

Are you recently diagnosed with cancer?

Then we invite you to join the

FIRST STEPS
CANCER PROGRAMME

FIRST STEPS is for anyone recently diagnosed with cancer and their families, and aims to **help you support yourself** during your cancer journey by giving information on topics such as an introduction to treatment, who you may meet, diet, physical activity, sleep, managing fatigue and emotional support. First Steps also includes information about different services which can help to support you.

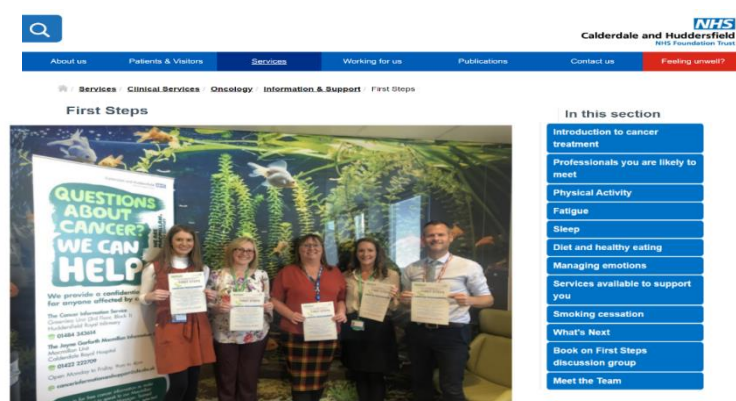
Due to the Coronavirus situation, we are running **First Steps virtually**, like a book club. There are 2 easy steps to get involved:

1. **Google 'CHFT First Steps' or click on the QR Code.**

Read through all the information on different topics and watch the videos, at a time that suits you.



Website
QR Code



2. Join us for an **online discussion group** with staff and other patients/family members via Microsoft Teams, to ask any questions. These groups run at least once a month.

Book a place on the next online discussion group by scanning the QR code or via the CHFT First Steps webpage '**Book on First Steps Discussion Group.**' If you need help with this booking please contact **Heather Milner on 01484 343490** or email Heather.Milner@nhs.net.



Booking
QR Code

If you have any queries about the First Steps programme or need a paper copy of the information, please contact the Macmillan Information Service on 01484 343614 or 01422 222709 or email cancer.information@nhs.net

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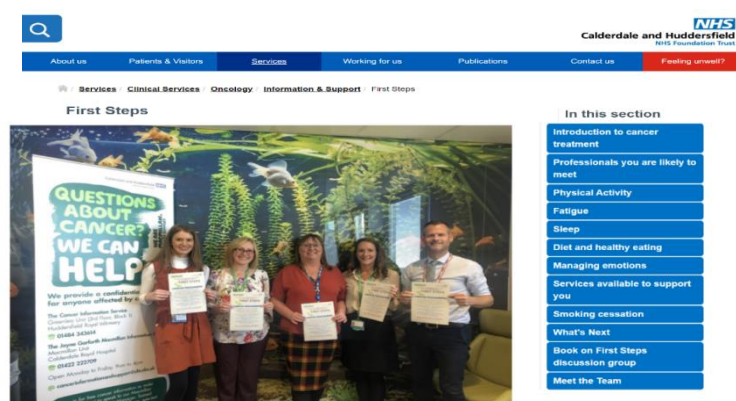
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