

What other people have said about

  
*The New View*  
Programme

*“This make space for the whole person”*

*“If I’m honest, I didn’t really want to come. I thought it would just be a talking shop but I changed my mind in the first 15 minutes. It’s been a real help”*

*“I had given up on exercise but after doing this with everyone else, I feel really motivated”*

*“Talking and listening to others like this has really built my confidence”*

*“It’s great to be able to talk to the experts and to know they are interested in what we have to say too”*

If you would like to hear more, watch the interviews with some previous participants at

<http://lewis-manning.co.uk/our-services/new-view-programme/>

If you would like to know how the programme works, please speak to your cancer nurse specialist.

The programme is hosted by  
LEWIS MANNING HOSPICE  
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Lilliput BH14 8LT



  
*The New View*  
Programme



The next step  
after treatment for  
people with  
head and neck cancer



With the support of





# Developing a *New View* . . .



**The programme runs one morning a week for 5 weeks and covers topics such as -**

- Myth busting - what is cancer and what does it mean?
- What is fatigue and how to manage it?
- How is exercise good for me and what can I do?
- Lymphoedema - what it is and how to deal with it
- Health awareness after treatment - what to look for, who to tell and when
- Nutrition and the challenges of eating
- The emotional impact of cancer
- The impact on body image and relationships
- Difficult conversations - talking to friends, family and people in general
- What is stress and how to manage it? Plus relaxation techniques
- Practical matters - work, finances, holidays etc
- What next?

Our NEW VIEW PROGRAMME is based on the issues and topics that people like you have told us are important to help you make changes and adjust after treatment for head and neck cancer.

It is designed to help increase your confidence, boost your knowledge and let you try out a few things all aimed at improving your wellbeing.

It gives you access to experts who can answer your questions and, in turn, learn from your experiences to help constantly improve services.

Most importantly, you also have plenty of time to air and share your own views, concerns and even top tips with people in a similar situation.



Our 5-week programme at Lewis Manning has been put together by the New View team with funding from Macmillan Cancer Care and support from Poole Hospital NHS Trust.

