

Oncology Department .  
Mustard Tree Education.

# Pathfinders 2

Cancer information Programme for  
patients and carers



The *Pathfinders* Programme helps cancer patients and their carers navigate their way through:

- Tests & treatment
- Terms & their meanings
- Self help & getting support
- How the system works
- Helping yourself to feel better

If you want to know more about the illness and treatment or how to get help and support come along and learn more

**Venue:** The Mustard Tree Education Room Level  
3 Derriford

**Day** Mondays & Fridays

Bookings via Samantha Smith email  
samantha.smith16@nhs.net  
Or Phone 01752 431468 to book or enquire

  
**Plymouth hospitals**  
NHS Trust

**Sessions: Feeling Better.....**

1. Using Healthy Eating to Feel Better
2. Using Exercise to Feel Better
3. Using laughter to Feel Better
4. Feeling Better Through Using Relaxation to Feel Better
5. Feeling Better Using Thoughts and Emotions to Feel Better
6. Returning To Work/ Using Work to Feel Better

