

Thank you for considering joining us on the 'Take Control' workshop which forms part of the wider Macmillan HOPE programme.

The Workshop is designed to help you overcome difficulties you may be facing either practically or emotionally after your prostate cancer diagnosis. The purpose of this workshop is to give you tools and strategies to help you move forward with your life. It also gives you the opportunity to meet other people who are also living with and beyond prostate cancer.

The Workshop content is as follows:

- Welcome and introductions, workshop overview, responsibilities and ground rules.
- What is self- management?
- Noticing the positives
- Healthy lifestyles (sleep better, get active and feel good, eat well)
- Stress and fatigue.
- Facing the future
- Moving forward

The Workshop will be facilitated by Ben Furlow, Macmillan Living With and Beyond Cancer Programme Manager and Ange Gillitt, Macmillan Information and Support Lead for North Worcestershire.

Please join us Wednesday 23rd April, 2025, at the Alexandra Hospital, Redditch B98 7UB. We will be holding the workshop in the Board Room which is opposite the Education Centre on the first floor. The workshop will start at 10 am and will finish at 1pm. Tea and coffee will be provided.

By working through the entire workshop, we hope that we can show you there are ways and strategies to overcome difficulty. Our aim is to help you live life well after cancer treatment.

If you would like to join us, please let us know as soon as possible on the contact numbers below.

Please confirm your place please contact Ange Gillitt on 01562 513273 angela.gillitt@nhs.net or Ben Furlow on 07742 506008 or ben.furlow@nhs.net

The HOPE team look forward to meeting you.

Kind Regards

Ange & Ben