

Living With & Beyond Cancer Programme Patient Story

Trust Board 6th February 2020

Jessica Greenwood – Lead Cancer Nurse

Colin Stockton – Cancer Survivor

Proud To **Care**
Make It **Happen**
We Value **Respect**
Together We **Achieve**



Living With & Beyond Cancer Programme...

What does LWBC mean?

What does the LWBC programme involve?

What is a Living Well session?

Why a Living Well video?

Were patients involved?

What does it mean for me?



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Step 1

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Step 2

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Living With and Beyond Cancer Programme – Watch Our Living Well Videos Now

Our Living Well videos are available to help anyone affected by cancer. The videos are packed full of practical tips, information, support and inspiration to help you, your family and friends to live as well as possible with cancer.

By watching different parts of the video you will be able to improve your understanding of fatigue, emotional health and wellbeing, physical activity and nutrition. The videos will help you to safely and confidently self-manage the most common problems caused by cancer and help you to feel more in control during and beyond your treatment.

Everyone going through cancer will be affected in different ways but we also know that people with cancer can provide fantastic support, useful suggestions and information to each other. The video includes four personal stories from local people who have kindly given their time to encourage and help others living with cancer. We hope that their stories will inform and inspire you and help you to get the right help and support for you.

Please scroll down below to view the videos.

+ [Introduction and Patient Stories](#)

+ [Nutrition](#)

+ [Exercise](#)

+ [Fatigue](#)

+ [Emotional Wellbeing](#)

+ [Visualisation](#)

Step 3

With Thanks To...

Macmillan Cancer Support

Leah Morgan

Roger and Angela Turner

Colin Stockton

Sarah Stockdale

Clare Wheatley

Hannah Fish

Liz Proudman

Colleagues at The Shrewsbury & Telford Hospitals NHS Trust

The Royal Wolverhampton Hospital

Worcester Acute Hospital NHS Trust

Dudley Group NHS Foundation Trust

Walsall Healthcare NHS Trust



Colin's Story

