



National Conference for Cancer Survivorship 2012

Living well with Cancer



Friday 2nd & Saturday 3rd
March 2012

THE AVIVA STADIUM
LANSLOWNE ROAD



1.30pm	Registration, Coffee & Exhibition		
2.15pm – 4.30pm	Afternoon Plenary Session		
2.15pm	Introduction and Welcome <i>Olwyn Ryan, Patient Support Services Manager, Irish Cancer Society</i> <i>Chairperson, Dr Ann Marie O'Dwyer, Psychological Medical Services, St. James's Hospital</i>		
2.25pm	A Patient's Story <i>Mr. Damien Higgins, Survivors Supporting Survivors, Irish Cancer Society</i>		
2.35pm	Cancer Information Services <i>Ms. Naomi Fitzgibbon, Cancer Information Manager, Irish Cancer Society</i>		
2.50pm	Helping your body thrive after cancer treatment <i>Dr. Brian Bird, Consultant Medical Oncologist, Bon Secours Hospital, Cork</i>		
3.20pm	Living with and beyond cancer – Psycho Social issues following a cancer diagnosis <i>Ms. Natalie Doyle, Nurse Consultant, Royal Marsden NHS Foundation Trust, London</i>		
4.10pm	Questions and Answers		
4.30pm	Tea/Coffee Break		
5.00pm – 7.00pm	WORKSHOPS		
	1. Body image & cancer (for men) <i>Mrs. Pauline Sheils, Clinical Nurse Specialist in Sexuality, National Rehabilitation Hospital</i>	2. Helping your body thrive after cancer treatment <i>Dr. Brian Bird, Consultant Medical Oncologist, Bon Secours Hospital, Cork</i>	3. Vital Nutrition for Cancer Survivors <i>Ms. Jane McClenaghan, Nutritional Therapist, Vital Nutrition Ltd.</i>
	4. Life is not a Dress Rehearsal – Living Life with secondary cancer <i>Ms. Áine Melinn, Registered Clinical Psychologist</i>	5. Exercise & Nutrition, Lowering your risk <i>Ms. Marie Murphy, Exercise Specialist</i>	6. Counting the cost of cancer <i>Mr. Tony Carlin, Head Medical Social Worker, St. Luke's Hospital</i>
	7. Taking back control – practical advise on managing breathlessness in lung cancer <i>Ms. Geraldine Tracey, Palliative Care Advanced Nurse Practitioner</i> <i>Ms. Lisa Hogan, Senior Occupational Therapist Palliative Care</i> <i>Mr. Jide Afolabi, Senior Physiotherapist Palliative Care Our Lady's Hospice & Care Services</i>		8. Look Good Feel Better – Beauty Workshop <i>Ms. Maria Martin, Ms. Margaret Heffernan</i>
	9. Understanding and managing persistent cancer related fatigue <i>Dr. Sonya Collier, Principal Clinical Psychologist, St. James's Hospital</i>	10. Nutrition is good medicine, a workshop for those with head and neck cancer <i>Ms. Aoife Gorham, Senior Dietitian, Mater Hospital</i>	11. Transforming trauma into opportunities for employment – Set up your own business <i>Mr. John Cranfield, Company Owner/ Director & LSI Member</i>
	12. The treatment has finished: Stepping stones on your healing journey <i>Ms. Anne Hayes, Nurse & Psychotherapist</i>	13. Become your own stylist with Stylefish <i>Ms. Julie Cobbe, Owner and Teacher, Stylefish.ie</i>	14. Caring for the Carers <i>Dr. Natalie Hession, Senior Counselling Psychologist, Psycho-oncology Department, St. Luke's Hospital</i>
7.00pm	Fork Buffet & Entertainment		

8.30am	Registration, Coffee & Exhibition															
8.50am – 10.30am	Morning Plenary Session															
8.50am	<p>Introduction and Welcome <i>Ms. Mairéad Lyons</i> <i>Head of Services, Irish Cancer Society</i></p>															
9.00am	<p>Flourishing Under Fire: The Dynamics of Resilience <i>Dr. Maureen Gaffney,</i> <i>Adjunct Professor of Psychology & Society, UCD</i></p>															
9.50am	<p>Guest Speaker <i>Mr. Pádraig O’Ceidigh, Entrepreneur</i></p> <p>Affiliated Cancer Support Services Awards <i>Presented by Mr. Pádraig O’Ceidigh</i></p>															
10.30am	Tea/Coffee Break															
11am – 1pm	<p style="text-align: center;">WORKSHOPS</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%; padding: 5px;"> <p>1. Body image & cancer (for women) <i>Mrs. Pauline Sheils,</i> <i>Clinical Nurse Specialist in Sexuality, National Rehabilitation Hospital</i></p> </td> <td style="width: 33%; padding: 5px;"> <p>2. Living with and beyond cancer <i>Ms. Natalie Doyle,</i> <i>Nurse Consultant</i> <i>Royal Marsden NHS Trust, London</i></p> </td> <td style="width: 33%; padding: 5px;"> <p>3. Learning to cope with cancer related stress <i>Ms. Dee McKiernan,</i> <i>Counselling Psychologist,</i> <i>Oscailt Integrative Health Centre</i></p> </td> </tr> <tr> <td style="padding: 5px;"> <p>4. Cancer and its impact on the Family System <i>Ms. Aileen Mulvihill,</i> <i>Senior Social Work Practitioner,</i> <i>Portiuncula Hospital</i></p> </td> <td style="padding: 5px;"> <p>5. Mindfulness <i>Dr. Paul D’Alton, Acting Head & Clinical Lead of the Department of Psycho-oncology, St. Vincent’s University Hospital</i></p> </td> <td style="padding: 5px;"> <p>6. Living with cervical cancer <i>Ms. Aideen Roberts</i> <i>Nurse Specialist.</i> <i>St. James’s Hospital</i></p> </td> </tr> <tr> <td style="padding: 5px;"> <p>7. Living with ovarian cancer <i>Ms. Deborah McKnight</i> <i>Nurse Specialist St. James’s Hospital</i></p> </td> <td style="padding: 5px;"> <p>8. Complementary therapies <i>Ms. Carol Donnelly</i></p> </td> <td style="padding: 5px;"> <p>9. Look Good Feel Better – Beauty Workshop <i>Ms. Maria Martin,</i> <i>Ms. Margaret Heffernan</i></p> </td> </tr> <tr> <td style="padding: 5px;"> <p>10. Vital Nutrition for cancer Survivors <i>Ms. Jane McClenaghan,</i> <i>Nutritional Therapist,</i> <i>Vital Nutrition Ltd.</i></p> </td> <td style="padding: 5px;"> <p>11. Staying on the right road – a guide for drivers <i>Mr. Conor Faughnan,</i> <i>Director of Policy, AA Ireland (maintaining mobility, safe driving and the challenges for being a motorist and dealing with a health issue)</i></p> </td> <td style="padding: 5px;"> <p>12. Exercise & Nutrition, Lowering your risk <i>Ms. Marie Murphy,</i> <i>Exercise Specialist</i></p> </td> </tr> <tr> <td style="padding: 5px;"> <p>13. Living with Loss <i>Dr. Susan Delaney,</i> <i>Bereavement Services Manager, Irish Hospice Foundation</i></p> </td> <td style="padding: 5px;"> <p>14. Head and Neck cancers: Short and Long Term side effects <i>Mr. Fiona Gilbert, Clinical Nurse Specialist Radiation Oncology, St. Luke’s Radiation Oncology Network</i></p> </td> <td style="padding: 5px;"> <p>Canteen (This workshop is exclusively for teenagers)</p> <p>Minding your Mind <i>Dr. Joseph Duffy, Director of Clinical Support Headstrong – The National Centre for Youth Mental Health</i></p> </td> </tr> </table>	<p>1. Body image & cancer (for women) <i>Mrs. Pauline Sheils,</i> <i>Clinical Nurse Specialist in Sexuality, National Rehabilitation Hospital</i></p>	<p>2. Living with and beyond cancer <i>Ms. Natalie Doyle,</i> <i>Nurse Consultant</i> <i>Royal Marsden NHS Trust, London</i></p>	<p>3. Learning to cope with cancer related stress <i>Ms. Dee McKiernan,</i> <i>Counselling Psychologist,</i> <i>Oscailt Integrative Health Centre</i></p>	<p>4. Cancer and its impact on the Family System <i>Ms. Aileen Mulvihill,</i> <i>Senior Social Work Practitioner,</i> <i>Portiuncula Hospital</i></p>	<p>5. Mindfulness <i>Dr. Paul D’Alton, Acting Head & Clinical Lead of the Department of Psycho-oncology, St. Vincent’s University Hospital</i></p>	<p>6. Living with cervical cancer <i>Ms. Aideen Roberts</i> <i>Nurse Specialist.</i> <i>St. James’s Hospital</i></p>	<p>7. Living with ovarian cancer <i>Ms. Deborah McKnight</i> <i>Nurse Specialist St. James’s Hospital</i></p>	<p>8. Complementary therapies <i>Ms. Carol Donnelly</i></p>	<p>9. Look Good Feel Better – Beauty Workshop <i>Ms. Maria Martin,</i> <i>Ms. Margaret Heffernan</i></p>	<p>10. Vital Nutrition for cancer Survivors <i>Ms. Jane McClenaghan,</i> <i>Nutritional Therapist,</i> <i>Vital Nutrition Ltd.</i></p>	<p>11. Staying on the right road – a guide for drivers <i>Mr. Conor Faughnan,</i> <i>Director of Policy, AA Ireland (maintaining mobility, safe driving and the challenges for being a motorist and dealing with a health issue)</i></p>	<p>12. Exercise & Nutrition, Lowering your risk <i>Ms. Marie Murphy,</i> <i>Exercise Specialist</i></p>	<p>13. Living with Loss <i>Dr. Susan Delaney,</i> <i>Bereavement Services Manager, Irish Hospice Foundation</i></p>	<p>14. Head and Neck cancers: Short and Long Term side effects <i>Mr. Fiona Gilbert, Clinical Nurse Specialist Radiation Oncology, St. Luke’s Radiation Oncology Network</i></p>	<p>Canteen (This workshop is exclusively for teenagers)</p> <p>Minding your Mind <i>Dr. Joseph Duffy, Director of Clinical Support Headstrong – The National Centre for Youth Mental Health</i></p>
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1pm	Lunch & End															

If you would like to attend this conference please register at www.cancer.ie/nccs. Alternatively, please complete this form and return. (See details below).

Friday

I will attend the conference on Friday

Yes No

I will attend dinner on Friday night

Yes No

Please select your workshop choices in **order** of preference from 1 - 14, with number 1 being your preferred choice.

Spaces in workshops are limited and will be allocated on a first come basis.

<input type="checkbox"/>	Body image & cancer (for men)
<input type="checkbox"/>	Helping your body thrive after cancer treatment
<input type="checkbox"/>	Vital Nutrition for Cancer Survivors
<input type="checkbox"/>	Life is not a Dress Rehearsal – Living Life with secondary cancer
<input type="checkbox"/>	Exercise & Nutrition, Lowering your risk
<input type="checkbox"/>	Counting the cost of cancer
<input type="checkbox"/>	Taking back control – practical advise on managing breathlessness in lung cancer
<input type="checkbox"/>	Look Good Feel Better – Beauty Workshop
<input type="checkbox"/>	Understanding and managing persistent cancer related fatigue
<input type="checkbox"/>	Nutrition is good medicine, a workshop for those with head and neck cancer
<input type="checkbox"/>	Transforming trauma into opportunities for employment – Set up your own business
<input type="checkbox"/>	The treatment has finished: Stepping stones on your healing journey
<input type="checkbox"/>	Become your own stylist with Stylefish
<input type="checkbox"/>	Caring for the Carers

Please indicate if you have any special dietary requirements:

Saturday

I will attend the conference on Saturday

Yes No

I will attend lunch on Saturday

Yes No

Please select your workshop choices in **order** of preference from 1 - 16, with number 1 being your preferred choice.

Spaces in workshops are limited and will be allocated on a first come basis.

<input type="checkbox"/>	Body image & cancer (for women)
<input type="checkbox"/>	Living with and beyond cancer
<input type="checkbox"/>	Learning to cope with cancer related stress
<input type="checkbox"/>	Cancer and its impact on the Family System
<input type="checkbox"/>	Mindfulness
<input type="checkbox"/>	Living with cervical cancer
<input type="checkbox"/>	Living with ovarian cancer
<input type="checkbox"/>	Complementary therapies
<input type="checkbox"/>	Look Good Feel Better – Beauty Workshop
<input type="checkbox"/>	Vital Nutrition for cancer Survivors
<input type="checkbox"/>	Staying on the right road – a guide for drivers
<input type="checkbox"/>	Exercise & Nutrition, Lowering your risk
<input type="checkbox"/>	Living with Loss
<input type="checkbox"/>	Head and Neck cancers: Short and Long Term side effects
<input type="checkbox"/>	Canteen - Minding your Mind

Please indicate if you have any special dietary requirements:

The Aviva Stadium

How to get there

Aviva Stadium is in the heart of Dublin, just over one mile from St. Stephen's Green. The ground itself is a landmark and is located in the heart of the Ballsbridge area, Dublin 4.



Entrance

Conference entrance is through the Podium entrance on Shelbourne Road.

Arriving by Rail

The easiest way to travel directly to the ground is to take the DART (www.irishrail.ie). The line actually runs under the West Stand of the stadium and stops at Lansdowne Road Station itself.

From Dublin city centre, visitors to Aviva Stadium can take the DART southbound from Pearse Station on Westland Row, Tara Street Station or Connolly Station. Connolly Station provides a link with the city's tram system, the LUAS.

Arriving by Bus

The main bus routes that serve Ballsbridge from the city centre are the 7 and 8, 45 and 84. For information on timetables please visit www.dublinbus.ie.

Arriving by Road

From Nassau Street at Trinity College (city centre), travel along Merrion Square and Lower Mount Street. Cross the canal and continue along Northumberland Road to the second set of lights. Turn left onto Lansdowne Road. Continue through the next junction. Aviva Stadium is on your left.

Car Parking

Car Parking is available in the Aviva Stadium – there will be a charge for this of €6 maximum per day. Main Car Park is located at the entrance, off Lansdowne Road.

Accommodation

There are a number of hotels located within walking distance of the Aviva Stadium.

Please call the hotels directly if you would like to make a reservation.

The Burlington Hotel,

26 Lower Leeson Street, Dublin 2

Phone: 01 618 5694

www.burlingtonhotel.ie

D4 Ballsbridge Inn,

Ballsbridge, Dublin 4

D4 Berkeley,

Ballsbridge, Dublin 4

Phone: 01 43 73 444

www.d4hotels.ie

Bewleys Hotel Ballsbridge,

Merrion Road, Dublin 4

Phone: 01 668 1111

www.cancer.ie/nccs

National Cancer Helpline – Freephone **1800 200 700**



Irishcancersociety



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