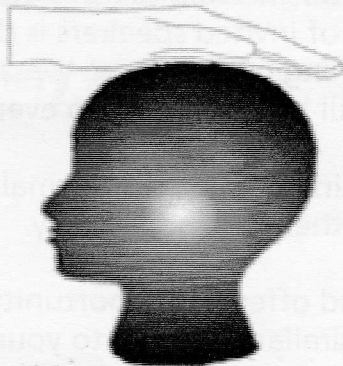


The Royal Wolverhampton



NHS Trust

# **Invitation to join our Head and Neck Cancer Support Group Heads Up**



Heads up is a support group for patients diagnosed with head and neck cancer and their relatives and carers who aim to provide friendship and extra emotional support and encouragement.

Anyone who has experienced head and neck cancer is very welcome to attend. You may just have been diagnosed with cancer, be in the process of having treatment, or may have finished your treatment. You are also welcome to bring your spouse, partner, relative or friend with you. A member of the Head and Neck team will also be attending the meeting.

The group provides an opportunity for everybody to meet in a relaxed and informal way. There are discussions around a variety of topics and there is also a bit of fun and laughter too.

The meeting does not aim to provide formal counselling; however it does provide an opportunity to be able to discuss common experiences or concerns.

A guest speaker is invited to discuss a chosen subject for the first part of the meeting. After this talk there is often a question and answer session. The list of invited speakers is decided between the group at the beginning of each year. We aim to cover a variety of topics that will be of interest to everyone.

After this talk the meeting continues informally with group members chatting together and individually.

We meet bi-monthly and offer the opportunity for you to meet and talk to others in a similar situation to yourself, so that you know you are not alone. We aim to make the meetings fun and informative.

The head and neck cancer team regularly use the support groups opinion and experiences to plan future head and neck cancer services at The Royal Wolverhampton NHS Trust.

We meet the 3rd Tuesday of every other month.

**Time:** 2 – 4 pm

**Venue:** Long Knowle Community Centre, (behind the library) Woodend Road  
WV11 1YG

More details on our website [\*\*www.headsup-wh.org.uk\*\*](http://www.headsup-wh.org.uk) which also contains details of contacting us.

Refreshments are provided.

We always welcome new members and can meet you at the Health Centre entrance and show you to the venue on your first visit. Parking is available if you are coming by car. You can also use the 'Ring and Ride' service in Wolverhampton by telephoning 01902 420366

If you feel you would like to contact us please telephone Head and Neck Clinical Nurse Specialist on 01902 695419 who will give you details of our meetings venue and guest speakers.

## **Dates for your diary 2017**

21<sup>st</sup> February

18<sup>th</sup> April

20<sup>th</sup> June

15<sup>th</sup> August

17<sup>th</sup> October

19<sup>th</sup> December