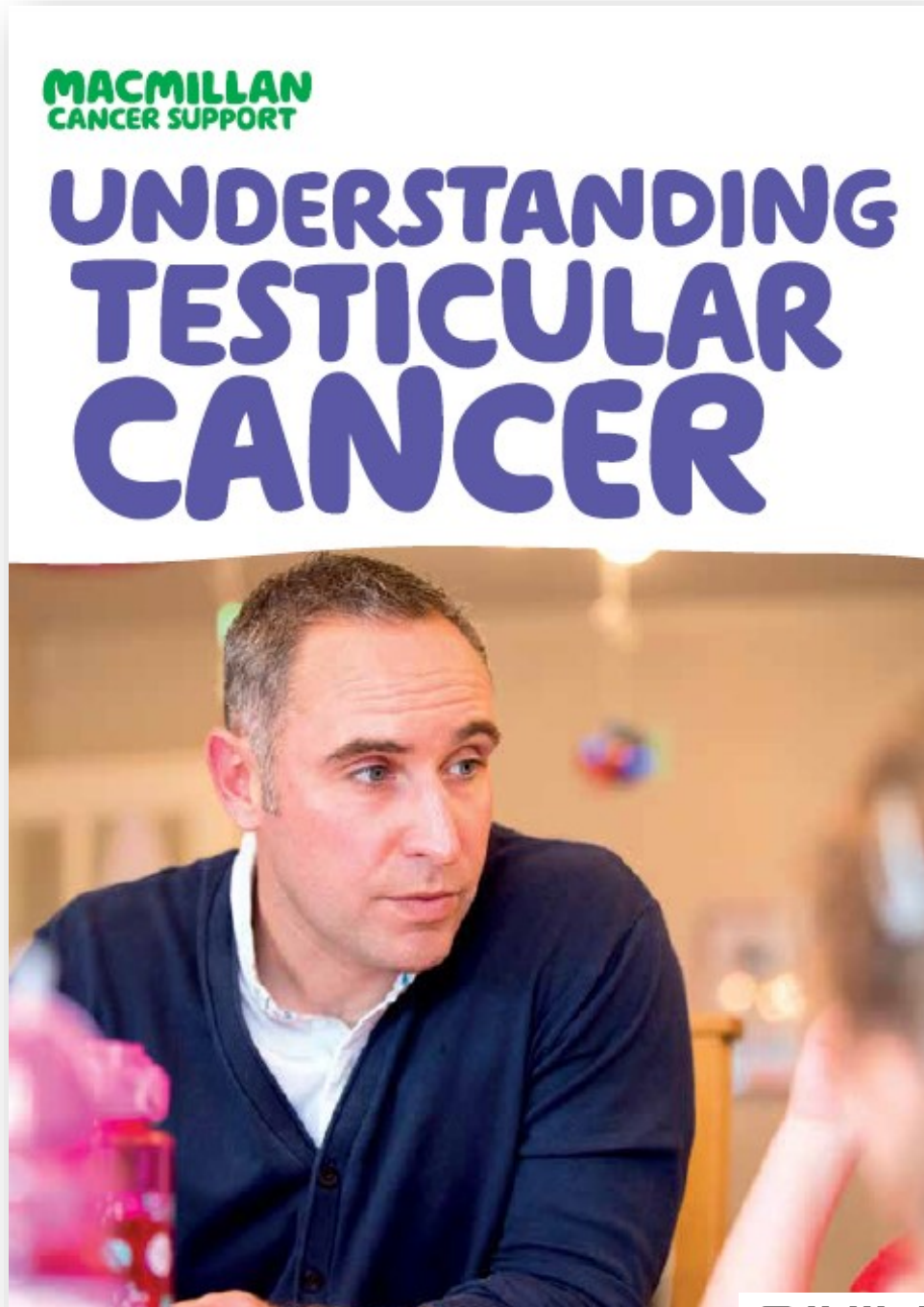
# Soft Tissue Sarcoma



# Stomach Cancer

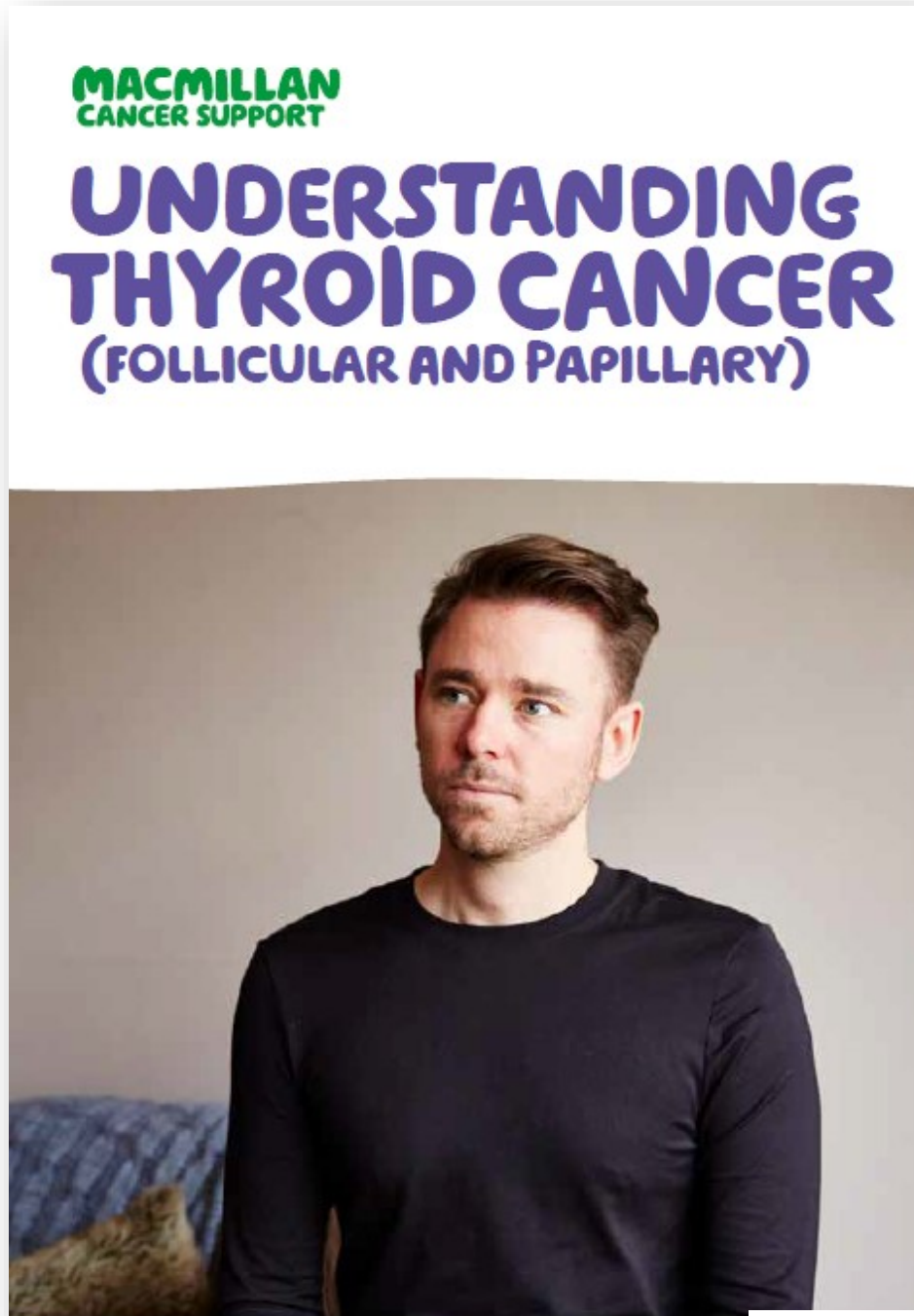


# Testicular Cancer

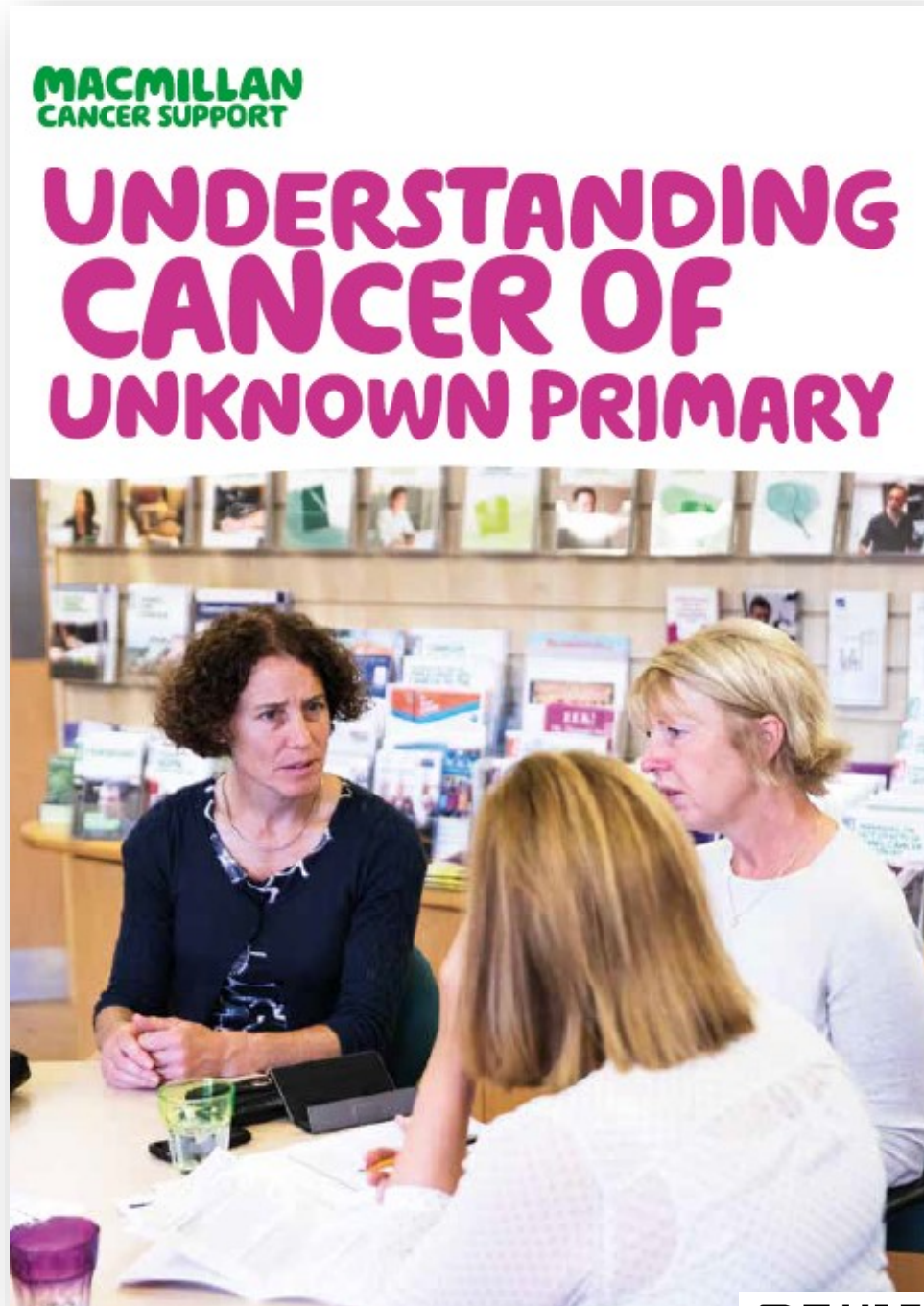




# Thyroid Cancer



# Unknown Primary Cancer



# Vulva Cancer





# Womb (Endometrial) Cancer





# SYMPTOM CONTROL



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# Side Effects of Cancer Treatment



# Managing Symptoms of Cancer



# Bone Health



# Coping with Advanced Cancer

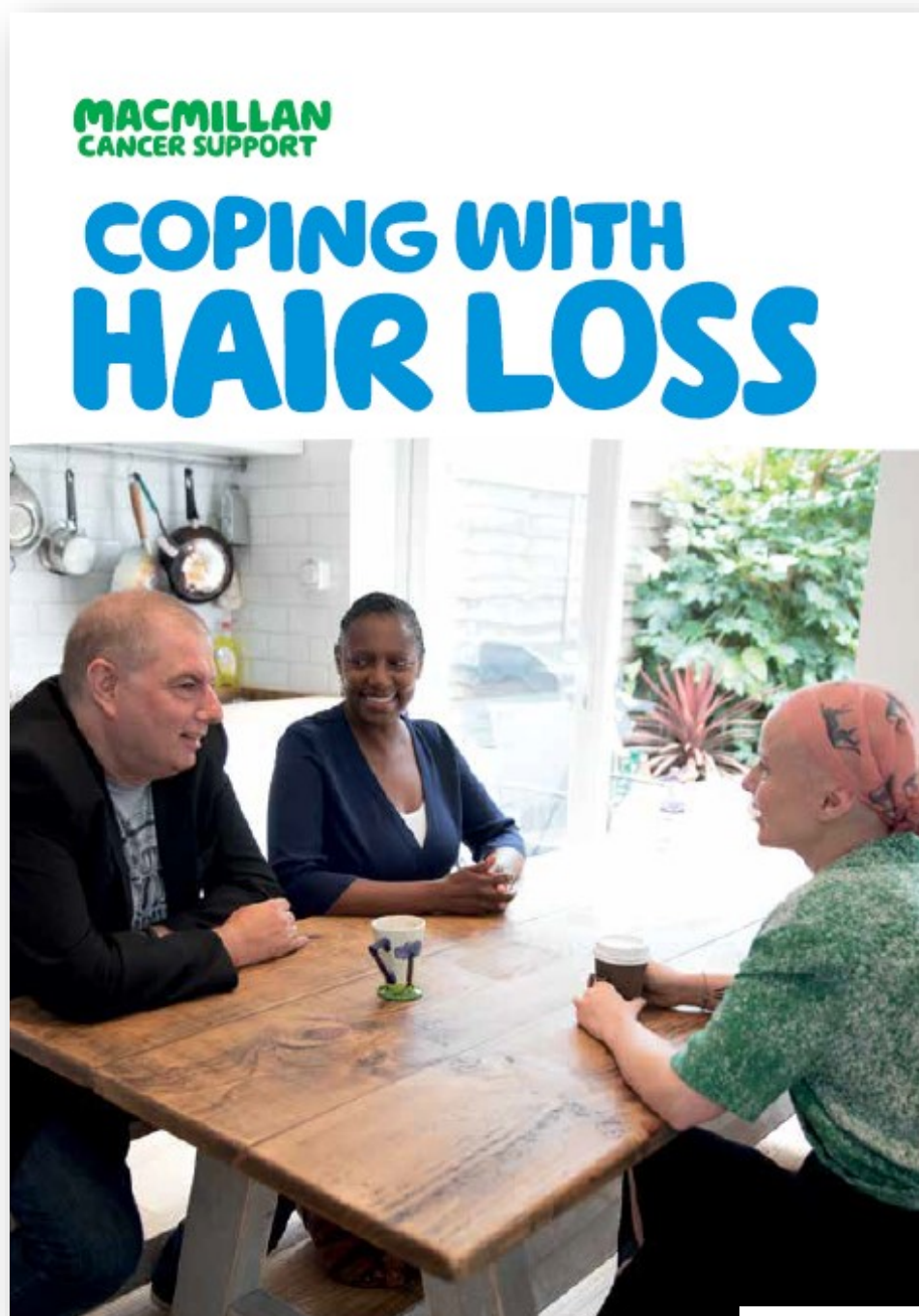




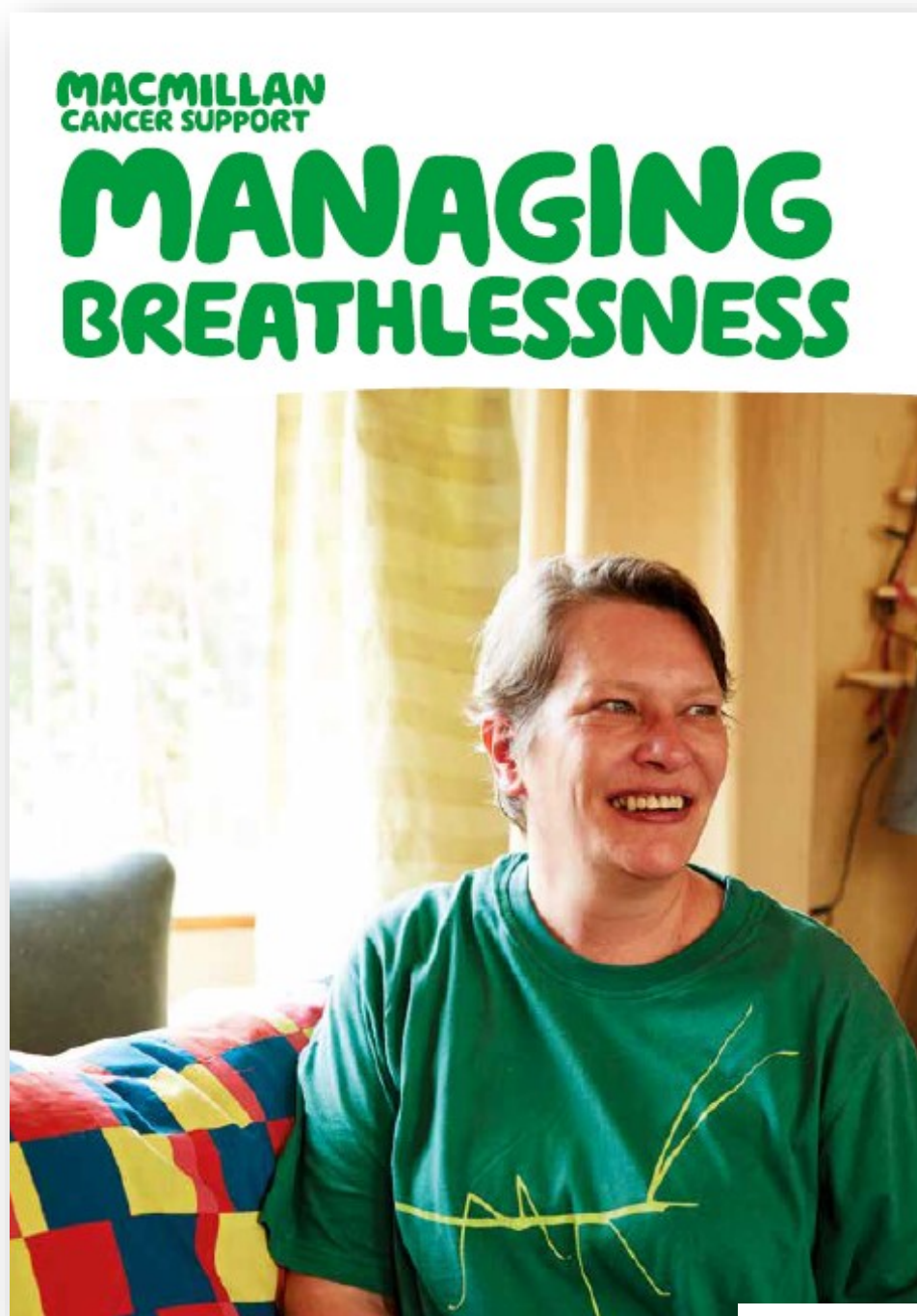
# Coping with Fatigue



# Coping with Hair Loss

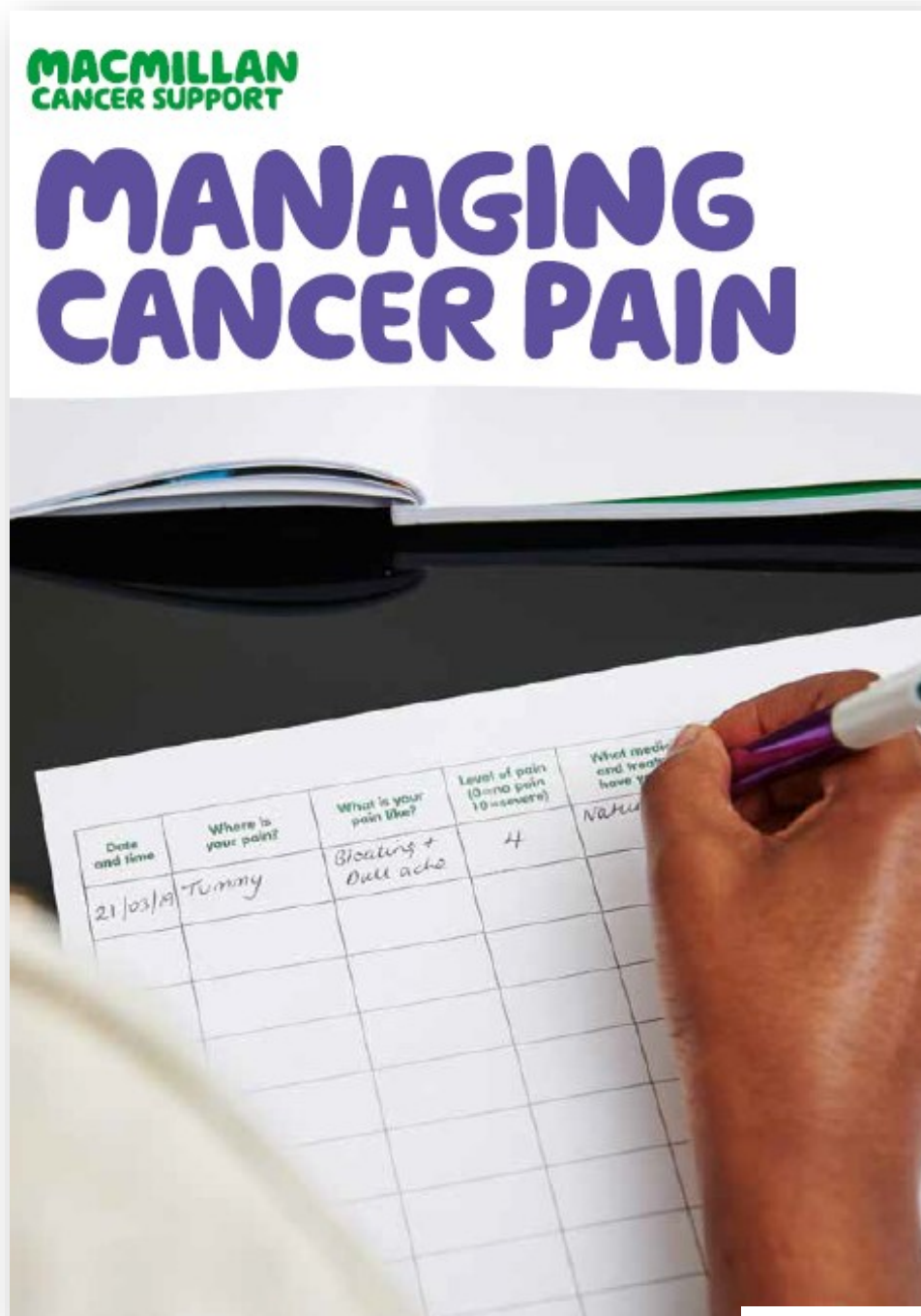


# Managing Breathlessness





# Managing Cancer Pain





# Emotional Effects of Cancer





# **TREATMENT ADVICE**



# Treatment Advice

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# My Records

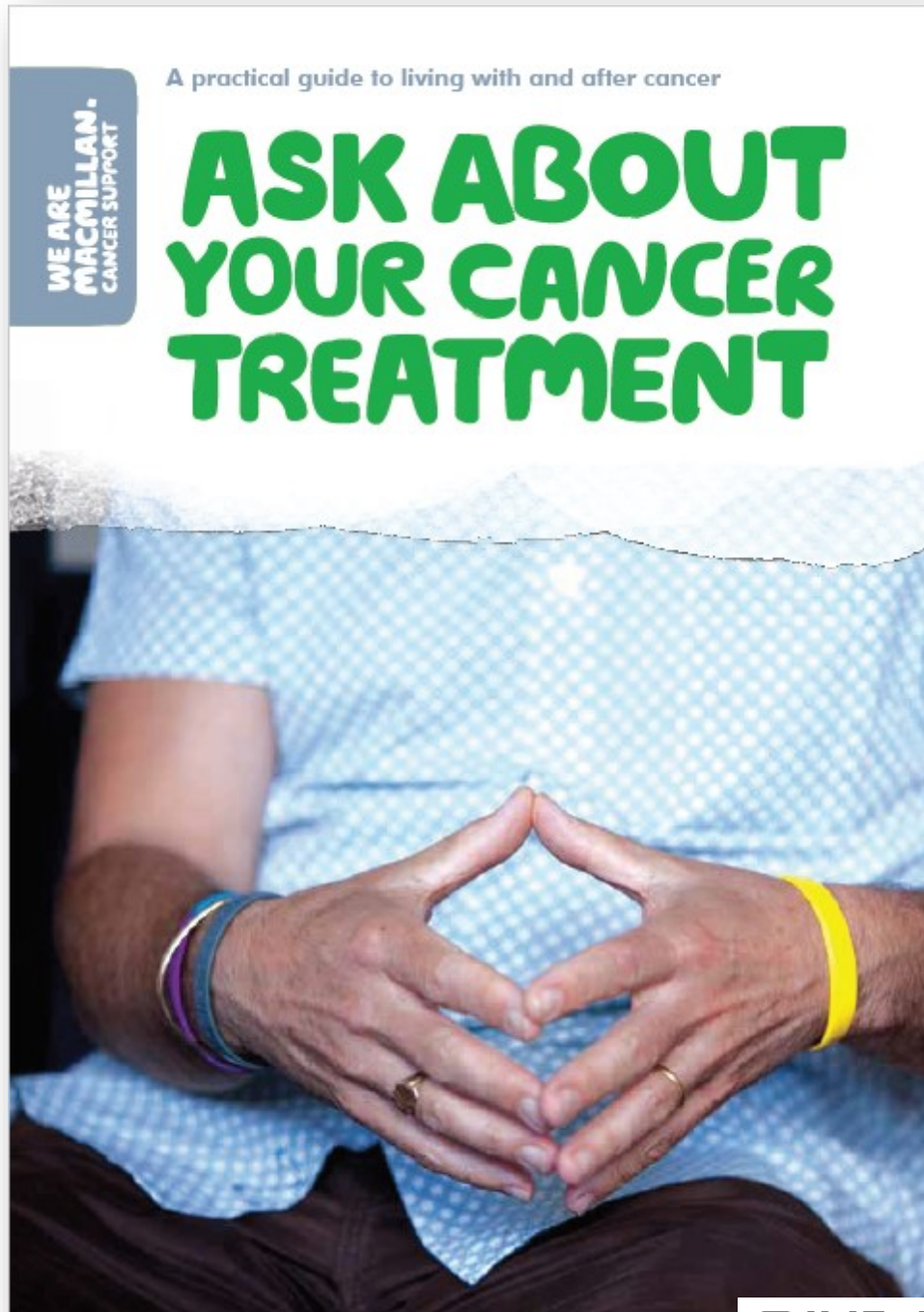




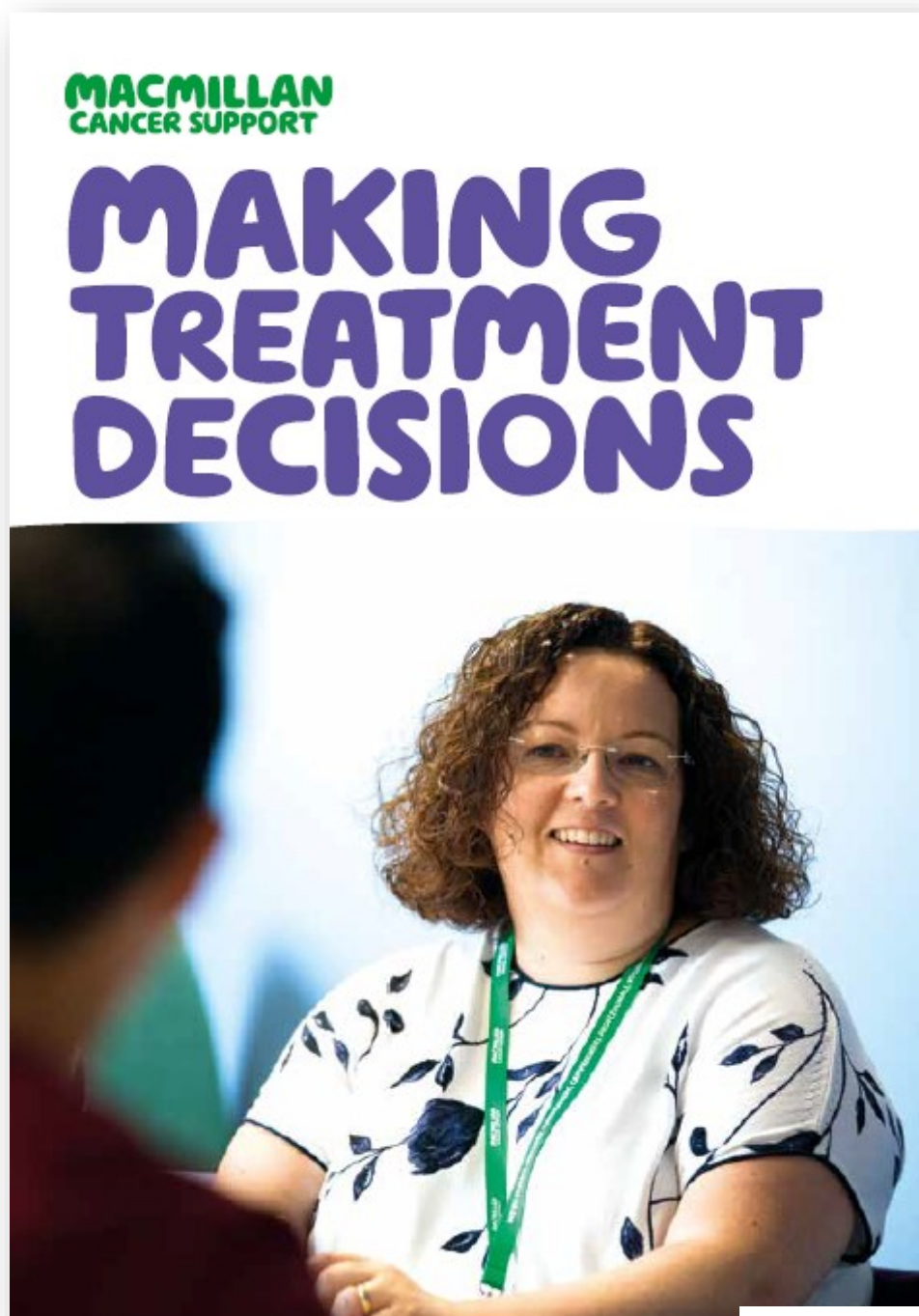
# Holistic Needs Assessment



# Ask about Your Cancer Treatment



# Making Treatment Decisions



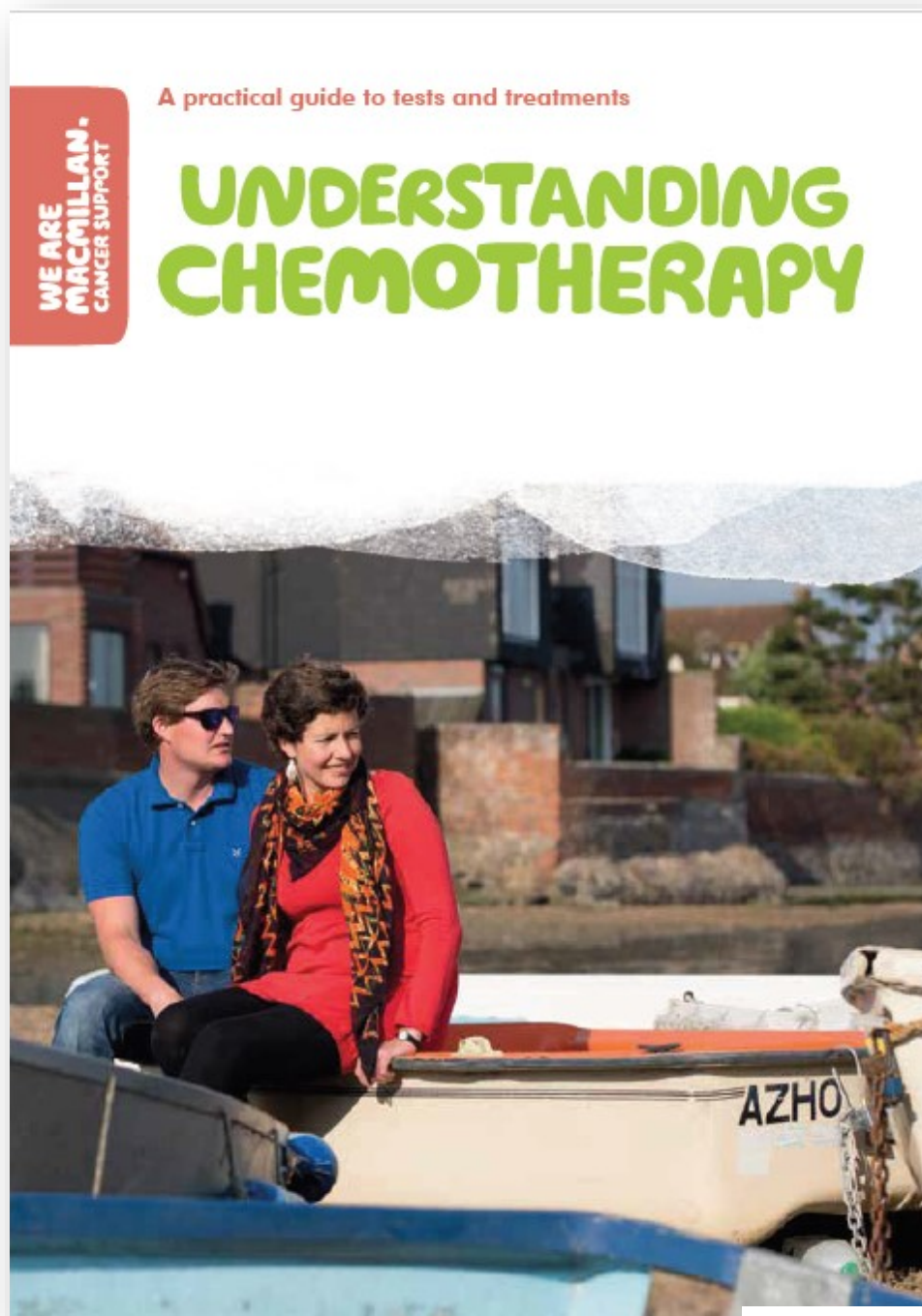


# Going Home from Hospital





# Understanding Chemotherapy



# Demystifying Chemotherapy



**NHS**  
Portsmouth Hospitals  
University  
NHS Trust

## Demystifying Chemotherapy

### Planning Ahead

**"Very informative, now feel more confident and positive"**  
- Chemotherapy Patient

You can attend in person or virtually  
- book which one with Macmillan

**Thursdays 1.30-4.30pm**  
Macmillan Centre Queen Alexandra Hospital B Level

Places go fast so sign-up today!  
**(023) 9228 3323**

**For those who have started, or are about to start  
Intravenous Chemotherapy. To learn about the effects of  
Chemotherapy and how to manage them.**

MPI ref: 18-3944

- Learn how to recognize and control stress with relaxation and guided imagery techniques
- Unravel the myths surrounding chemotherapy to reduce the degree of sadness, anxiety and fear treatment can bring.
- Our dedicated team of experts will enable you to learn more about the affects of chemotherapy and plan ahead for the disruptions treatment may cause
- We're here for you, your family, friends and carers and you're very welcome to bring someone with you.
- Find out what professional support is available
- Seek out your social support networks
- Meet others starting treatment and remember many people undergo chemotherapy every day.

Please note there will be no formal confirmation, we will only contact you if the session is unavoidably cancelled.

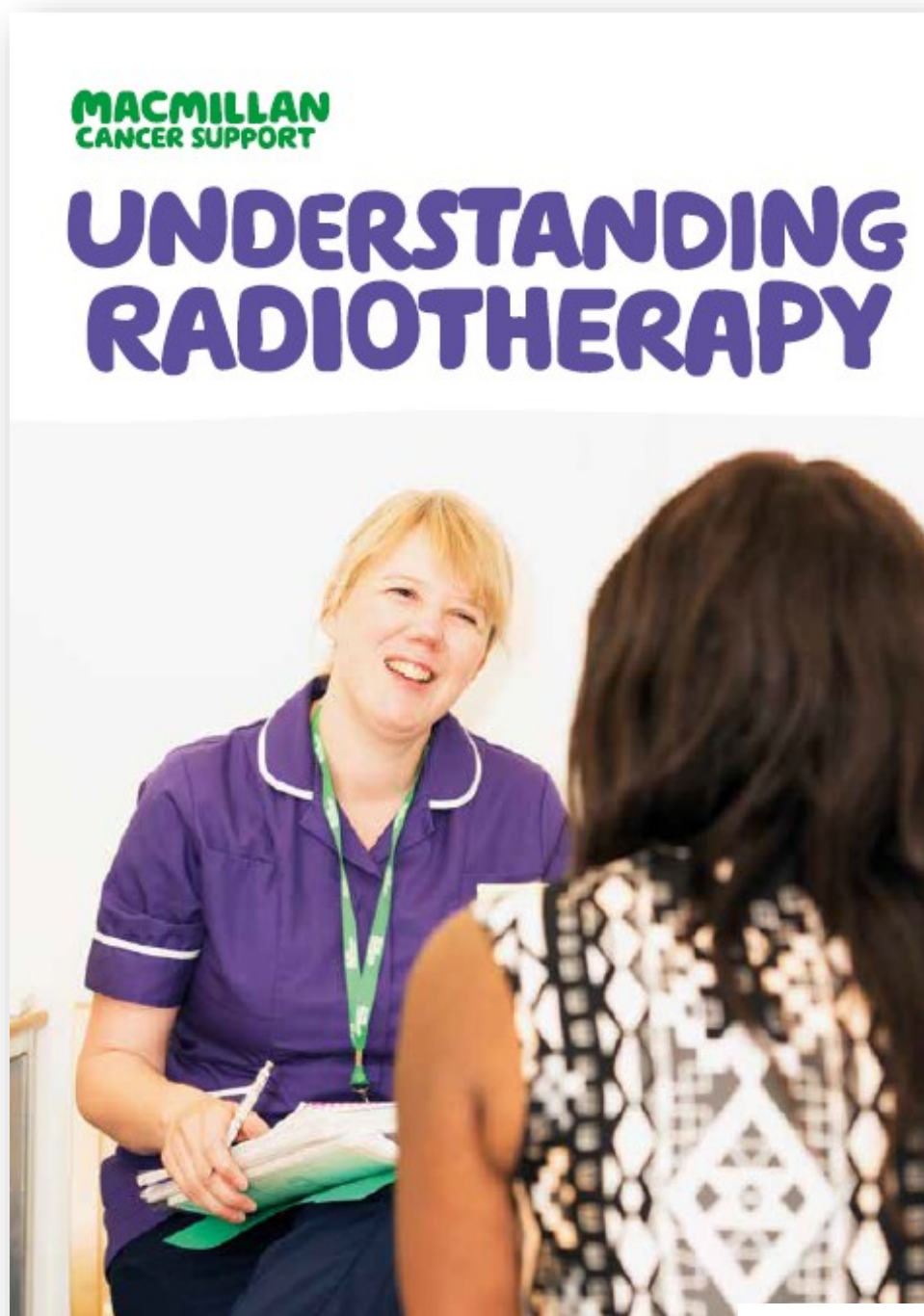
Before any medical professional examines or treats you they must have your consent or permission.

Consent ranges from allowing a doctor to take your blood pressure – rolling up your sleeve and presenting your arm is implied consent – to signing a form saying you agree to the treatment or operation. It is important before giving permission that you understand what you are agreeing to. If you do not understand – ask. More detailed information is available on request.

This leaflet can be made available in another language, large print or another format. Please speak to the Ward Manager or contact the Health Information Centre Tel: (023) 9228 6757, who can advise you.

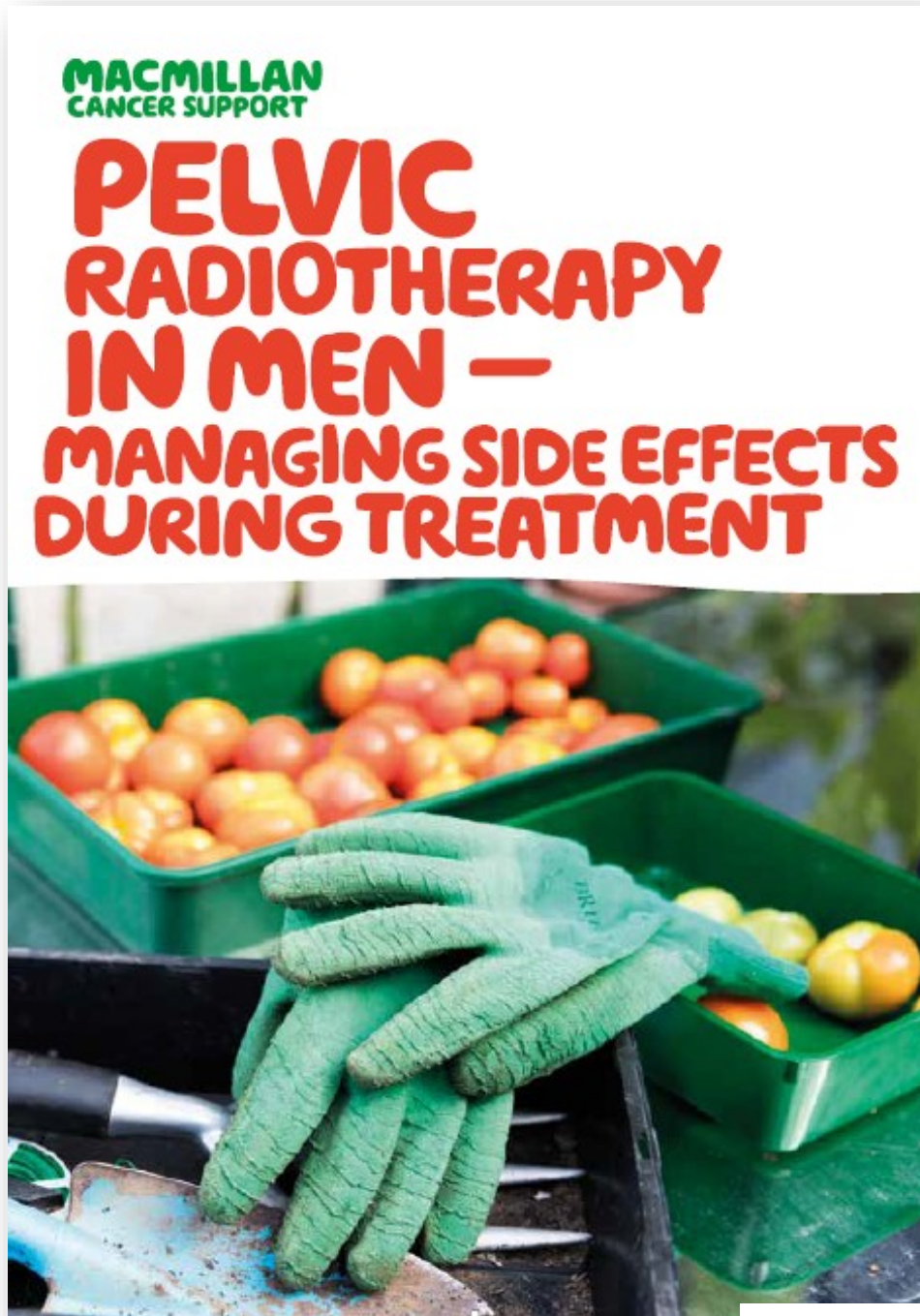
©Portsmouth Hospitals NHS Trust Produced by Haematology & Oncology Department  
Designed by former patient Zac Banton of Bambu3.com on behalf of Portsmouth Hospitals NHS Trust  
www.porthosp.nhs.uk ©QAHospitalNews

# Understanding Radiotherapy



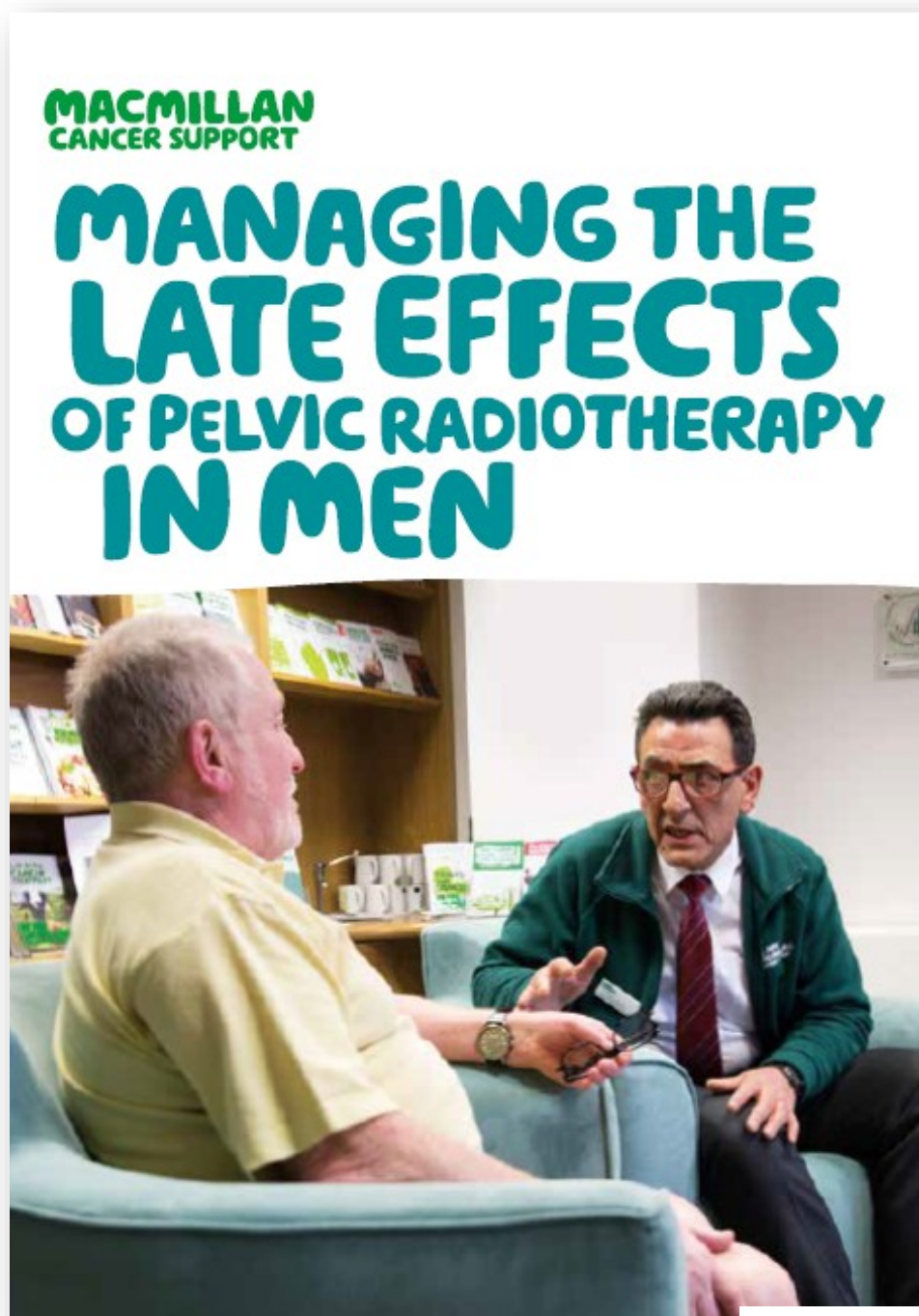


# Pelvic Radiotherapy in Men

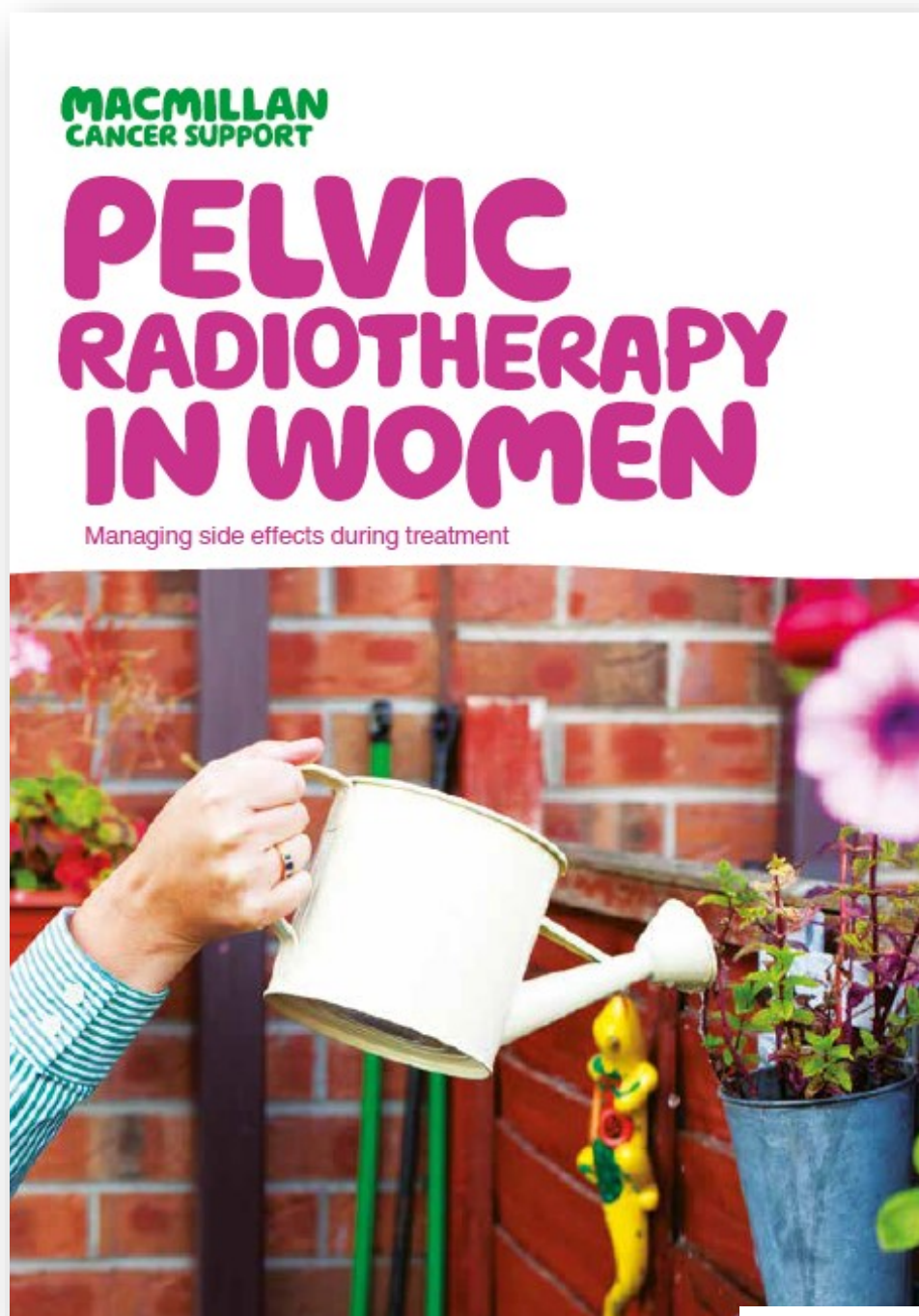




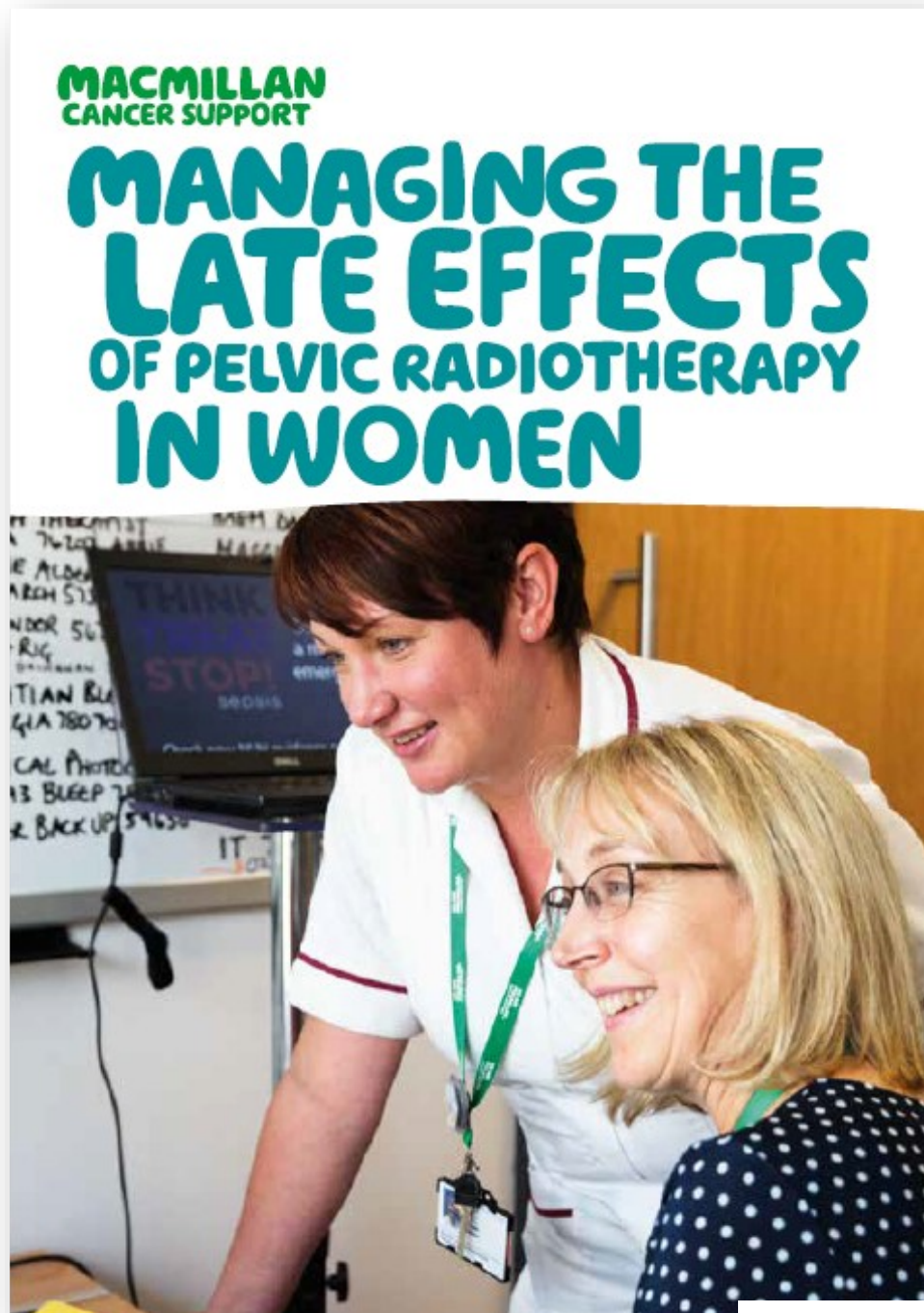
## Late effects of Pelvic Radiotherapy (Men)



# Pelvic Radiotherapy in Women

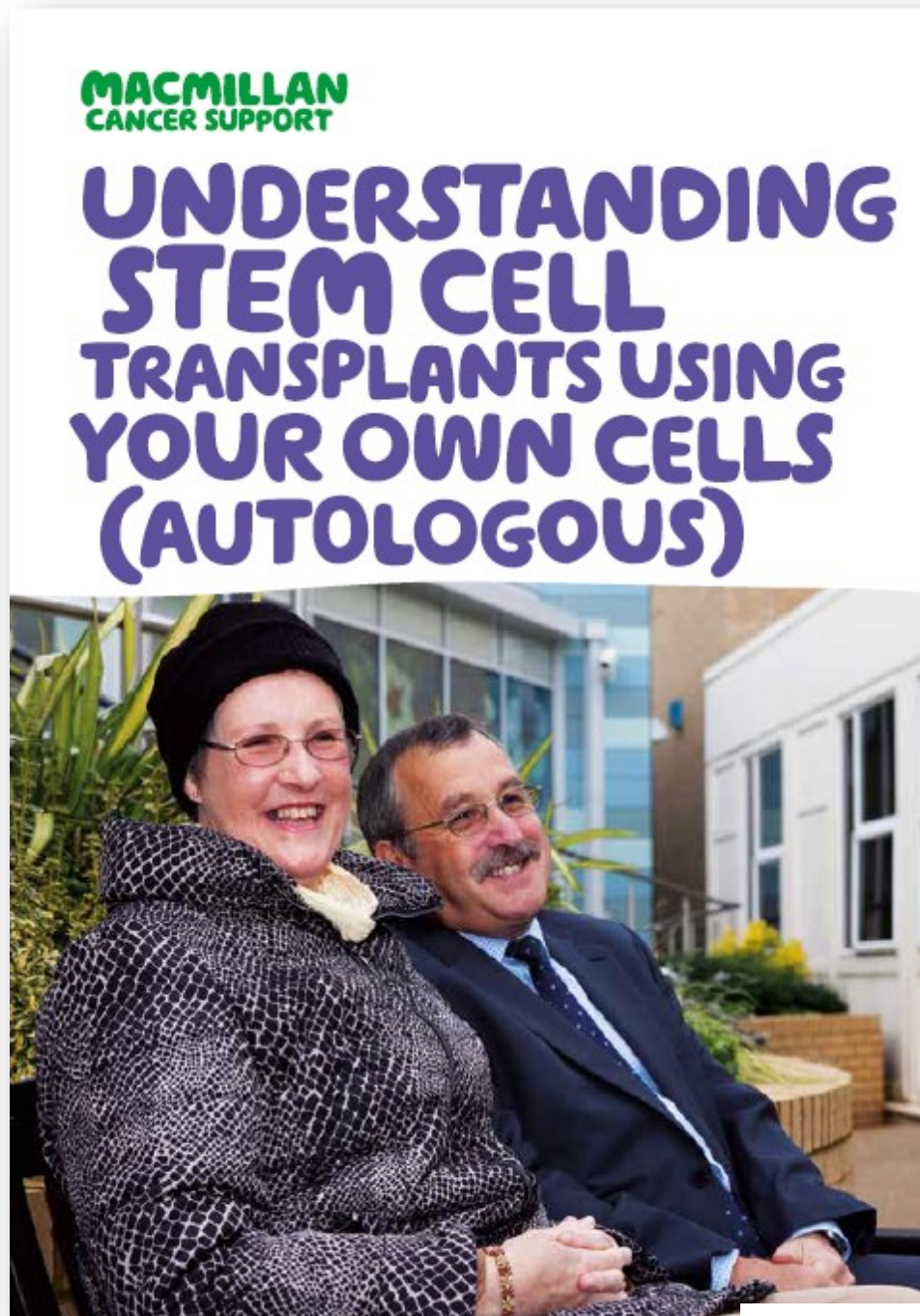


# Late effects of Pelvic Radiotherapy (Women)



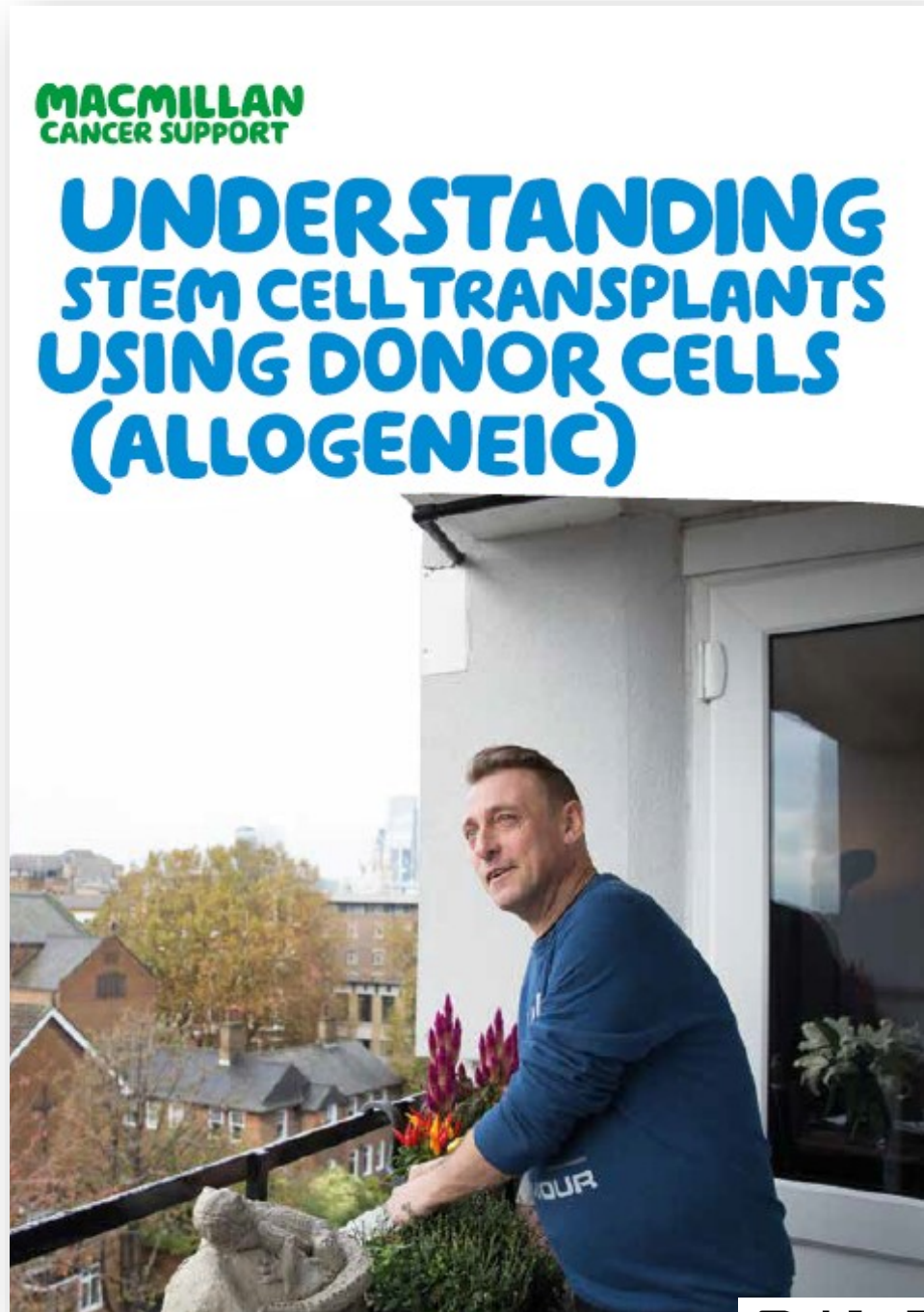


# Autologous Stem Cell Transplants





# Allogenic Stem Cell Transplants



# Heart Health and Cancer Treatment





# **DIET AND NUTRITION**

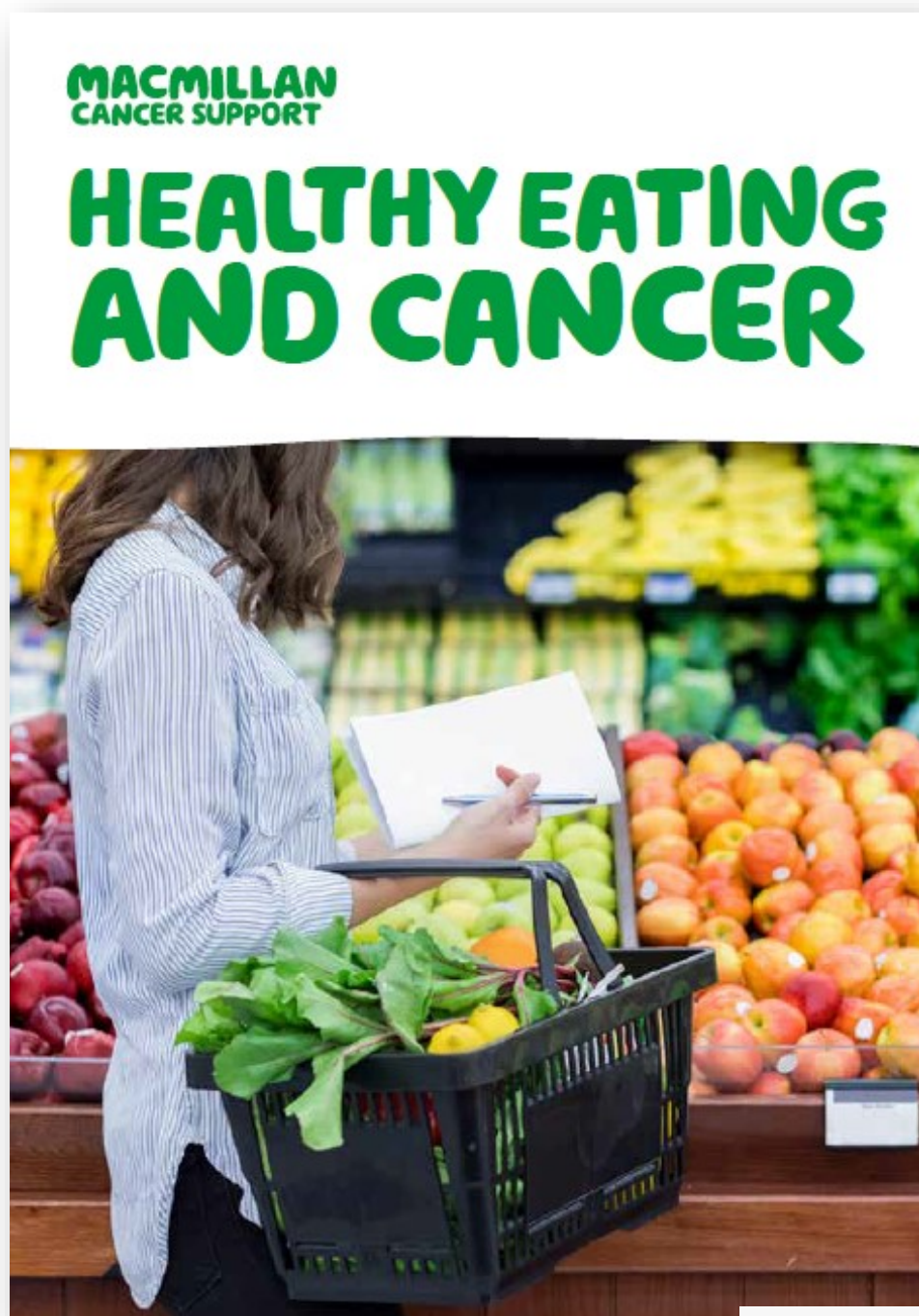




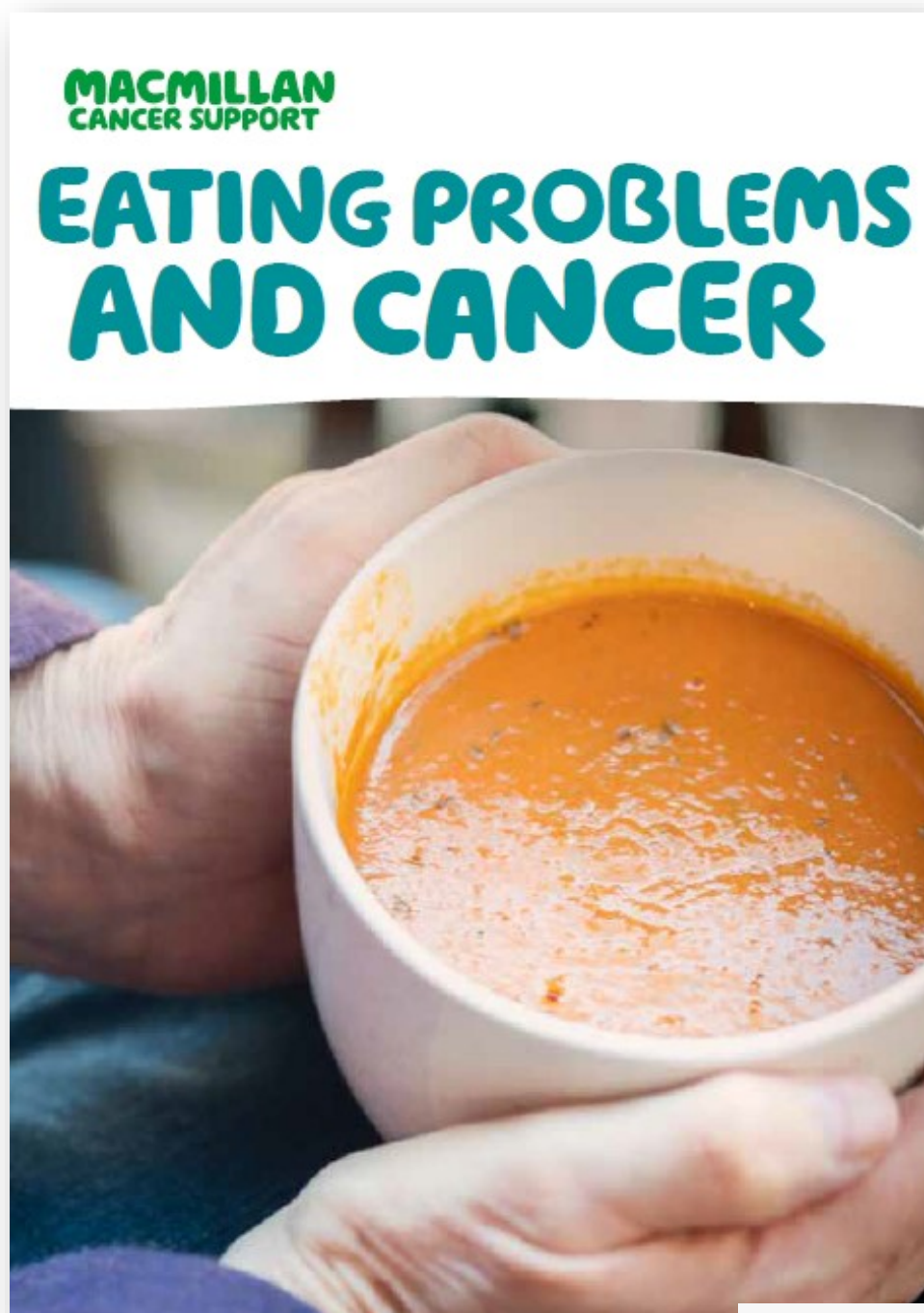
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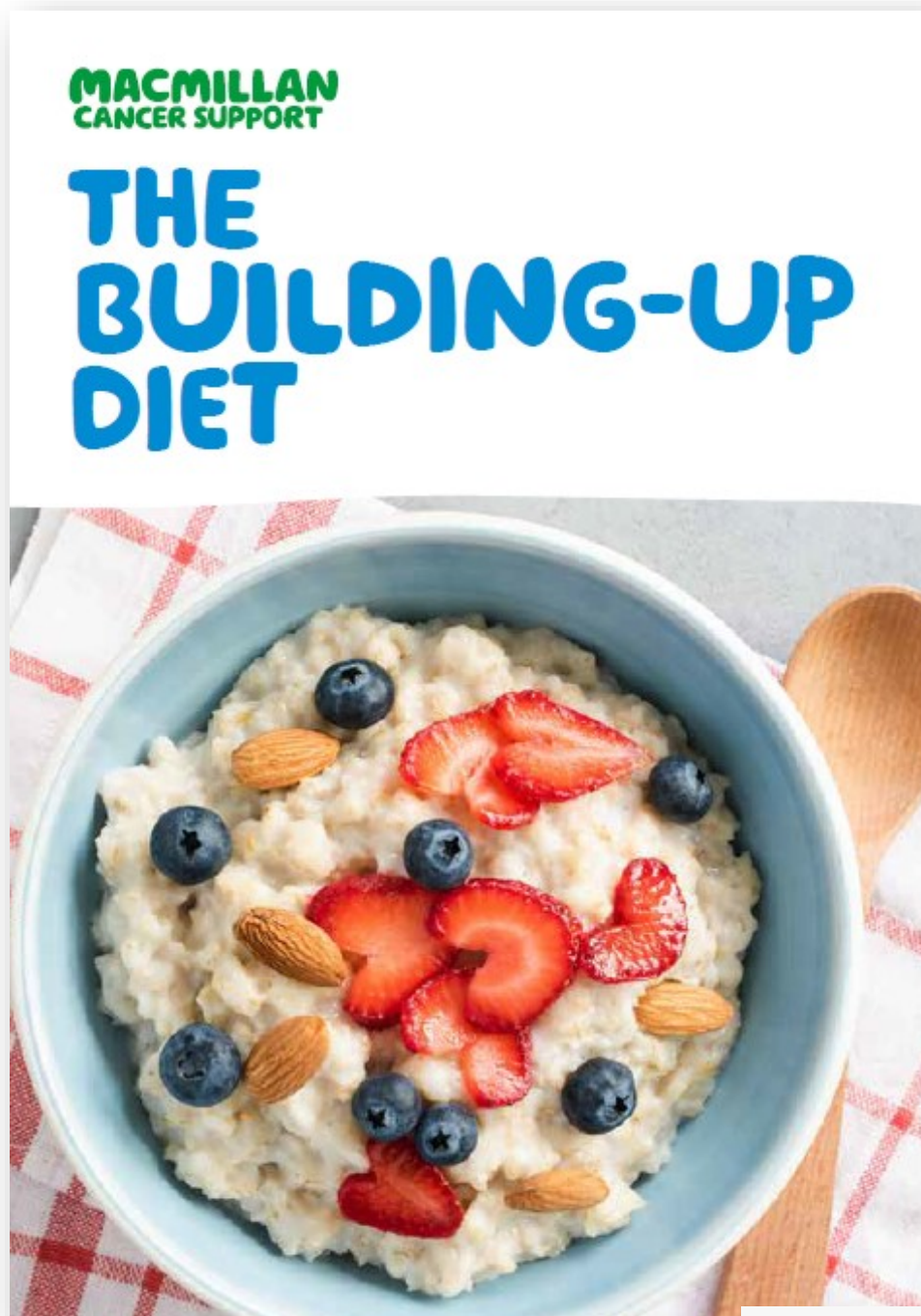
# Healthy Eating and Cancer



# Eating Problems and Cancer



# The Building-Up Diet





# Managing Weight Gain after Treatment





# **RELATIONSHIPS AND FERTILITY**



# Relationships & Fertility

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# Talking about Cancer





# Emotional Effects of Cancer



# Talking With Someone Who Has Cancer



# Talking to Children and Teenagers



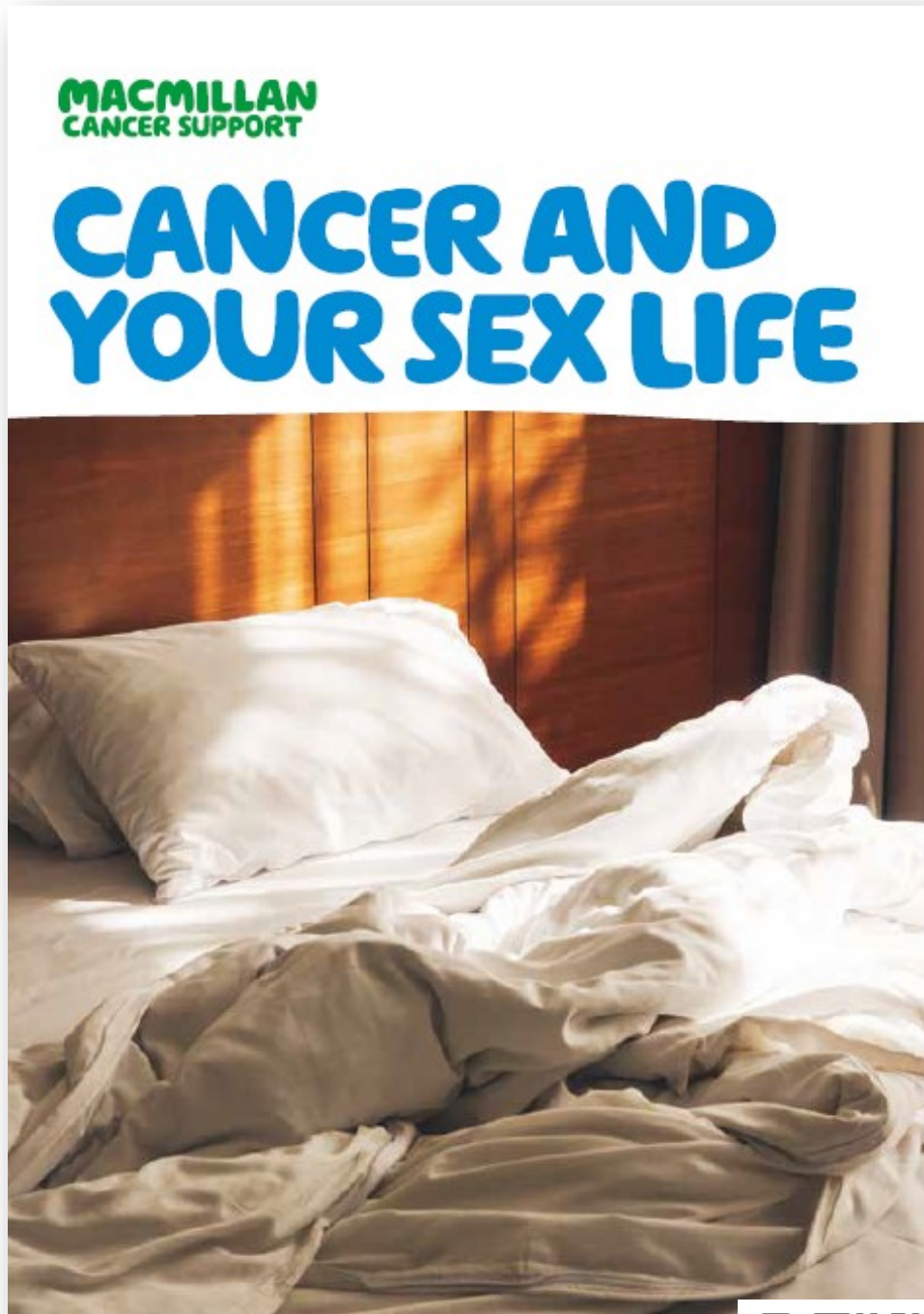


# Cancer and Relationships

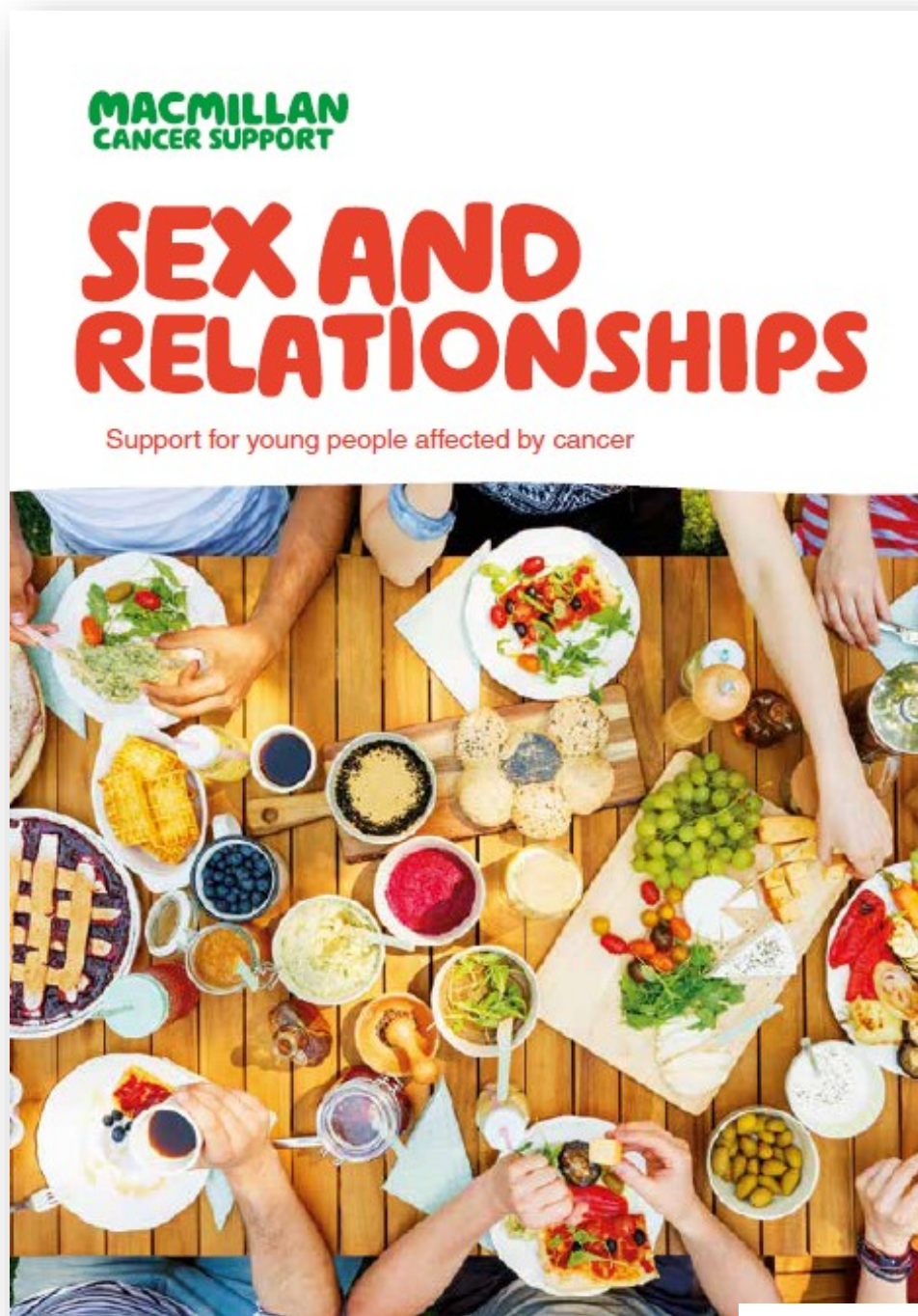




# Cancer and Your Sex Life



# Sex and Relationships

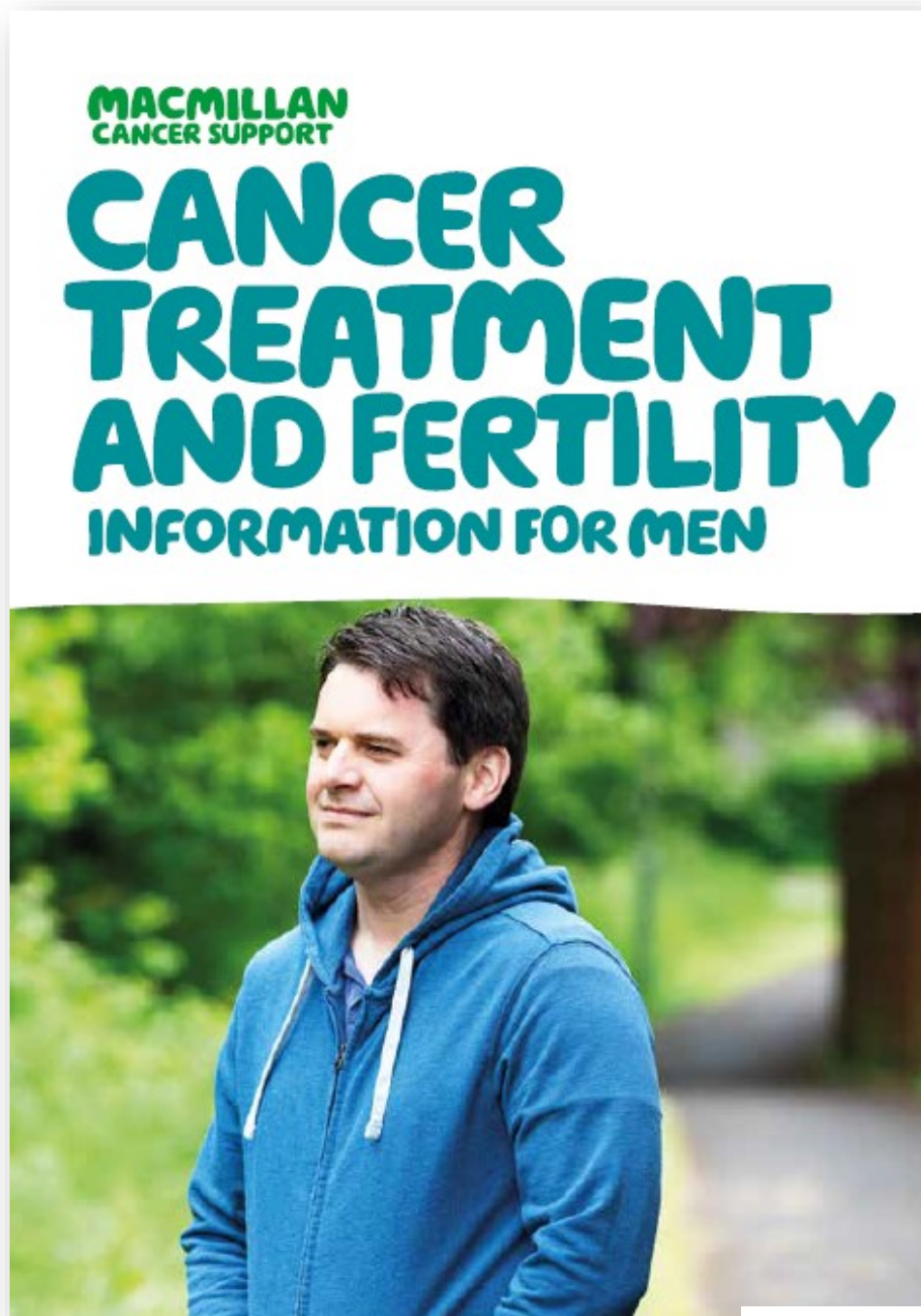


# Fertility for Young People affected by Cancer



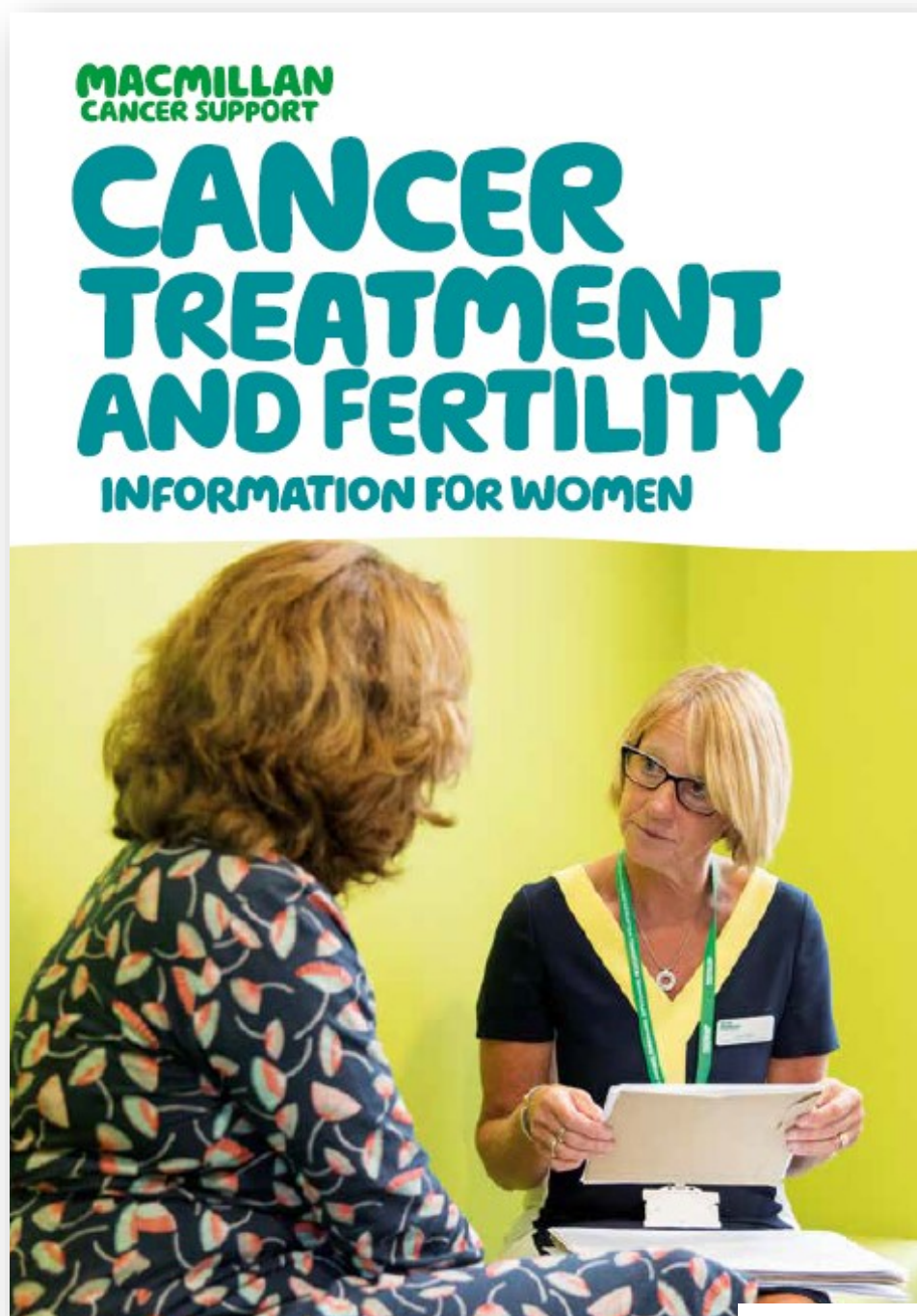


# Cancer Treatment and Fertility for Men





# Cancer Treatment and Fertility for Women



# Cancer and Pregnancy





# **PHYSICAL ACTIVITY AND WELLBEING**



# Physical Activity & Wellbeing

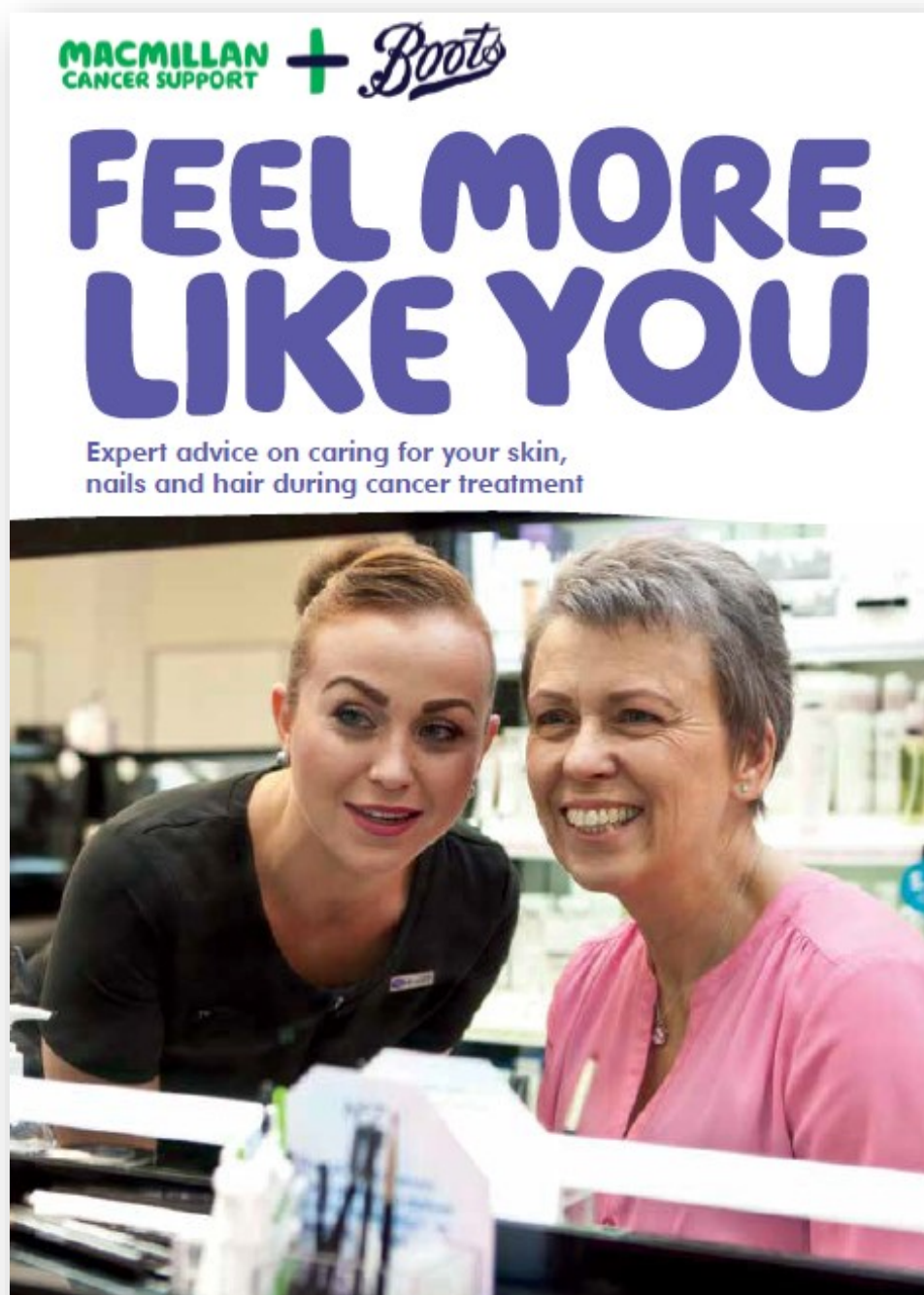
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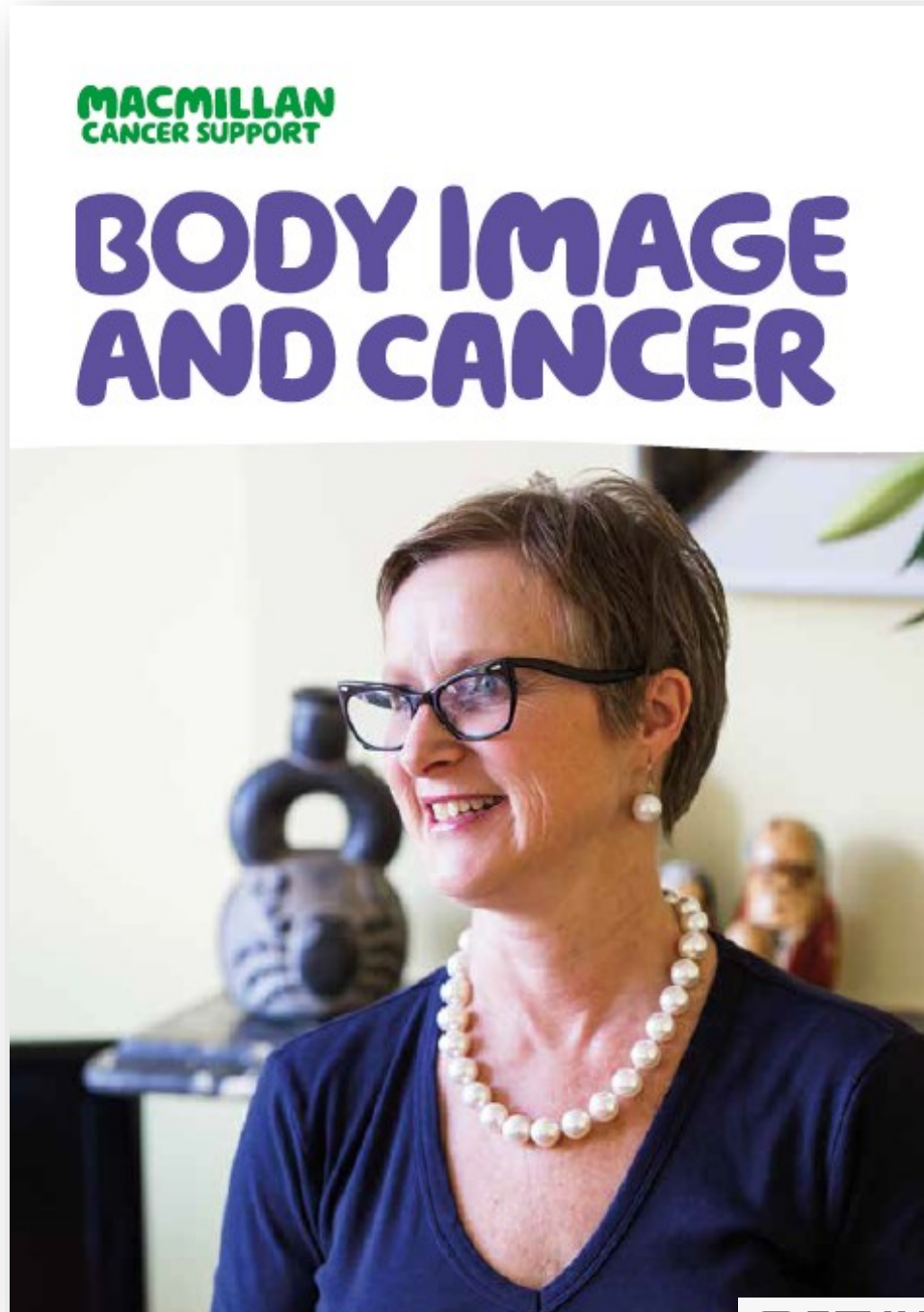
# Physical Activity



# Feel More Like You



# Body Image





# Move More



**MOVE  
MORE**

Your guide to  
becoming more active

**MACMILLAN**  
CANCER SUPPORT  
RIGHT THERE WITH YOU

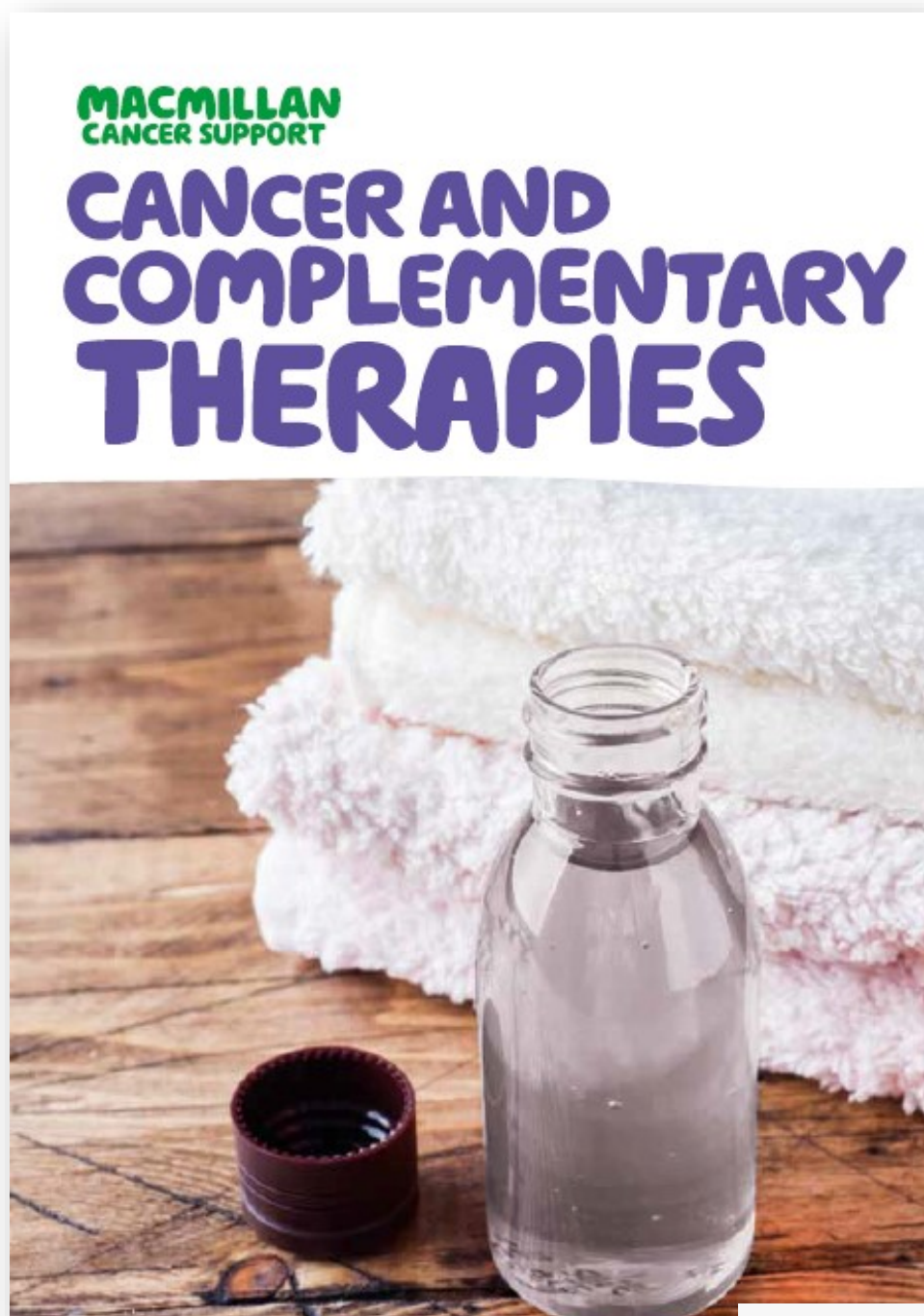




# How Are You Feeling? Emotional Effects



# Complementary Therapies



# Mindfulness Workshop

## Introduction to Mindfulness

You are invited to join a workshop about Mindfulness



- **Mindfulness involves training our attention to experience the present moment with greater curiosity and kindness. This helps us to not only appreciate what is going well but to respond more skilfully in the here and now to life's inevitable challenges.**

### What are the potential benefits?

- **feeling calmer and more positive**
- **helping cope with stress and anxiety**
- **improving concentration and focus**

The workshop will take place in the Macmillan Information and Support Centre, Level B, Queen Alexandra Hospital, Portsmouth PO6 3LY.  
on:

**The Group will be held on the third Friday of the month  
10am to 1pm.**

- Please contact the team at [macmillancentre@porthosp.nhs.uk](mailto:macmillancentre@porthosp.nhs.uk) or telephone on 02392 283323 to book a place.



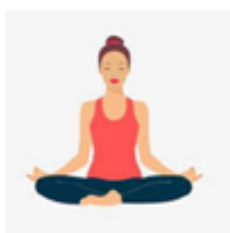
# Physical Wellbeing Workshop

**MACMILLAN**  
CANCER SUPPORT

**NHS**  
Portsmouth Hospitals  
University  
NHS Trust

## Physical Wellbeing Workshops

Taster workshops take place  
Mondays 10am to 11am

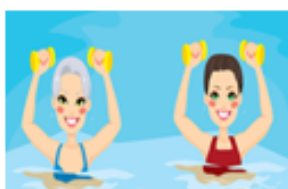


### Yoga (Macmillan Centre)

Suitable for all ages and abilities. The workshop will focus on postures, relaxation and breathing; with gentle movement to help you to learn to enjoy present moment. This will increase your sense of well being and help reduce stress.

### Body Conditioning (Macmillan Centre)

Gentle cardio and strengthening exercises designed to gently raise your heart rate and increase mobility. Very low impact, (seated exercise if required) no co-ordination is needed



### Aquacise (Oasis Wellness Centre, QAH) 11am-12pm

The water is a great place to start if you are not used to exercising. (Even if you cannot swim). The buoyancy of water supports your weight, and allows your body to relax while gently moving. Improvement in muscle strength can be achieved by pushing your arms and legs against the water. This class is designed to gently raise heart rate and increase muscle strength

### Pilates/Stretching (Macmillan Centre)

Is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, Pilates concentrates on posture, balance and flexibility.



To book a place contact  
**macmillancentre@porthosp.nhs.uk** or telephone on  
**02392 283323**

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# Look Good, Feel Better Workshop



Skincare  
& Makeup  
Workshops



Skincare  
& Makeup  
Workshops

Skincare  
& Grooming  
Workshops



Virtual  
Workshops  
Via Zoom

## What Should I Expect?

Step-by-step advice on skincare and makeup application to complete a natural, radiant look. Learn practical tips and techniques, including how to enhance sparse eyebrows or loss of eyelashes, to help you look and feel like you again.

"I've learnt lots of new techniques [at your workshops] from my nails to my hair and now exercise through chair yoga. I feel like you've all been like little guardian angels throughout my cancer journey. You have really picked my mood up many times putting a smile on my face. Please keep up your amazing work - I know I would be lost without you all."

Rosemary, Virtual Workshop Beneficiary

A Little  
About Us...

Look Good Feel Better is a leading cancer support charity aimed at boosting the physical and emotional wellbeing of people living with cancer.

We run face-to-face Skincare & Makeup Workshops in hospitals and cancer support centres as well as a range of Virtual Workshops to help support people going through cancer treatment across the UK.

Every session is a chance to focus on yourself and not your cancer!



BOOK A  
WORKSHOP!

To book onto a workshop, please scan the above QR code or visit our website:  
[www.lookgoodfeelbetter.co.uk/workshops](http://www.lookgoodfeelbetter.co.uk/workshops)

W: [www.lookgoodfeelbetter.co.uk](http://www.lookgoodfeelbetter.co.uk) S: @lgfbuk  
E: [info@lgfb.co.uk](mailto:info@lgfb.co.uk) T: 01372 747 500



# **FINANCE AND WORK**



# Finance & Work

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## Money Worries





# Help with the Cost of Cancer

**MACMILLAN**  
CANCER SUPPORT

## **HELP WITH THE COST OF CANCER**

In England, Scotland, Wales and Northern Ireland



Rob, Welfare Rights Adviser



# Housing Costs



# Housing Costs



# Insurance





# Managing Debt



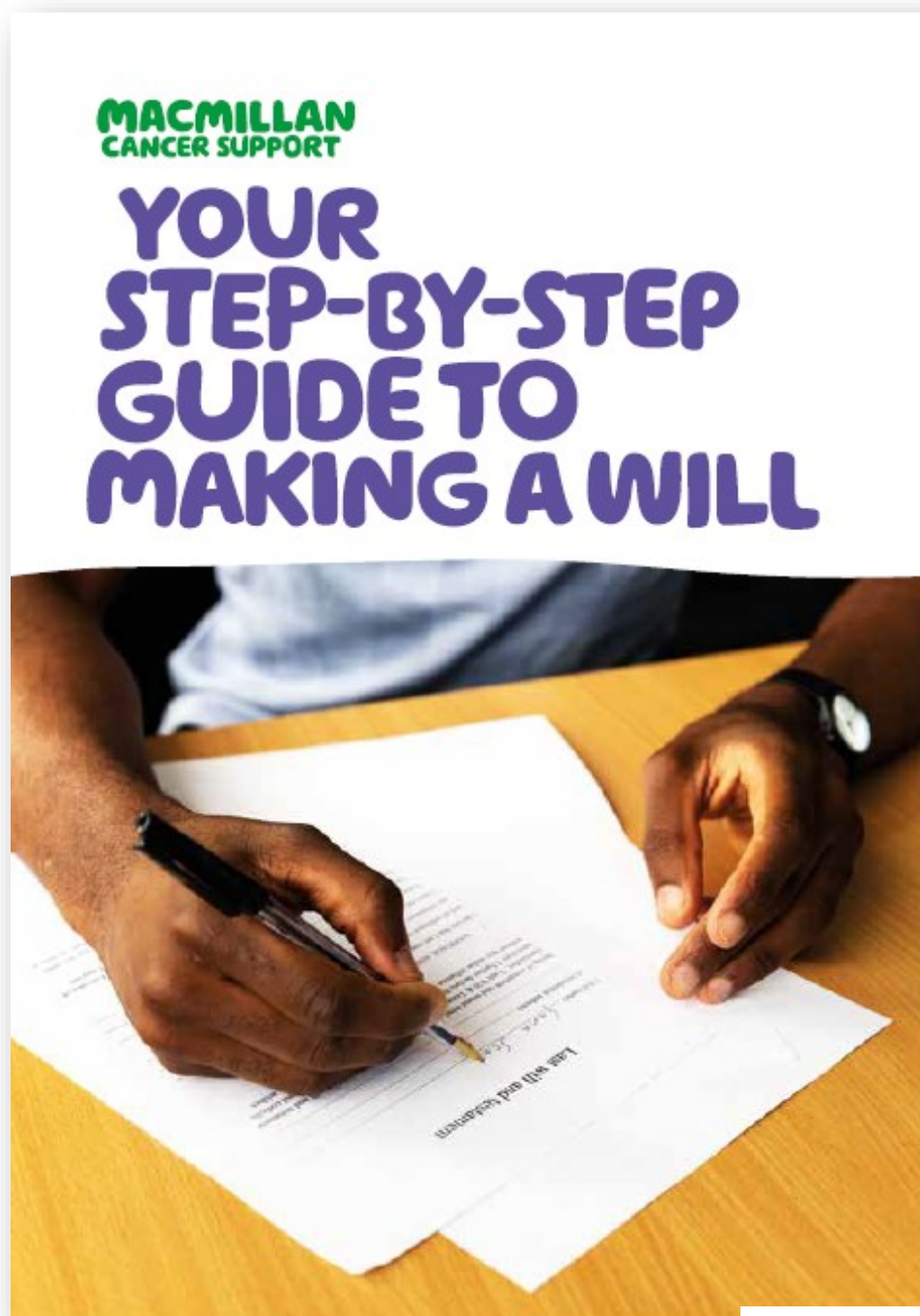
# Planning and Managing Your Finances



# Sorting Out Your Financial Affairs



# Guide to Making a Will

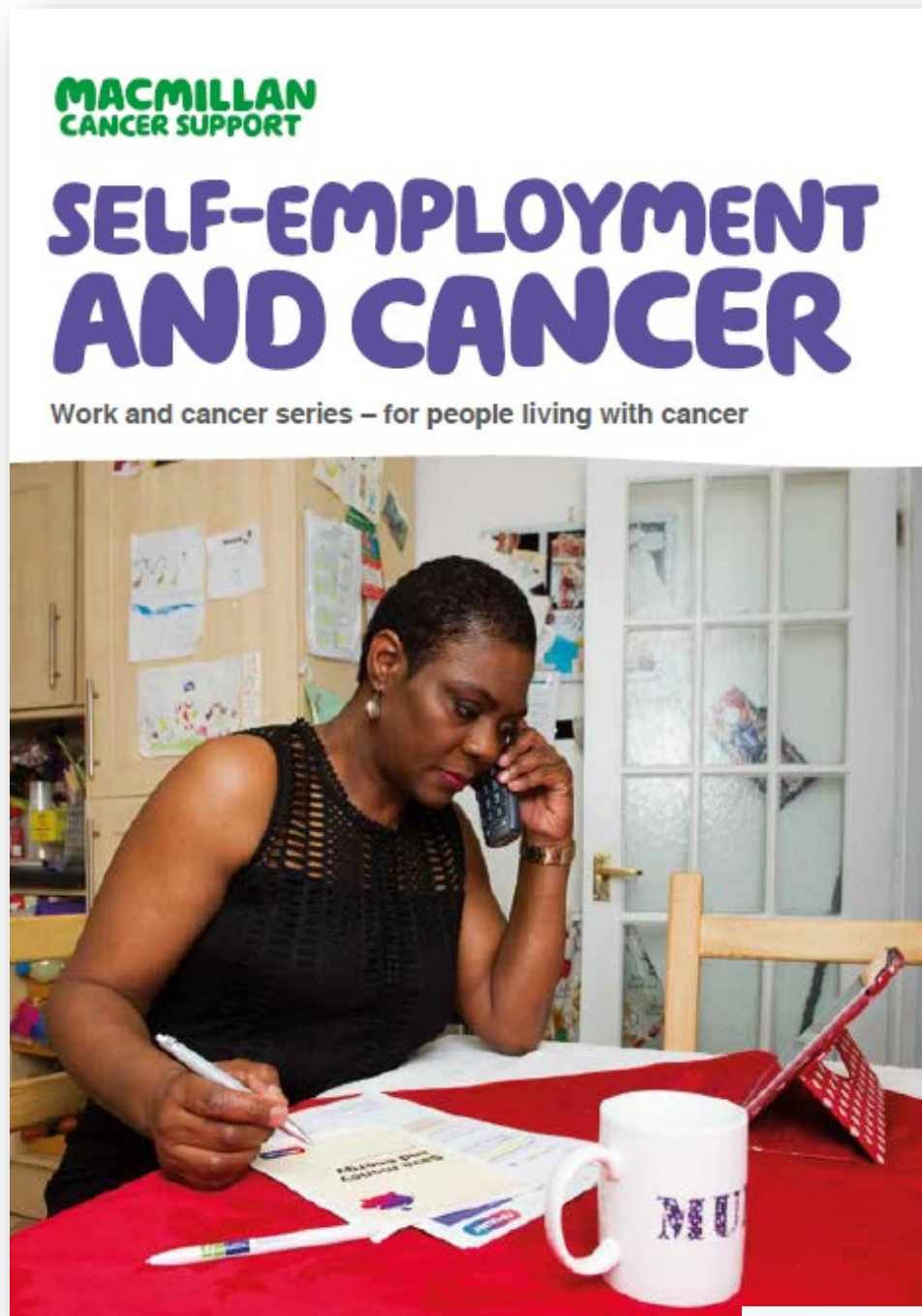




# Work and Cancer



# Self-Employment and Cancer



# Your Rights at Work





## Questions to Ask about Work





# Questions for Carers to Ask about Work



# Self-Employment and Cancer



# Pensions





# **LIVING WITH CANCER AND CARER SUPPORT**





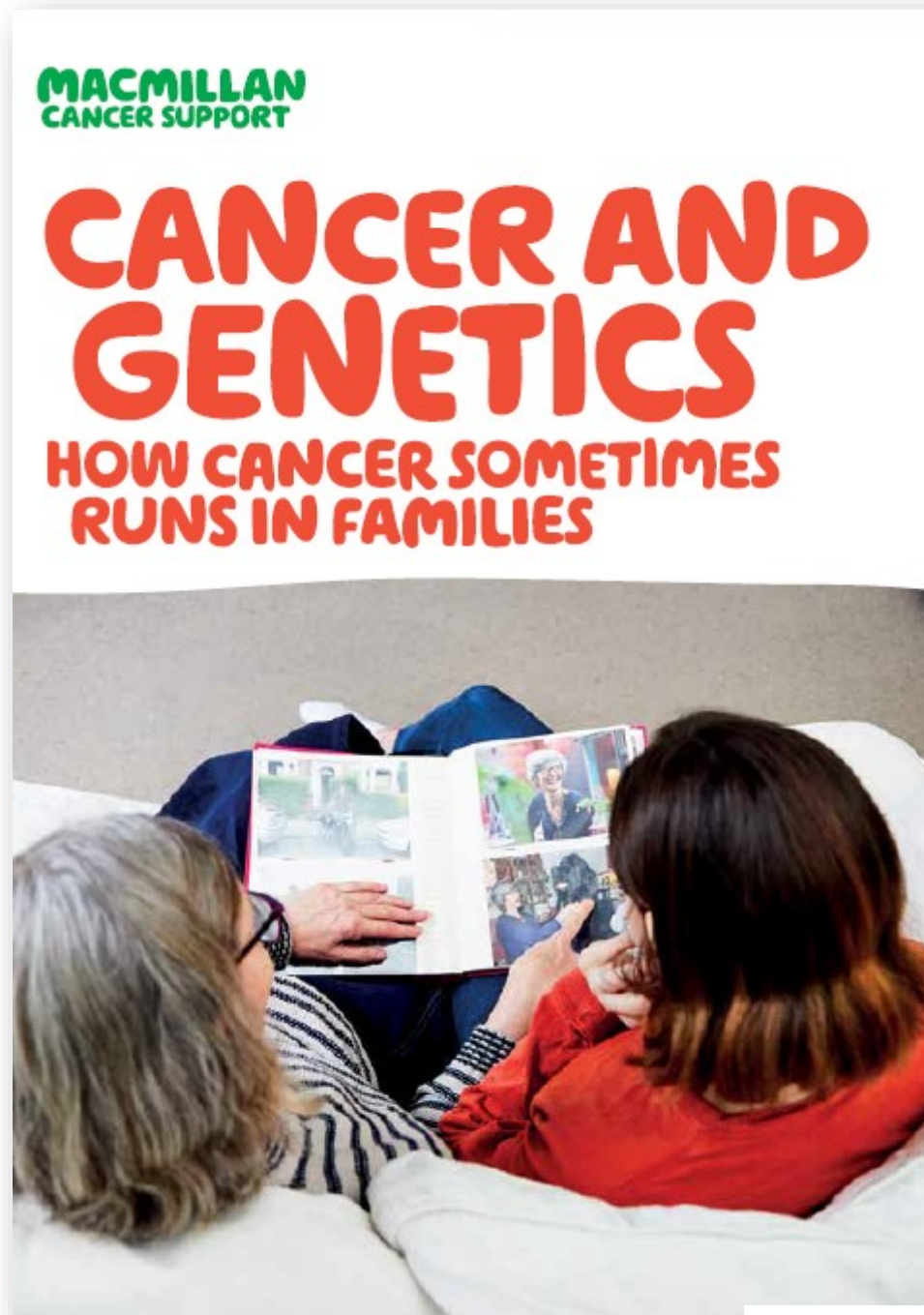
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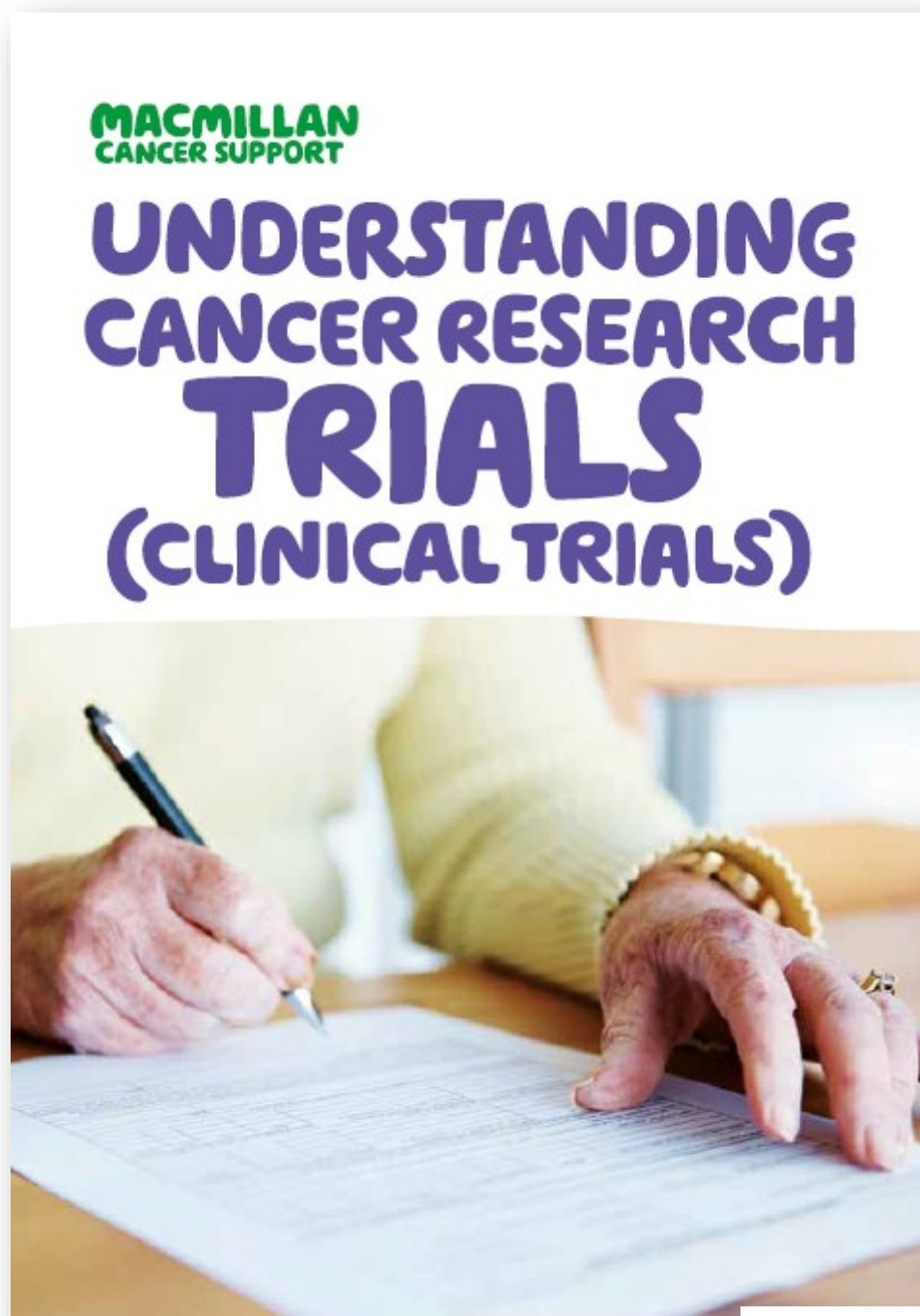
# Travel and Cancer



# Cancer and Genetics



# Research Trials





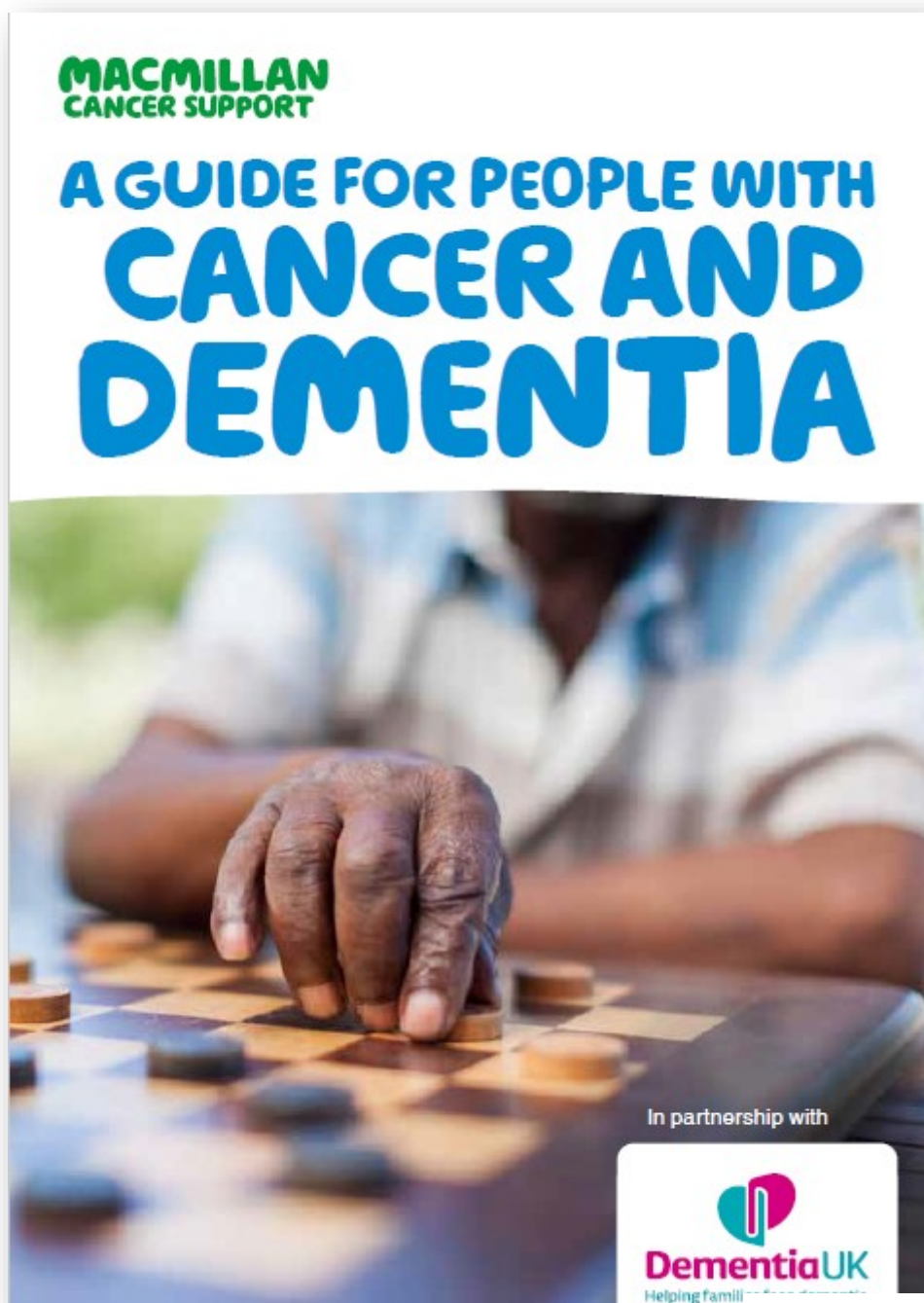
# Holistic Needs Assessment



## Cancer and Older People

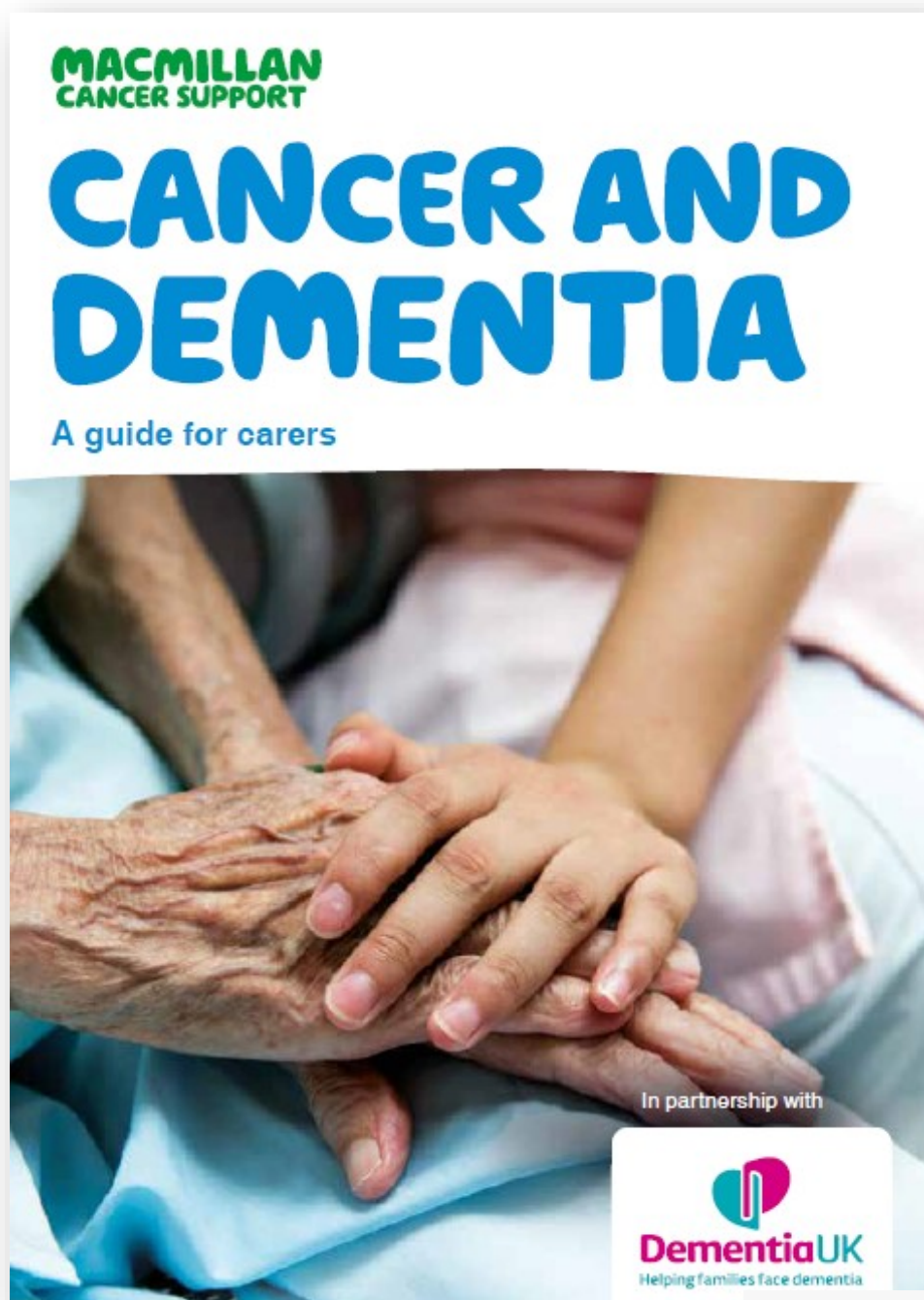


# Cancer and Dementia





# Cancer and Dementia (Guide for Carers)





# Talking to Children and Teenagers



# Talking With Someone Who Has Cancer



# Self-Employment and Cancer





# Questions for Carers to Ask about Work





# Carer Support Group

**MACMILLAN**  
CANCER SUPPORT

**NHS**  
Portsmouth Hospitals  
University  
NHS Trust

## Are you supporting/caring for someone affected by cancer?

You are invited to join a new Support Group for Carers at the Macmillan Information and Support Centre to:



- Talk openly and honestly with other carers.
- Listen to other carers, share experiences and get support.
- Talk about your feelings.
- Be with others in similar situations.
- To feel and know that you are not alone.

Group meetings will take place in the Macmillan Information and Support Centre, Level B, Queen Alexandra Hospital, Portsmouth PO6 3LY.

**The Group will be held on the third Wednesday of the month – 10:30am to 12pm.**

Please contact the team at [macmillancentre@porthosp.nhs.uk](mailto:macmillancentre@porthosp.nhs.uk) or telephone on 02392 283323 to book a place.

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# **LIFE AFTER CANCER**



# Life After Cancer

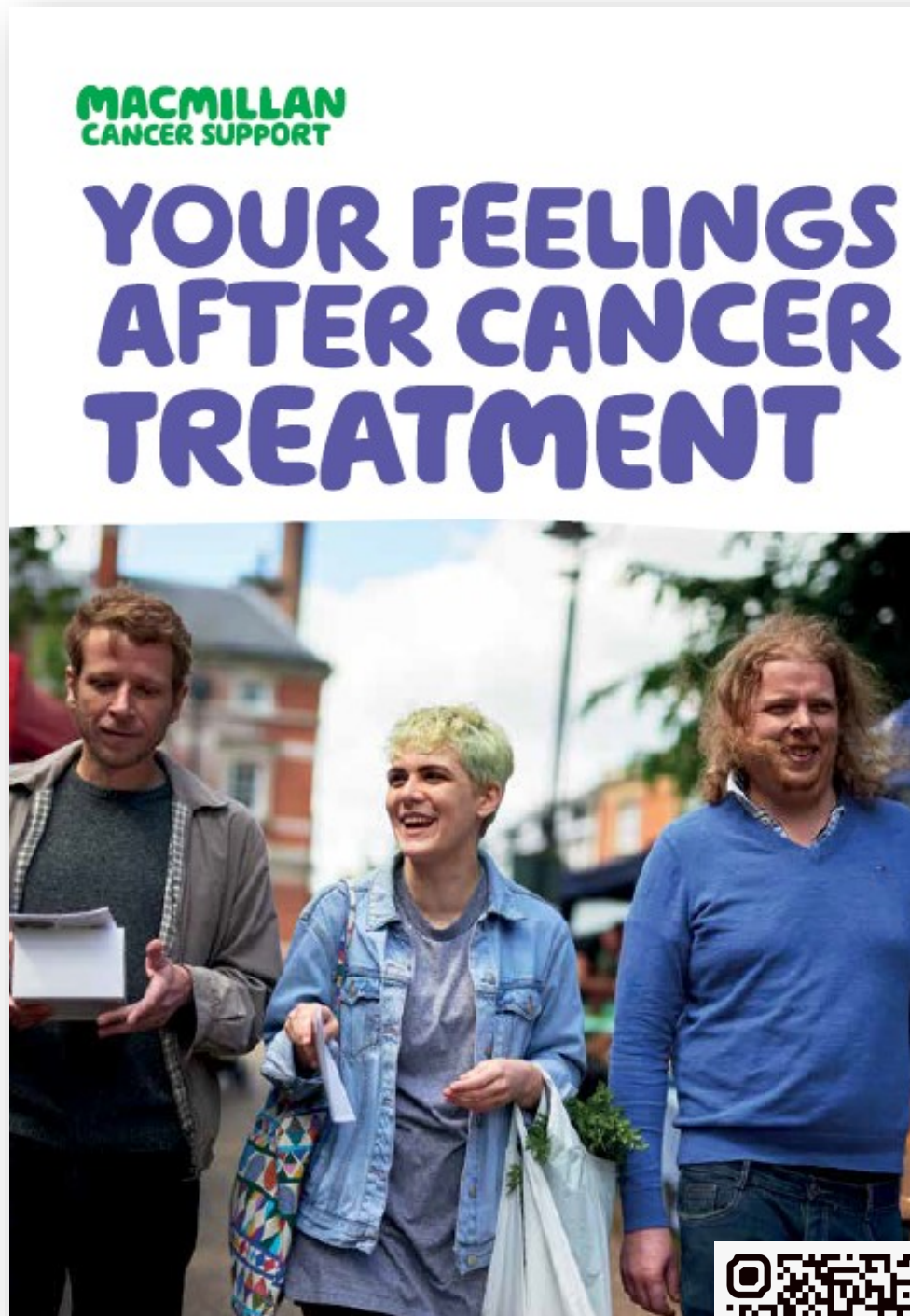
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# Life After Cancer Treatment





# Your Feelings After Cancer Treatment



# What To Do After Cancer Treatment Ends

**MACMILLAN**  
CANCER SUPPORT

## **WHAT TO DO AFTER CANCER TREATMENT ENDS: 10 TOP TIPS**





# HOPE Workshop—How to Overcome Problems Effectively



## We can help you take back control

HOPE is a course developed by Macmillan Cancer Support and Coventry University to support you after cancer treatment.

Each course is run by a health and social care professional and a trained volunteer who has a personal experience of cancer.

You can share your experiences and get support from other people going through the same thing. It helps strengthen your coping skills for dealing with different problems like anxiety, fatigue and concerns for the future. So you can feel more like yourself again.

HOPE is a free two-and-a-half-day course, run over two consecutive weeks and a half day follow up three months later.

### HOPE can help you:

- regain your confidence so you feel more like yourself
- use relaxation techniques for your mind and body
- cope with anger, anxiety, depression and uncertainty
- handle stressful situations
- plan for your future
- use your potential to make the most of your life.



## What people say about HOPE course

• This course has done absolute wonders for me. I came into it depressed and very lonely. I am more confident and have learned that I can't control my illness, but I can control how I live my life. Christine, who received treatment for breast cancer

• Now I understand why I feel different at times. The course reminded me that I'm not alone in dealing with the feelings experienced after the treatment! It has helped me to gain a different outlook on life. Val, who received treatment for breast cancer

• I have become very mindful and thoughtful as a result of the course. It has helped me cope with my diagnosis and look to a better future. Martin, diagnosed with bowel cancer

• I was able to, for the first time in 16 years, talk about my experience with cancer with other ladies who had been through it also. I was relieved to know that is was OK (even normal) to feel what I had felt. Tara, diagnosed with thyroid cancer

## How to book

To book your place on the HOPE course, please contact The Macmillan Information & Support Centre, B level, QAH on 02392 283 323 or [macmillancentre@portosp.nhs.uk](mailto:macmillancentre@portosp.nhs.uk)

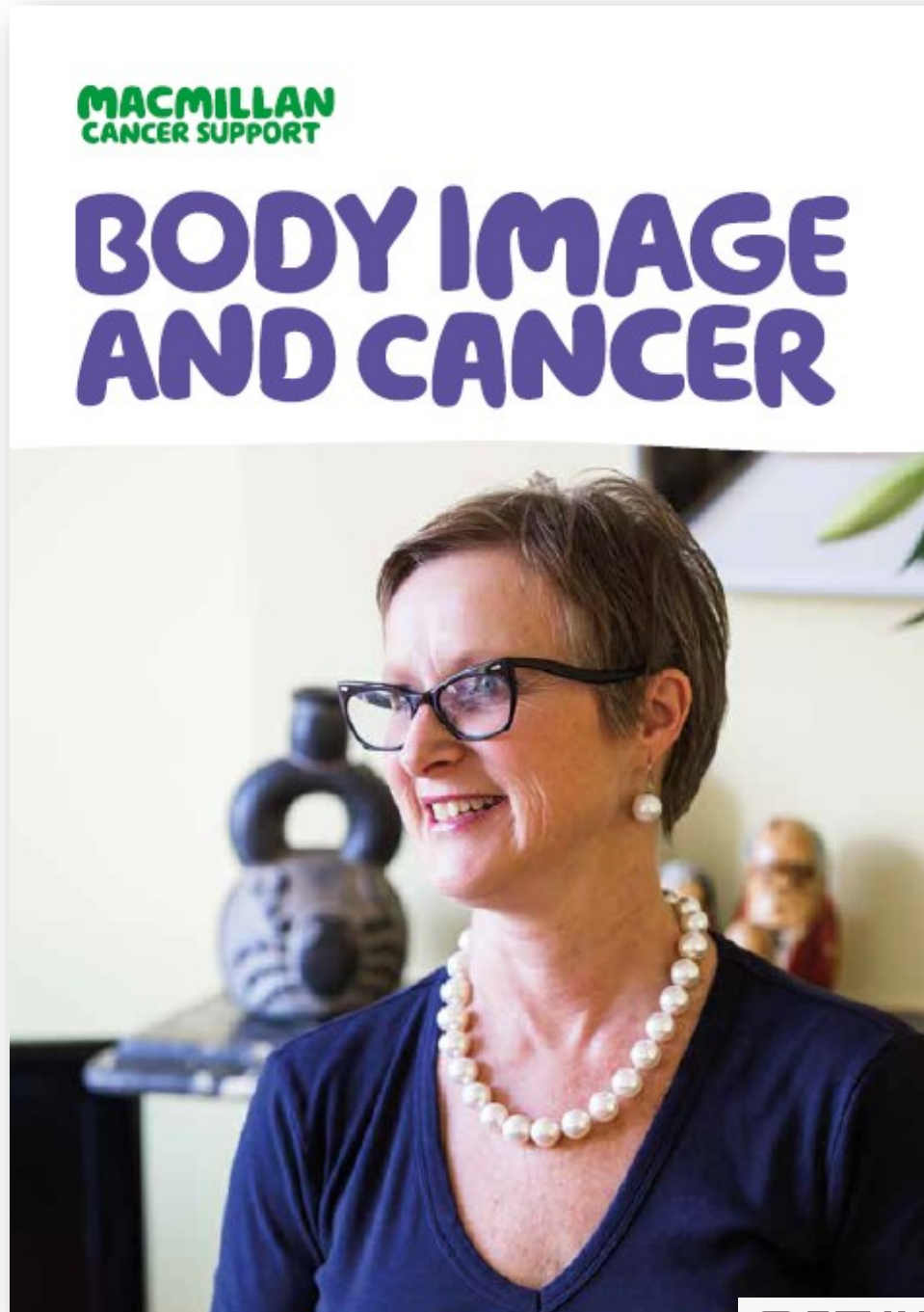
You can also visit [learnzone.macmillan.org.uk](http://learnzone.macmillan.org.uk) for more information.

# Worrying About Cancer Coming Back





# Body Image



# Look Good, Feel Better Workshop



Skincare  
& Makeup  
Workshops



Skincare  
& Makeup  
Workshops

Skincare  
& Grooming  
Workshops



Virtual  
Workshops  
Via Zoom

## What Should I Expect?

Step-by-step advice on skincare and makeup application to complete a natural, radiant look. Learn practical tips and techniques, including how to enhance sparse eyebrows or loss of eyelashes, to help you look and feel like you again.

"I've learnt lots of new techniques [at your workshops] from my nails to my hair and now exercise through chair yoga. I feel like you've all been like little guardian angels throughout my cancer journey. You have really picked my mood up many times putting a smile on my face. Please keep up your amazing work - I know I would be lost without you all."

Rosemary, Virtual Workshop Beneficiary

A Little  
About Us...

Look Good Feel Better is a leading cancer support charity aimed at boosting the physical and emotional wellbeing of people living with cancer.

We run face-to-face Skincare & Makeup Workshops in hospitals and cancer support centres as well as a range of Virtual Workshops to help support people going through cancer treatment across the UK.

Every session is a chance to focus on yourself and not your cancer!



BOOK A  
WORKSHOP!

To book onto a workshop, please scan the above QR code or visit our website:  
[www.lookgoodfeelbetter.co.uk/workshops](http://www.lookgoodfeelbetter.co.uk/workshops)

W: [www.lookgoodfeelbetter.co.uk](http://www.lookgoodfeelbetter.co.uk) S: @lgfbuk  
E: [info@lgfb.co.uk](mailto:info@lgfb.co.uk) T: 01372 747 500



# **END OF LIFE CARE AND SUPPORT**



# End of Life Care and Support

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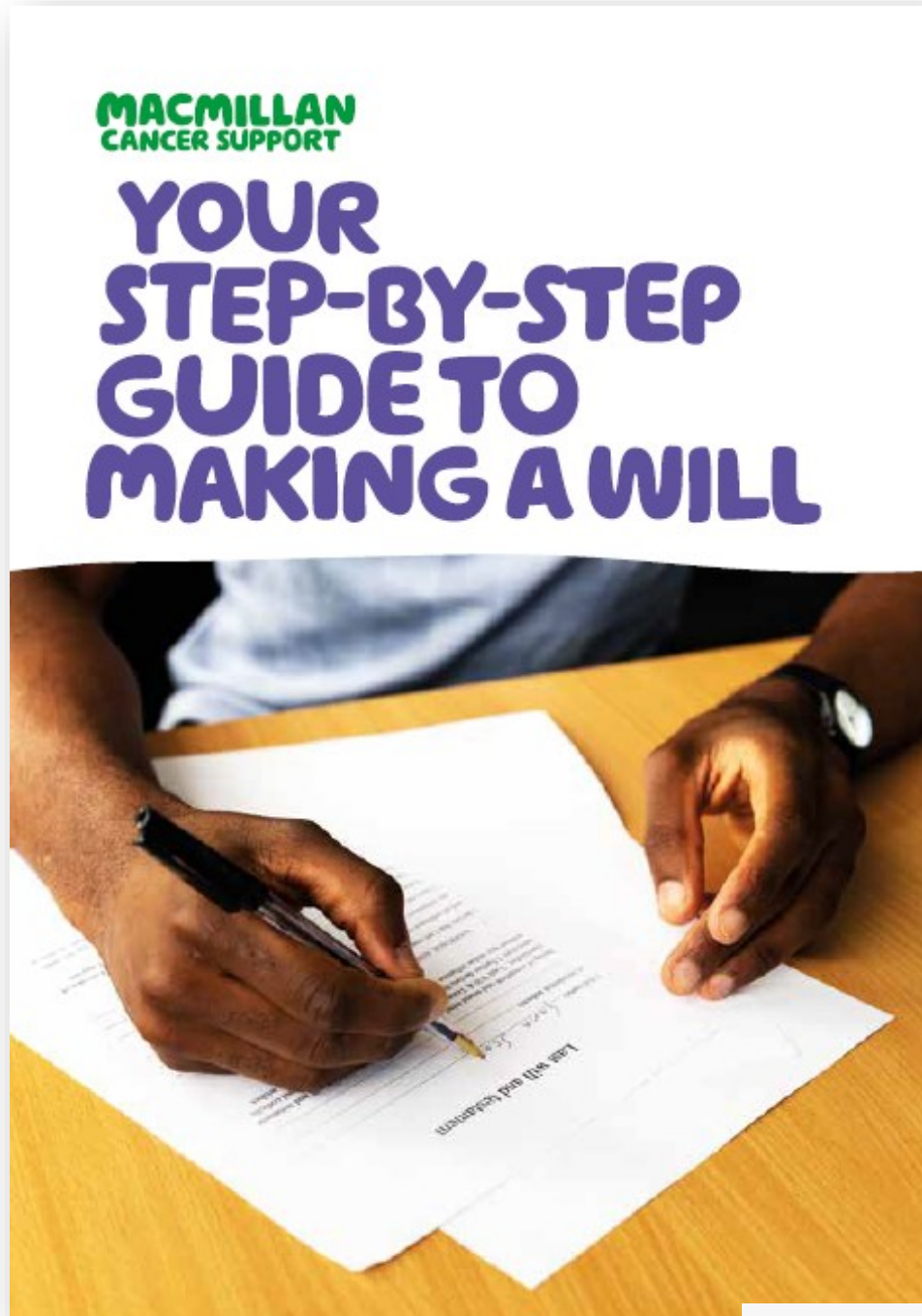
# Planning Ahead for the End of Life



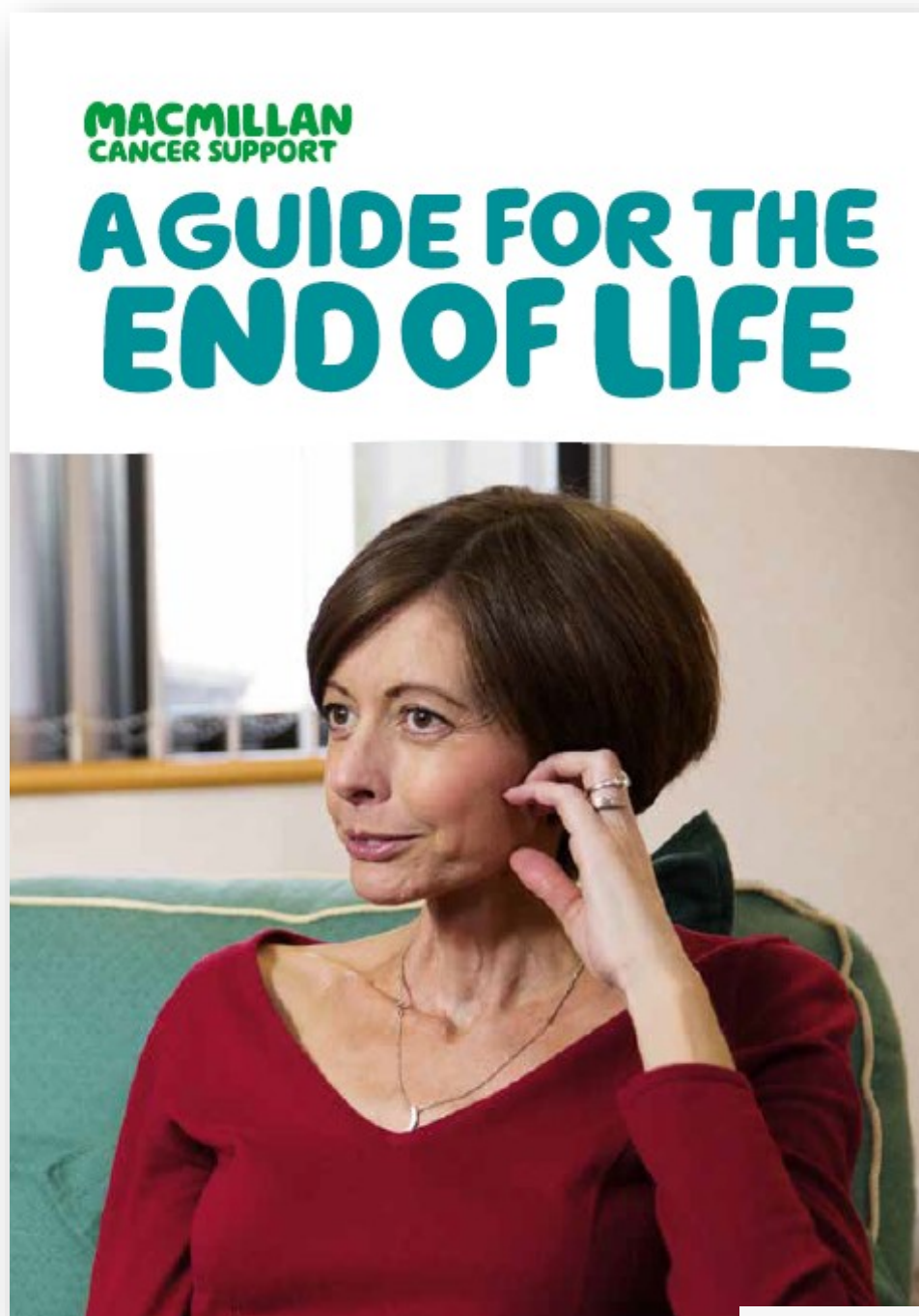
# Sorting Out Your Financial Affairs



# Guide to Making a Will



# A Guide for the End of Life





# Preparing a Child for Loss



# Coping with Bereavement

