



The Dudley Group
NHS Foundation Trust

Prostate cancer survivorship – health and wellbeing clinics

Oncology

Patient Information Leaflet

Introduction

This leaflet is for people who are living with prostate cancer. It gives information on health and wellbeing clinics, including what they are and what the benefits are of attending them.

What is a health and wellbeing clinic?

The sessions run at the clinic are education and information events.

People who are living with cancer, and those who have had cancer, often have specific support needs. If these needs are not addressed, it can damage their long-term prognosis and their ability to lead an active and healthy life. These needs can include information about treatment and care options, psychological support, advice about financial assistance and support in managing their condition themselves.

Carers also play a vital role in supporting people with cancer and it is important that their needs for information, advice and support are addressed.

Addressing all these needs is central to the National Cancer Survivorship Initiative (NCSI), which is coordinating efforts to improve the quality of services available to people affected by cancer.

Although there have been significant improvements in support for people living with and beyond cancer, more needs to be done so that cancer survivors have the care and support they need to live as healthy a life as possible, for as long as possible.

Health and Wellbeing Clinics are a Macmillan Cancer Support development as part of its survivorship work. Their aim is that everyone who has had a cancer diagnosis and is living with cancer will have access to a Health and Wellbeing Clinic that will provide the support they need to enable them to lead as normal a life as possible.

The clinics support people around the end of cancer treatment with the transition between the treatment phase of their care and survivorship.

What are the benefits of the clinic?

It enables people living with prostate cancer, and their families, to manage the effects of their illness by giving them the necessary information related to their illness and promoting positive lifestyle changes.

Who are they for?

They are for people who are living with prostate cancer. Your clinical nurse specialist will give you an appointment when it is relevant for you to attend. **You can bring a relative, a friend or carer along with you.**

What will I gain?

Each session is delivered by a clinician with expertise in that field. Topics being covered include:

- Health needs assessment – you will have the opportunity to complete one of these during the session
- An overview of prostate cancer disease and treatment
- Healthy eating for people living with prostate cancer
- Erectile dysfunction
- Understanding clinical trials
- Continence needs and pelvic floor exercises

Where are they held?

They are held at White House Cancer Support and Russells Hall Hospital. The address details are:

**The White House
10 Ednam Road
Dudley, DY1 1JX**

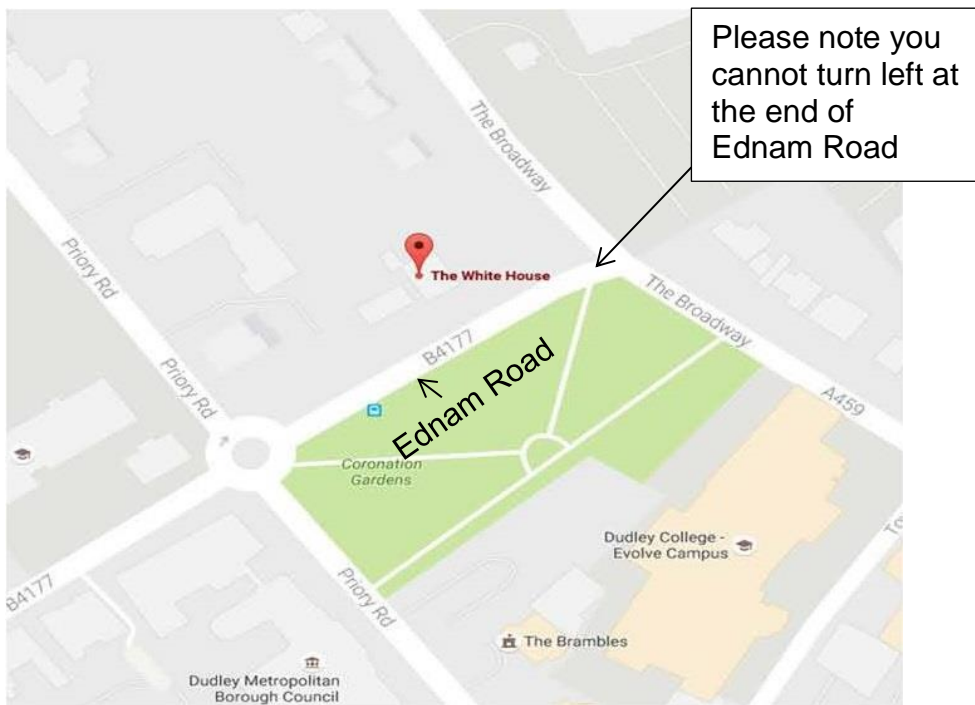
01384 231232

Please find a map to the venue on the next page.

**Russells Hall Hospital
Clinical Education Centre (South Block)
Pensnett Road
Dudley
DY1 2HQ**

The sessions last about one to two hours. Tea, coffee and biscuits will be provided.

Map to White House Cancer Support



The White House is a few minutes' walk from the centre of Dudley and is convenient for bus services. There is disabled access and there is a car park at the side of the building.

At busy times, there is an overflow car park which is accessed from The Broadway. Please see the White House website for a larger map linked to Google maps:

<http://www.support4cancer.org.uk/>

Can I find out more?

If you have any further questions before or after attending the session, you can contact your clinical nurse specialist based at Russells Hall Hospital on the following number:

01384 456111 ext. 2873 (9am to 5pm, Mondays to Fridays)

References

Office for Public Management (2011) Evaluation of Health and Wellbeing Clinics. Final Report. Macmillan Cancer Support.

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/oncology/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

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