



**Albion in the  
Community**

# CANCER HEALTH AND WELLBEING EVENT

**AT THE AMEX**

10am-4pm, Tuesday 21 November 2017

If you have had cancer and live locally,  
come and find out about services and support  
available to help you live well at this free event.  
Lunch and refreshments provided.

Mayo Wynne Baxter Lounge, West Stand,  
American Express Community Stadium, Village Way,  
Brighton BN1 9BL.

Visit stalls throughout the morning, enjoy a relaxed  
healthy lunch and stay for the talks and workshops through  
the afternoon. Guests welcome to attend at any part of the day.

Free bus travel is available courtesy of Brighton and Hove buses.  
Registration is required.

Find out more and book your free place by calling **01273 668591**  
or sign up via the link online at **[www.brighteroutlook.org.uk](http://www.brighteroutlook.org.uk)**



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**Free parking available**

**The Cancer Health and Wellbeing Event is open to all people living locally who are living with or after cancer. It's a chance to find out about the wide range of support and services available to you, your family, friends and carers. It's suitable for people at all stages throughout and following cancer treatment.**

## **Main Room Programme – Mayo Wynne Baxter Lounge.**

This main event programme covers broader topics which many people living with and after cancer request information on.

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From 9.30am	Registration, arrival, tea and coffee
10am - 12pm	Take a browse around the marketplace. Find out about local services and charities on hand to help in our friendly marketplace. Stalls include Clinical Nurse Specialists, the Macmillan Horizon Centre, local charities and Brighton & Hove City Council's healthy lifestyle teams.
12 - 12.45pm	Lunch
12.45 - 1pm	Event Welcome / Housekeeping
1 - 1.30pm	Event aims and cancer care – from lead CNS Sarah Randall
1.30 - 2pm	Eating Well – with Macmillan dietitian Mhairi Donald
2 - 2.30pm	Looking After You – introduction to psychological support available from Laura Pritchard
2.30 - 2.50pm	Break
2.50 - 3.20pm	Macmillan Horizon Centre – Introduction to the support available
3.20 - 3.50 pm	Physical Activity through and after cancer – the Brighter Outlook team

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## **Secondary Speaker Programme - BMW Chandlers Lounge**

These talks cover more specific themes such as family history, breast and bowel cancer and hormone therapy for men. You are most welcome to mix and match between programmes.

**To find out more about the event or to register for your free place, call Angie or Siobhan on 01273 668591 or register online via the link at [www.brighteroutlook.org.uk](http://www.brighteroutlook.org.uk)**

