You are warmly invited to a:

**Bowel Cancer**

**Health and Well-being Event**

Wednesday 3rd February 2016

13.00pm – 16.00pm

Royal College of Nursing

20 Cavendish Square

London

W1G 0RN

I would like to invite you to an education event being held to provide you with information and ideas to support your recovery after your bowel cancer diagnosis and treatment.

I would like to welcome a family member or friend as we understand that a diagnosis of cancer not only affects you, but also your family and friends.

We know from patient feedback that it is important to have tailored information about your bowel cancer and its treatment at the time of diagnosis; however patient feedback also tells us that there is often insufficient information provided about how to manage any ongoing health issues and how to make lifestyle choices to help with moving forward after your cancer treatment you have completed your treatment.

The event will provide you with a wide range of health and well-being advice from expert healthcare professionals from across the NHS including:

* Overview of colorectal cancer
* Physical activity and diet
* Anxiety and self-management
* Stoma care
* Peripheral neuropathy
* Sexual function
* Managing change in bowel habit
* Exercise therapy

There will be a tea/coffee break where you will have the opportunity to talk to health professionals and other attendees. You will also have time to browse the range of information and advice stands including:

* smoking cessation
* Beating Bowel Cancer – patient information and support services
* Macmillan Cancer Support benefits advisor
* Walking for health
* Look good feel better
* Maggie’s Centres

In order to help us manage the planning of this event, please confirm your attendance along with any family member or friend who may be joining you by emailing ……………….. or calling ………………. by Friday 8th January 2016.

With kind regards

(Insert name)

(Job title)

(Trust)