

A blue silhouette of the Yorkshire region of England, serving as a background for the event title.

Life with Cancer 2017

An event supporting
those affected by cancer

Thursday 16 November 2017,
10am - 4pm
Harrogate Convention Centre

Register
today for your
FREE place

www.ycr.org.uk/lwc2017

A stylized white logo featuring a heart shape integrated into a flower-like design with two leaves.

yorkshire cancer
research

Saving Yorkshire Lives

Registered Charity 516898

Life with Cancer 2017

Did you know...?

There are around 190,000 people in Yorkshire living with or beyond a diagnosis of cancer. This number is set to grow in the coming years leaving even more people in our region to cope post-diagnosis.

About the event

This **free event** hosted by Yorkshire Cancer Research is a day for people across Yorkshire affected by cancer. It is the first event of its type to be run by the Charity and has been designed with the help of people from across Yorkshire, all with their own personal experience of cancer.

Living with cancer is not easy, but you are not alone. Whether you are a patient, carer, friend or family member we invite you to join us for a day of advice and information to help you live better with and beyond cancer.

Alongside our packed programme you will also have the opportunity to speak to experts in our Information Hub including speakers from the day, local support services and support groups.

On the day we would like to collect your ideas on research we could fund in the future and hear what would make a real difference to your cancer experience. You'll also be able to contribute to our new online resource of "top tips" to help other patients.

Registration is essential. To secure your place either:

- Complete our online registration form at www.ycr.org.uk/lwc2017
- Complete and return the registration form attached to this leaflet
- Call our Head Office on 01423 501 269.

Places are limited and registration closes at midnight on 8 November 2017. The Charity reserves the right to close registration early if the event becomes fully booked. Further information will be provided on our website.

How to find us

Directions

The **Harrogate Convention Centre** is located in the centre of Harrogate in North Yorkshire – HG1 2HR.

The event will be accessed through **Entrance 3** – located on King's Road.

Parking: Local car parks are available just a few minutes walk away from Harrogate Convention Centre

- Jubilee Multi-storey Car Park – HG1 1DJ
- Victoria Multi-storey Car Park – HG1 5LQ
- Odeon Car Park – HG1 5LT
- West Park Multi-storey Car Park – HG1 1HS

Public transport

Rail: Harrogate is connected to all major cities via the Leeds – York rail line with trains running regularly throughout the day.

Coming from further afield? Attendees can get 25% off rail tickets if you travel by Virgin East Coast. Visit www.virgintraineastcoast.com/HIC25 to book.

Bus: As a special offer for attendees of this event, tickets from Leeds to Harrogate are available on the number 36 bus for a reduced price of £1 (you will need to show event booking confirmation). There are also bus services from the neighbouring towns of Boroughbridge, Wetherby, Keighley, Ilkley, Otley and others.

If you need any information on bus and train times visit www.harrogatebus.co.uk or www.northernrailway.co.uk.

Accessibility

The Harrogate Convention Centre is fully accessible and Blue Badge parking is available free of charge on site. Please let us know in advance of any special requirements or questions you may have.

Food and drink

Tea, coffee and water will be provided throughout the day. Food and drinks will be available for you to purchase on site at lunch time, or feel free to bring a packed lunch with you. If you have any dietary requirements please advise the Charity in advance and we will endeavour to accommodate your needs.

Programme

09.15 - Registration opens

10.00 - Welcome and introductions

10.20 - Talking about cancer

Reflections on the language we use to talk about cancer based on personal experiences.

10.35 - Lifestyle and cancer

Find out about the latest research in cancer and nutrition, exercise, and alcohol consumption from experts in the field. Here's your chance to put your questions to our specialist panel.

11.25 - Tea and coffee break

11.55 - Breakout session 1

Option 1 - Managing side effects

Find out about the latest research on consequences of cancer and cancer treatment including pain and fatigue. Our panel will explore how to manage common side effects of treatment from different viewpoints including those of patients, researchers and health care professionals.

Option 2 - Coping with cancer

Join in on a discussion session exploring issues that come hand in hand with a cancer diagnosis including fear of recurrence and concerns about changes to your body.

Option 3 - Pilates

Register to take part in a practical Pilates session specifically designed for cancer patients. You may wish to come in comfortable clothes to this gently active session.

Option 4 - Leeds Rhinos introduction to exercise

Register to take part in a practical introduction to exercise session designed for cancer patients. You may wish to come in comfortable clothes to this gently active session.

12.45 - Lunch

Opportunity to visit the stands in the Information hub and talk to other attendees.

13.45 - Breakout session 2

Option 1 - Caring for carers

It's not just the patient that is affected by cancer – carers also have many concerns and may benefit from support. Our panel will look at these issues from different viewpoints including those of carers, health care professionals and research experts.

Option 2 - Financial and legal advice

Hear professionals speak about financial and legal issues that may arise for those affected by cancer. The presenters will also be available in the Information Hub throughout the day for any questions you may have.

Option 3 - Mindfulness

Join in a practical session learning about mindfulness techniques. These meditative approaches may be helpful for improving your mental well-being.

14.35 - Tea and coffee break

15.00 - Breakout session 3

Option 1 - Getting involved in clinical trials

Find out about the benefit of taking part in clinical trials from the patient perspective as well as from our funded researchers. Learn more about ongoing trials we fund in lung, bowel and bladder cancer.

Option 2 - Talking about cancer

Cancer is never an easy subject to talk about. But it may be that if we can be more open in talking about cancer, it could make those difficult conversations easier. Come explore how together we can improve how we talk about cancer.

Option 3 - Pilates

Register to take part in a practical Pilates session specifically designed for cancer patients. You may wish to come in comfortable clothes to this gently active session.

Option 4 - Leeds Rhinos introduction to exercise

Register to take part in a practical introduction to exercise session designed for cancer patients. You may wish to come in comfortable clothes to this gently active session.

15.50 - Wrap up and thank you

16.00 - Close

* Programme may be subject to change

Registration form

Please complete a separate registration form for each individual attending the event.

Tear off completed forms and return to:
Yorkshire Cancer Research, Freepost YCR.

Please complete all fields in CAPITALS

YOUR PROGRAMME CHOICES

Select **one** choice for each session.

Breakout session 1

- | | |
|---|--|
| <input type="checkbox"/> Managing side effects | <input type="checkbox"/> Coping with cancer |
| <input type="checkbox"/> Pilates (limited spaces) | <input type="checkbox"/> Introduction to exercise (limited spaces) |

Breakout session 2

- | | |
|---|---|
| <input type="checkbox"/> Caring for carers | <input type="checkbox"/> Financial and legal advice |
| <input type="checkbox"/> Mindfulness (limited spaces) | |

Breakout session 3

- | | |
|--|--|
| <input type="checkbox"/> Getting involved in clinical trials | <input type="checkbox"/> Talking about cancer |
| <input type="checkbox"/> Pilates (limited spaces) | <input type="checkbox"/> Introduction to exercise (limited spaces) |

ABOUT THE EVENT

Where did you hear about the event?

- | | |
|---|---|
| <input type="checkbox"/> YCR website | <input type="checkbox"/> Support group |
| <input type="checkbox"/> Word of mouth | <input type="checkbox"/> Doctor's surgery |
| <input type="checkbox"/> Hospital clinic | <input type="checkbox"/> Social media |
| <input type="checkbox"/> Newspaper (please state) | <input type="checkbox"/> Other (please state) |

Do you have any comments on what you would like to achieve from the day?

Registration form

Please complete all fields in CAPITALS

ABOUT YOU

Title:

Name:

Email:

Postal Address:

Postcode:

Telephone No:

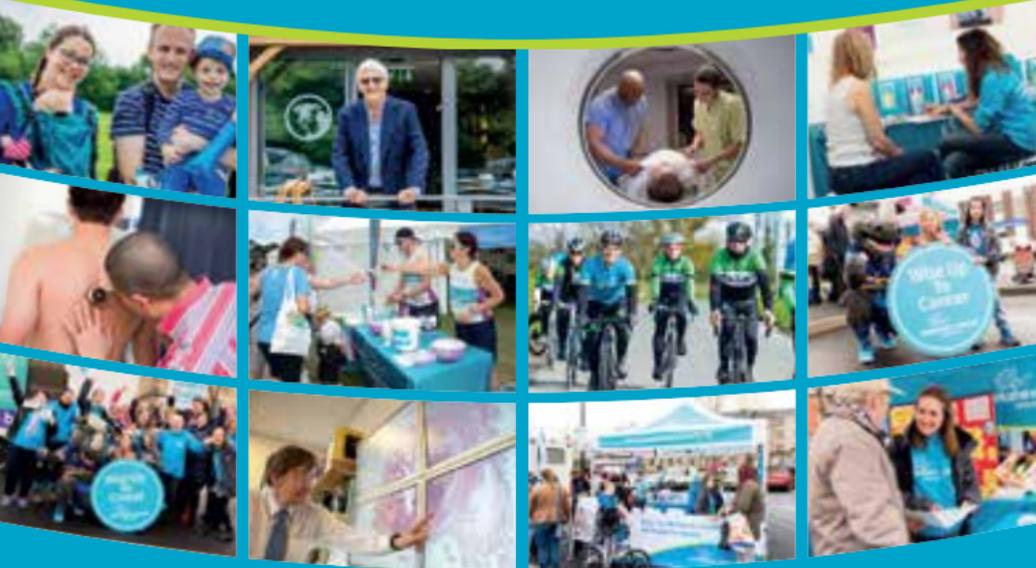
By registering for the above event you agree for your details to be stored by Yorkshire Cancer Research in line with the Data Protection Act of 1998.

We will use your details to contact you regarding the event only.

We would also like to keep you up to date with our latest news about the work we do, the research we fund and other ways you can get involved, including fundraising. We promise never to share your personal information with any other organisation outside of Yorkshire Cancer Research for their marketing purposes. Yorkshire Cancer Research may need to disclose the data to a third party for processing purposes. Please tell us if you would be happy for us to contact you:

- | | |
|-----------------------------------|-----------------------------------|
| <input type="checkbox"/> By email | <input type="checkbox"/> By phone |
| <input type="checkbox"/> By post | <input type="checkbox"/> By SMS |

For full details on how we use your information please visit www.ycr.org.uk/privacy



About Yorkshire Cancer Research

Yorkshire Cancer Research helps people in Yorkshire avoid, survive and cope with cancer. We are dedicated to addressing specific cancer problems in Yorkshire, by funding research projects right here in our region.

We work to improve the prevention, diagnosis and treatment of cancer in Yorkshire so that you, your family, friends and neighbours will have the very best chance of living a long and healthy life.

www.ycr.org.uk/lwc2017

E: bookings@ycr.org.uk

T: 01423 501269

