

# **Macmillan Cancer Support - Free Workshops for: Volunteers, Service Users, Support Groups, People Affected by Cancer, Healthcare Professionals**

17/04/2015

Welcome to Macmillan - Free Workshops for the North West Region

For any further information or advice on study days, please get in touch with your regional contact, below:

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How to apply:

Email or ring Sarah Banks - Email: EMNERegionLandD@macmillan.org.uk or Tel: 01904 756432

Course places need to be confirmed.

Cancer Awareness Programme:

The aim of this one day free workshop is to raise awareness of the nature of cancer, prevention, early detection, investigation, staging and treatment options for cancer.

Workshop objectives:

Describe the biological nature of cancer in basic terms

Discuss the risk factors for developing cancer

List the potential signs for common cancers e.g. breast, prostate, bowel, lung and skin cancer

Discuss the staging of different cancers and investigations to stage and diagnose cancer

Describe the main treatment options for cancer

Dates and Venues:

Tuesday 28th April - 09:30 - 16:00 - Manchester Conference Centre

Thursday 14th May - 09:30 - 16:00 - Liverpool Central Library

Thursday 10th September - 09:30 - 16:00 - Vine House, Preston

Thursday 15th October - 09:30 - 16:00 - Cheshire Oaks, Chester

#### Listening & Responding:

We all like to think of ourselves as good listeners, but do you want to do more to develop your listening skills, so that you can better support people affected by cancer? This one day workshop will help you to identify the differences between listening and other helping strategies such as providing information and advice as well as developing and practising your listening and responding skills in a supportive environment.

Who is it for? Open to patients, carers, volunteers who are interested in or currently involved in supporting people affected by cancer. People running cancer support and self help groups.

What will I get out of it? An opportunity to build on your existing skills and develop appropriate and constructive ways of listening and responding to people through active practice.

#### Dates and Venues:

Tuesday 9th June - 09:30 - 16:00 - Beechwood Cancer Support, Stockport

Thursday 18th June - 09:30 - 16:00 - Vine House, Preston

Thursday 25th June - 09:30 - 16:00 - Toxteth Town Hall, Liverpool

#### Buddying and Befriending:

Do you, or would you like to, offer buddying or befriending to someone who is living with cancer? Are you planning to set up a service, or already running one, and want to ensure good practice? This free workshop will give you an overview of what's involved in buddying and befriending so that you are able to understand the role of a buddy/befriender, establish best standards of practice and be able to manage the emotional demands of the role.

Who is it for? People who are interested in the buddy/befriender role and people setting up buddying and befriending services or those already part of existing buddying/befriending services who are interested in reviewing their practice.

What will I get out of it? Greater understanding of what the buddy/befriender role entails and what constitutes best standards of practice.

#### Dates and venues:

Thursday 2nd July - 09:30 - 16:00 - Vine House, Preston

Tuesday 7th July - 09:30 - 16:00 - Toxteth Town Hall, Liverpool

Thursday 30th July - 09:30 - 16:00 - Manchester Conference Centre

#### Supporting Others Through Loss & Bereavement:

This one day workshop helps you gain a deeper understanding on the wide range of losses and grief experienced by people affected by cancer. It helps you feel more confident in using your skills to deal appropriately with individual situations. It is important to understand that you will need to be prepared to explore and share your own experiences in this workshop.

Who is it for? Open to people who are interested in or are currently involved in supporting people affected by cancer through loss and bereavement.

#### Dates and Venues:

Thursday 7th May - 09:30 - 16:00 - Vine House, Preston

Thursday 16th July - 09:30 - 16:00 - Manchester Conference Centre

Thursday 10th September - 09:30 - 16:00 - Toxteth Town Hall, Liverpool

#### Support Group Training:

This one day course is designed to provide you with information and good practice skills for running a cancer support group including setting aims and objectives for your group, dealing with confidentiality issues, bereavement support and also who you could contact to inform them about your group.

#### Dates and venues:

Wednesday 6th May - 09:30 - 16:00 - Vine House, Preston

Wednesday 15th July - 09:30 - 16:00 - Manchester Conference Centre

Wednesday 9th September - 09:30 - 16:00 - Toxteth Town Hall, Liverpool

Wednesday 4th November - 09:30 - 16:00 - Cheshire Oaks, Chester