

Are you recently diagnosed with cancer?

Then we invite you to join the

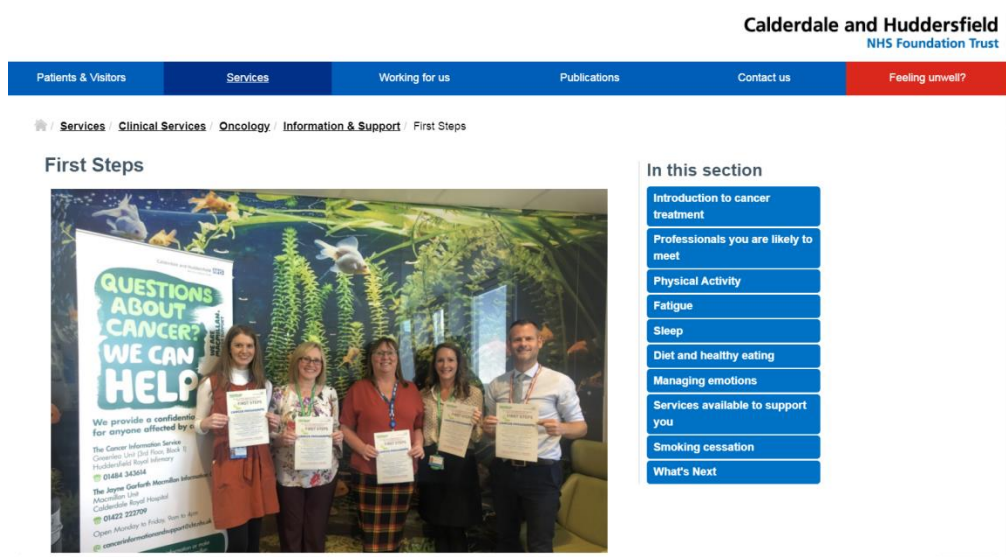


CANCER PROGRAMME

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 3 easy steps to get involved:

1. **Google 'CHFT First Steps'** Read through all the information on different topics and watch the videos, at a time that suits you.



2. Email cancer.information@nhs.net with any questions about any of the First Steps content.
3. Join us for an **online discussion group** with staff and other patients/family members via Microsoft Teams. These groups run at least once a month.

To book a place on the next online discussion group – please contact **Heather Milner** on **01484 343490** or email Heather.Milner@nhs.net.

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