

Bowel Cancer Awareness Day

Friday 16th October 2009

12.00 – 3.00pm.

Haringey Irish Cultural & Community Centre
Pretoria Road, Tottenham, London N17 8DX
(Room 4, First Floor)

Programme of Events

Organised by: The Advice & Support Service

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| 12.00 - 12.30 | Registration & Lunch |
| 12.30 - 13.00 | Gail Curry, Health Promotion & Outreach Officer, Bowel Cancer UK
A general overview of Bowel Cancer outlining the main symptoms and treatment. |
| 13.00 - 13.20 | Melissa Rich, Cancer Project Manager, NHS Haringey.
Introduction to 'Haringey Life Savers' and their new volunteer project in the borough. This project trains the local community in the early recognition of the symptoms of cancer. |
| *13.20 – 13.40 | Zoe Young, Dietetics, St Ann's Hospital.
Information for people on healthy nutritious diets and how best to cook and combine food products. |
| 13.40 – 14.00 | Maggie Kubianga. Oral Health, St Ann's Hospital.
A talk on the importance of oral health followed by a short quiz with a prize up for the winner. |
| 14.00 – onwards | Informal viewing of various stands promoting health awareness and healthy lifestyles as well as the opportunity to discuss issues/concerns on a one-to-one basis with the relevant health professionals. |

Participants: Public Health Promotion, St Ann's Hospital.
Cancer Project Manager, Haringey.
Bowel Cancer Screening Officer, St Ann's Hospital.
P.A.L.S. St Ann's Hospital.
Oral Health Promotion, St Ann's Hospital.
Dietetics, St Ann's Hospital.
Exercising for Health, St Ann's Hospital.
Change for Life, Government initiative for Health.
Smoking – How to stop, St Ann's Hospital.
Continence Advisory Service Bounds Green Health
Centre.
Health Trainers, NHS, Haringey
Expert Patient Programme Coordinator St Ann's
Hospital.
The Pension Service