

Cancer Information Session

Join informal drop-in sessions for people with a cancer diagnosis, their families and supporters.

Sessions are:

Every Monday 1.30pm - 2.30pm

Every Thursday 10am - 11am

At the Macmillan Wellbeing Centre

- No pre-booking required
- Free parking
- Refreshments provided

The drop-in session aims to provide information and support on a wide range of subjects, including:

- Fatigue management
- Diet and nutrition
- Moving more
- Financial support
- Emotional health and wellbeing
- Who is involved in your care



There will be opportunities to ask questions.

The NGS Macmillan Wellbeing Centre entrance is visible from the Brunel Building and main bus point for the Hospital.



For more information please contact us:



NGS Macmillan Wellbeing Centre
Beaufort House, Southmead Hospital,
Bristol, BS10 5NB

Monday to Friday 8.30 am – 4.15 pm
(excluding bank holidays)



0117 4147051



www.nbt.nhs.uk/ngs-macmillan-wellbeing-centre
Twitter - [@NBTCancer](https://twitter.com/NBTCancer)