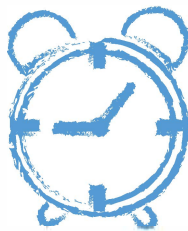


It's time to



TAKE

CONTROL over cancer

NHS

Gloucestershire
Health and Care
NHS Foundation Trust

Macmillan Next Steps Cancer Rehabilitation, a Specialist NHS Service invites you to join them and others, to learn more about the tools which help you take back control from cancer, and tackle:

- ✓ Consequences of cancer and treatment
- ✓ Eating well, diet and physical activity
- ✓ Stress and fatigue
- ✓ Worries and anxiety
- ✓ Relaxation and sleep
- ✓ Facing the future with hope

We start with **Take Control**, which is a **FREE** half-day workshop, held in Gloucester City and North Cotswolds. You will have the opportunity to meet others who have had a similar experience, speak to Cancer Specialists and also learn what is available in your area to support you to face the future with hope.

Take Control is available to anyone living in Gloucestershire who has been diagnosed with breast, prostate or colorectal cancer.

Take the Next Step... call **0300 421 6586** or complete the self-referral details overleaf



**PROSTATE
CANCER UK**

Self-referral form

Name:

Address:

Postcode:

Date of birth:

Email:

Phone number:

GP surgery:

I was diagnosed with the following cancer: (Please tick)

Breast

Prostate

Colorectal

Please tell us where you found this leaflet?

Please return this form to: Macmillan Next Steps Cancer Rehabilitation, Gloucestershire Health and Care NHS Foundation Trust, Edward Jenner Court, 1010 Pioneer Avenue, Gloucester Business Park, Brockworth, Gloucester, GL3 4AW

For further information, please email nextsteps@glos-care.nhs.uk or call us on **0300 421 6586** (Monday to Friday, 9am to 4pm)