

# END OF TREATMENT VIRTUAL EVENT



Dear .....

You are invited to join a virtual **End of Treatment Event** as part of your cancer recovery and rehabilitation package. The purpose of the event is to support you to live a healthy lifestyle following cancer/cancer treatment. The event will discuss various aspects of living with and beyond cancer that may be important in ensuring you move forward and enjoy a healthy lifestyle.

Due to the Coronavirus pandemic, we are not currently offering End of Treatment Events as face to face meetings, but instead we are **running the events online via Microsoft Teams (a bit like zoom)**. You may have already used Microsoft Teams for a video consultation with members of your clinical team here at Calderdale and Huddersfield NHS Trust. You will need to use a computer/laptop with a webcam and microphone, or a tablet or smartphone which has access to the internet.

**Event Dates via Microsoft Teams:**  
**Thursday 15th September 2022**  
**Tuesday 6<sup>th</sup> December 2022**

**All events start online at 10am and finish at 2.30pm, with breaks included.**

There will be a range of talks and workshops, including the benefits of physical activity, managing the emotional effects of cancer, diet/sleep/fatigue, how the Macmillan Information Service can support you and community support after treatment. There will also be a specific session with a clinical team to look at managing the consequences of treatment/side effects and symptoms to look out for in the future. Family members are very welcome and are encouraged to attend.

**How do I book a place?**

Please book a place directly on our Trust website – see 'End of Treatment Event' Page or follow this link:

BOOK ON END OF TREATMENT EVENT – CLICK HERE



This booking link includes a section for you to give your consent to join the meeting. You will then receive an invite to the meeting by email. If you have any problems booking, please contact the Macmillan Information Service on 01484 343614, 01422 222709 or [cancer.information@nhs.net](mailto:cancer.information@nhs.net).

The Macmillan Information Team can also help you get set up with Microsoft Teams. If you have not used Microsoft Teams before, we will ask you to join us for a **test video call** before the event, to check that your laptop/tablet is set up and technology working.

Please note booking will close 24 hours before the event so we encourage you to book in plenty of time.

**The timetable for the virtual End of Treatment Events will be:**

10am – 12pm (with a short break around 11am)	<ul style="list-style-type: none"><li>• Introduction and welcome</li><li>• The importance of keeping physically active</li><li>• Diet, sleep and fatigue</li><li>• Managing your emotions</li></ul>
12pm – 1pm	Lunch Break
1pm – 2pm	Session with the clinical team about signs and symptoms to look out for and managing the effects of treatment.
2pm – 2.30pm	Introducing the iHOPE Course and Social Prescribing Link Workers Summary and close

**What if I don't have access to the necessary technology?**

We realise that not all of our patients will want to access this online event. We are committed to getting the information to you in a different way and to supporting you as you complete your cancer treatment. If this is the case, please contact the Macmillan Information and Support Service on 01484 343614 or 01422 222709 or email [cancer.information@nhs.net](mailto:cancer.information@nhs.net) and we will post some information to you. We can then arrange a time to speak to you over the phone and answer any questions you may have. We will also let you know when a face to face End of Treatment Event may be available in the future, for you to attend in person. Please also contact us if you need the information in a different language or format.

## **What have people said about the End of Treatment Events?**

*"The course was so relevant and inspiring, giving you a bit of positivity when you feel there's no light at end of the tunnel or are struggling with side effects."*

*"I enjoyed all the topics discussed and it made me realise again that you're not alone, other people experience the same things as yourself and it's nice to chat and relate to others."*

*"It was a friendly, informal and supportive atmosphere with engaging professional input and the opportunity for patients to participate."*

We hope you will join our End of Treatment Event and we look forward to supporting you at this time.

Kind Regards

Helen Jones, Mandy Davies, Holly Smith & Kajal Sokhal

**Macmillan Information & Support Service**

Calderdale and Huddersfield NHS Foundation Trust