



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Cancer wellbeing workshops

Supporting you and your loved ones through the emotional impact of cancer

In our 1 hour online workshops, experienced clinicians offer practical tools and emotional support to help you navigate the challenges that cancer brings.

Anyone affected by a cancer diagnosis is welcome – patients, family, carers, or friends.

How to sign up

Simply scan the QR codes below. There's no need for a referral.



Workshop 1

Adjusting to a cancer diagnosis

Explore ways to manage change, build resilience, and understand common emotional responses.



Workshop 2

Coping with difficult thoughts & feelings

Learn strategies to handle worry, anxiety, and distress following a cancer diagnosis.

For more information, speak to your GP or Clinical Nurse Specialist.