

Feel More In Control – Cancer Support and Advice at Your Fingertips....

NHS

Somerset, Wiltshire, Avon
and Gloucestershire
Cancer Alliance



PREHABILITATION

Access expert advice and resources when preparing for surgery or treatment. Use the QR code or website address:

www.swagcanceralliance.nhs.uk/prehab-home/



HEALTH AND WELLBEING RESOURCES AND INFORMATION HUB

Find local groups, support and resources to help you feel more in control. Use the QR code or website address:

<https://www.swagcanceralliance.nhs.uk/resources/>



COPING WITH TIREDNESS – FATIGUE MANAGEMENT

Access expert advice and resources to help you understand and manage fatigue. Use the QR code or website address: <https://www.swagcanceralliance.nhs.uk/fatigue-home/>

Feel More In Control – Fatigue Support and Advice at Your Fingertips....

NHS

Somerset, Wiltshire, Avon
and Gloucestershire
Cancer Alliance



Fatigue

Fatigue is one of the commonest side effects of having cancer. Knowing how best to use your energy levels is key to helping you cope with your day to day life.

This site will give you friendly advice on how to manage the physical, emotional and cognitive impact of a cancer diagnosis, with access to targeting specialist services.

Advice includes:

- Understanding your energy levels and using them more effectively.
- Top tips on basic strategies to help you day-to-day.
- Expert advice to give a clearer understanding of how to manage fatigue.

Scan the code below, or login via the web page to access expert advice on how simple changes can help you feel more in control.

<https://www.swagcanceralliance.nhs.uk/fatigue-home/>



Feel More In Control – Prehabilitation Support and Advice at Your Fingertips....

NHS

Somerset, Wiltshire, Avon
and Gloucestershire
Cancer Alliance



Prehabilitation

Prehabilitation aims to keep you as fit and healthy as possible before you begin your treatment. This website which has been created with specialist teams, provides advice to help you to prepare physically, mentally & emotionally for the treatment you are about to receive.

Advice includes:

- Maintaining exercise to optimise your health
- Eating well to keep energy levels up
- Wellbeing tips to help manage feelings before and during treatment.

Scan the code below, or login via the web page to access the page.

<https://www.swagcanceralliance.nhs.uk/prehab-home/>



Feel More In Control – Health and Wellbeing Hub Support and Advice at Your Fingertips....

NHS

Somerset, Wiltshire, Avon
and Gloucestershire
Cancer Alliance



Health & Wellbeing Hub

Designed by our Expert Patient Group, this information hub provides a wide and varied source of information on services and support in your area.

You can find information on:

Activities in your area

Local support groups

Information on cancer types and common side effects

Much, much more!

Scan the code below, or login via the web page
to access the page.

[https://www.swagcanceralliance.nhs.uk/
resources/](https://www.swagcanceralliance.nhs.uk/resources/)

